

Bubble Meditation and Jubilation

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SUMMARY: In this session we will combine restorative, intentional, and meditative breathing to tap into our desired middot (soul traits) and even unlock our inner child.

GOALS:

- Show fellows how personal growth and intentional breathing can be intertwined through [Mussar Minutes](#)
- Give fellows a physical tool to re-center themselves during high stress moments
- Encourage the fellows a chance to embrace their inner child and break free from the serious nature of the seminar to find a moment of play and joy

AUDIENCE: All ages, any size group

TIMING: 45 minutes

MATERIALS:

- Personal bottles of bubbles
- Sharpies/markers
- Plain sticky labels
- Decorating supplies, including bedazzles, glue, stickers, etc.
- Packaging tape
- Print outs of [Making a Mensch](#) periodic table

SET-UP: I would love an indoor/outdoor space with access to grass (Art room area, gazebo, amphitheater, etc.)

SESSION TIMELINE

- 00:00-00:07 – *Welcome, Intros, Breathe Together*
- 00:07-00:10 – *Introduction to Mussar Minutes*
- 00:10-00:15 – *Use FJC Making a Mensch table to choose 3-10 midot*
- 00:15-00:20 – *Chevruta and discuss why you chose them*
- 00:20-00:35 – *Bubbles handed out, art supplies to decorate bottles*
- 00:35-00:40 – *Practice our Mussar Minutes with our Midot bubbles*
- 00:40-00:45 – *Free play with bubbles*

SESSION OUTLINE

00:00-00:07 – Welcome, Intros, Breathe Together

Welcome participants to the sessions and give a brief intro to how we will tie in the joy of blowing bubbles, with the exercise of meditation and personal goal setting

Everyone in the group is invited to share their name, pronoun, camp, and their favorite age to work with at camp (and why)

Ask when the last time the fellows took a deep breath and an intentional moment of silence to themselves – for some it may be recently, some may not even know

As a group, we will take 5 large deep breaths. Inhale for 5, hold for 5, exhale for 5, hold for 5

- Ask them how they feel?

00:07-00:10 – Introduction to Mussar Minutes

- Created by Becca Sykes, this practice links breath and personal growth
- This is a chance to breathe into a certain midah (soul trait) in mind and intentionally think about what you need from it, how you want to see it in yourself, etc.
- This is your chance to speak what the soul wants, not use “should” statements, but instead to imagine what it means to create this midah for yourself
- This practice is helping our muscles to understand the action of putting these traits into action

Share example - Patience: You may speak without thinking, rushing to give information or advice rather than listening. How can Mussar Minutes help? You may take a **deeper/longer** inhale, followed by a **thoughtful/extended** exhale, thinking to yourself “I have time to listen, I have time to respond”

- Every lengthened inhale is a reminder to give you time to listen
- Every deep exhale reminds your mind to be thoughtful with a response
- Now think of the flip side, you want to get better at action – breath maybe a little faster, inhale: “I am ready”, exhale: “to take action”

00:10-00:15 – Use FJC Making a Mensch table to choose 1-3 midot

- Encourage them to look at print out of the table, think through which traits they want to improve in themselves
- Encourage participants to write in their notebooks (or paper/writing utensils provided) and reflect what it would look like to emulate this soul trait:
 - How do they see this in action in their body?
 - What is the mantra you can repeat in your head to manifest it? Remember, NO “I should...” statements

00:15-00:20 – Chevruta and discuss why you chose them

Pair up with someone next to you and share out your choices and Mussar Minute meditation

As a group: how did it feel to share these, are they beginning to feel these soul traits already beginning to activate or are they noticing that the work is ahead of them?

00:20-00:35 – Bubbles handed out, art supplies to decorate bottles

This is a breathing meditation exercise, so what can we use as a reminder to breathe? Bubbles!

Decorate your bubble jar with your Midot using plain stickers to write out words, plus adding decoration, color, etc.

This will become a symbol of your personal growth and a reminder to take one to ten minutes daily to meditate on these soul traits and remind yourself of the growth you strive for.

00:35-00:40 – Practice our Mussar Minutes with our Midot bubbles

Look at your final product, let this be the moment you set these goals physically manifested in front of you and, most importantly, within reach!

Now let's give the Mussar Minutes a go! Find your own space and practice the breathing exercise you have created for yourself. (Understandably it's a lot to dip every time, so make sure to focus on the breath, and blow the bubbles however often you can manage while remaining your focus and intention on that midot)

00:40-00:45 – Free play with bubbles

Have fun with your bubbles!

BRINGING IT TO YOUR CAMP

These bubbles are a great resource to keep on your person throughout the summer and will come in handy at so many moments:

- You may find yourself overwhelmed, use this to calm and center yourself, breathe, and realign with your goals for growth
- Your young camper may be having trouble calming down when they are upset, so you can use your bubbles as a method for them to find joy in meditative breathing without telling them directly to calm down
- Introduce Mussar Minutes to your bunk, so if you get to an activity early and the leader is not ready yet, you can take it as an opportunity for breath