

100 Blessings Walk

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SUMMARY: This session uses two practices — taking a walk and the Jewish custom of reciting 100 blessings every day — to slow down, take stock of the day, and reset to have the best possible rest of the day ahead.

GOALS: Participants will understand the difference between feeling blessed and expressing words of blessing and gratitude. Participants will experience feelings of awe and gratitude. Participants will leave more attentive to the often-overlooked wonder in our world.

AUDIENCE: All ages, though older campers will have an easier time participating independently.

TIMING: 45 minutes

MATERIALS:

- Graph paper (optional)
- Friendship bracelet string or lanyard or yarn
- Beads
- Markers
- Large pieces of paper
- Copies of blessings sheets (examples linked below).

SET-UP: Gather in a place that is near open or woody space where it is possible for participants to spread out and wander on their own for several minutes. No specific set-up needs.

SESSION TIMELINE

- 00:00-00:10 – Welcome and Check In
- 00:10-00:20 – Defining Blessings Discussion
- 00:20-00:40 – Take a Walk
- 00:40-00:45 – Debrief

SESSION OUTLINE

00:00-00:10 Welcome and Check In

Gather participants and ask: How's your day so far?

Optional: Using the large paper, ask participants to chart as a percentage (1-100) how their day has been so far, compared with the day they hoped to have when they woke up this morning. (If it's been amazing, then it might be close to 100%, if it's had ups and downs, maybe closer to 50%). Invite participants to mark it on a graph using post-its, stickers, or markers.

Ask participants to share some of the things that have made the day good so far.

Ask: Have you acknowledged them? If so, how? Have you said thank you, given someone a shoutout, just say "wow," etc? If not, how might you?

00:10-00:20 Defining Blessing Discussion

There is a custom in Jewish tradition to [recite 100 blessings a day!](#)

- Why do you think that is?
- Does that number seem like a lot? A little?
- How would you define blessing?

Discuss the difference between a blessing as a good thing that happens to us and using words or feelings to react to the good. According to this teaching, a blessing is something we say, or offer, rather than something we receive.

(In fact, another teaching even says that anyone who benefits from the bounty of the world without reciting a blessing, it is as if they have stolen from God! [Talmud Berachot 35b](#))

- What is the difference between receiving and reciting 100 blessings?

Share the standard blessing formula as an example:

Baruch Atah Adonai Eloheinu Melech/Ruach Ha'Olam...

Blessed are You Adonai Our God/Divine, Ruler/Sovereign/Greatness/Spirit of the World/Universe (there are lots of ways to translate these words- you can pick!)

While we can use all sorts of words to express awe and gratitude, this phrase is a sort of incantation or charm that can allow us to manifest the day we wish to have. What kind of power do you see in using those words?

00:20-00:40 Take a Walk

Invite participants to go out and seek out more blessings. Take a walk- you can walk with a partner, or on your own.

Plenty of research has shown that taking a walk is really helpful in clearing our heads, reflecting on ideas, and taking a break from distraction.

As you walk, you might come across something that you want to offer a blessing for. You might remember something that happened earlier that you want to bless. It's all fair game!

Optional #1: take along a list of blessings for things found around us. You can use it, or your own language, to express awe and gratitude.

Blessings List Examples:

- Blessings for food: <https://www.myjewishlearning.com/article/blessings-for-food-drink/>
- Blessings for wonders in nature: <https://reformjudaism.org/beliefs-practices/prayers-blessings/daily-blessings-wonders-nature>
- Assorted additional blessings: <https://www.myjewishlearning.com/article/8-jewish-prayers-youve-never-heard-of/>
- Many siddurim (prayer books) also have compilations of blessings in them.

Optional #2: take string, beads, graph paper, or other materials to help you track 100 blessings, starting now, and heading toward the end of the day. What does 100 blessings look like on paper? In lanyard? As a friendship bracelet?

Agree on a time and place for the group to come back together.

00:40-00:45 Debrief

- How many blessings did you notice during this walk? By the end of the day, how close have you gotten to 100?
- How does noticing the blessing-worthy things from the first half of your day help prepare you for the rest of the day? How will the rest of your day be different?
- What would it mean to start each day aiming for 100? How can you do that?

BRINGING IT TO YOUR CAMP

This session could take place at the beginning of the day as intention-setting, or at the end of the day, as a reflection. It can be nature-focused (on a hiking trip), food-focused (at meals), or people-focused (for group bonding and appreciation). For example, participants could make 100 blessings friendship bracelets for their bunkmates. For camps that do daily traditional prayer, participants could actually add up the number of blessings they recite each day, both traditional and personal.