

S'morning Joy

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SUMMARY: In this session, we will engage in new friendships, activities, and experiences which can spark joy in ourselves, while we deconstruct the concept of joy and explore opportunities to ritualize these moments at camp.

GOALS:

- Participants will learn how the 10 different concepts for Joy in Judaism.
- Participants will be able to define the different elements of joy.
- Participants will explore the concept in positive psychology called, “Freudenfreude” and examples of how they might experience it at camp and in their lives today.

AUDIENCE: 10-30 participants

TIMING: 45 minutes

MATERIALS:

- S'more supplies (chocolate, marshmallows, graham crackers)
- Sticks for roasting marshmallows
- Large paper and tape
- Vocabulary sheet ([link](#))
- S'morning Joy prompt sheet ([link](#))
- Experience Joy sheet ([link](#))

SET-UP: This program can be done anywhere at camp! Feel free to put chairs in a circle.

SESSION TIMELINE

- 00:00-00:15 – Framing and Icebreaker
- 00:15- 00:25 – How are s’mores (or their ingredients) a metaphor for the concept of joy?
- 00:25-00:30 – Rock, Paper, Scissors Tournament to Showcase the concept of “Freudenfreude”
- 00:30-00:35 – Explanation of concept of “Freudenfreude”
- 00:35-00:45 – Virtual Campfire Experience

SESSION OUTLINE

0:00-0:15 – Framing and Icebreaker

FRAME: The session leader shares that joy is a very important concept in positive psychology, but an even more important term used in Jewish wisdom and tradition. In Judaism, we have 10 different words throughout our wisdom and tradition which mean “joy” (most other societies don’t have 10).

The session leader then hands out the “Vocabulary of Joy” worksheet. It’s an important value for Jewish camps as we hope our participants will find joy, meaning and connection at camp. (Positive psychology realizes it’s important, Judaism realized it a long time ago). During this session, we are going to explore four of these words together.

The session leader shares that on your sheet of paper below, you have the definition of joy, with some of the important words for joy in Hebrew. You will be invited to get into groups of two with someone who does not have the same item as you. In your groups, I invite you to answer the prompt based on the smores item you found under your seat. The session leader hands out the S’morning Joy prompt sheet (in materials list).

- Sticks:
 - *Gila*: Rejoicing: A term that may specifically refer to an exuberant outburst of joy.
 - Give an example of a time at camp when you were filled with so much joy that you wanted to share it with everyone you knew? What did that moment feel like, look like, feel like, smell like or even taste like?
- Marshmallow:
 - *Sasson*: Joy: The act of experiencing a sudden or unexpected joy.
 - Give an example of a time when you experienced an unexpected sense of joy at camp? What did that experience look like, feel like, smell like or even taste like?
- Graham Crackers:
 - *Chedvah*: Delight: The Joy of Togetherness.
 - Give an example of a time when you experienced immense joy with others at camp. It can be with friends, counselors, campers, animals, or any other group at camp. Describe that moment.
- Chocolate:
 - *Orah*: A word which translates to both “light” and “joy”.
 - Give an example of a joyful experience at camp in which you learned something new about yourself. How did this experience “shine a light” on something you didn’t previously know about yourself? Describe that experience.

The session leader invites participants to answer the prompt on the stick with their partner. Session leader invites participants to reflect on the following questions below:

- Name, C-Stone Track, Camp
- Answer question based on smores item

- How do you understand joy?

The session leader invites a few participants (one who answered each question- Stick, Marshmallow, Graham Cracker,) to share their responses. The session leader then asks, “what are some of the common elements of joy?”

00:15- 00:25 – How are s’mores (or their ingredients) a metaphor for the concept of joy?

Session leader Invite participants to look at the 10 different words for joy in Hebrew, and invite them to reflect on the question, “how is s’mores like the concept of joy?”

Session leader will have a big piece of white butcher paper labeled with the words, “Metaphor for S’mores”

Session leader will Invite participants to take a s’mores sticker and write why these specific ingredients in smores remind them of different concepts of joy and reflect on the connection. I want to invite you to think as creatively as possible.

- Example: The graham and the marshmallow represent the concept of *chedvah* (two people coming together to experience something new!)

0:25-0:30: Rock Paper, Scissors Tournament to showcase the concept of “Freudendfreude”

Session leader will share: Now, I want to engage in an activity in which I find extremely Joyful- a Rock, Paper, Scissors Tournament. I want to invite you to notice the type of Joy that is taking place while we play this game.

- Full Group Discussion:
 - What did we all just experience together?
 - In what ways did we experience joy?
 - In this game, where did we derive our GREATEST source of joy?

0:30-0:35 – Explanation of concept for “Freudendfreude”

What we all just experienced was this concept called “Freudenfreude”. Freudenfreude is the act of finding joy and success in other people’s joy.

Provide everyone with an index card and invite them to write down a moment when they experienced “Freudenfreude at camp” and place it in a circle on the floor. “Freudenfreude”.

- Provide the example- I experienced “Freudenfreude” at camp when a camper in my bunk, who was previously scared to ride a horse, got on the horse for the first time.”

Invite participants to share a moment. As a symbol to model how we will mark joy in other’s joy, we will snap for one another.

00:35-00:45 – Virtual Campfire Experience

Putting it all together: Thinking about everything we have been discussing, (handout the Experience Joy handout)

- Concepts of Joy in Judaism
- Smores as a metaphor for JOY
- Freudenfreude: Finding joy in other people’s joy. (Rock, paper, scissors tournament to showcase that)

Session leader shares: How might we use the concept of a campfire, where we are all together making smores (or sometimes not), as a time to commemorate, bask in, and reflect on the joy that each person is experiencing at camp? When we are sitting around a campfire, it's much more than just eating smores, but rather it's a time to reflect on the joy that we are experiencing in ourselves and with others.

The session leader invites participants to end with a metaphorical campfire experience by inviting each person to share one joy that they experienced from others' joy today during our session.

BRINGING IT TO YOUR CAMP

If you have a dedicated campfire space at camp, feel free to make actual smores around the campfire and engage in the activity together as a cabin or a unit.