

The Art of Sacred Rest for Teens

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SUMMARY: In this session we will notice how the experiences we have at camp that lead to moments of immense joy and self-discovery can often deplete us of our energy. We will examine the seven different types of rest human beings need, methods to help teen campers achieve the rest they need, and discover how we can use our surroundings at camp to feel more restored, renewed, and rejuvenated.

GOALS:

- Participants will learn the 7 different types of rest that human beings need to thrive in the world
- Participants will understand the different frameworks for rest within the Jewish Traditions
- Participants will create their own rest practices

AUDIENCE: 10-30 participants

TIMING: 75 minutes

MATERIALS:

- Materials
 - Butcher Paper
 - Sharpie
 - Middot Post Cards
 - Pens
- Documents/Videos
 - *Mussar Minutes – Hashkafa/Perspective* ([link](#))
 - Sacred Rest Ice Breaker Worksheet ([link](#))
 - Exercise Reflection Worksheet ([link](#))
 - Sacred Rest Source Sheet ([link](#))
 - The Art of Sacred Rest for Teens Pull back the Curtain Worksheet ([link](#))

SET-UP: For this program, you will need a large, indoor space for both activities and small group reflection.

SESSION TIMELINE

- 0:00-0:15 – Opening Activity
- 00:15-00:25 – Activity Reflection
- 00:25-00:30 – Understanding Sacred Rest
- 00:30-00:45 – Sacred Rest Source Sheet
- 00:45-0:55 – Sacred Rest Commitment
- 00:55- 01:05 – Sharing Sacred Rest Commitment
- 01:05-01:15 – Pull Back the Curtain

SESSION OUTLINE

00:00-0:15 – Opening Activity

The session leader welcomes participants into the space and first invites them to introduce themselves to each other. Immediately after, the session leader frames the session by inviting participants into an experience where they will collectively experience seven different activities together. After spending about one minute on the activity, they will spend the next minute reflecting on how the experience made them feel. All activities and reflection documents can be found in the Sacred Rest Ice Breaker Worksheet and the Exercise Reflection Worksheet.

The **seven different activities include:**

- **Activity 1:** Social – Icebreaker (invite participants to break up in pairs to share the ice breaker)
- **Activity 2:** Mental – Solving a Riddle (invite participants to stay in the same pairs to solve the riddle together)
- **Activity 3:** Physical – Complete a short exercise routine
- **Activity 4:** Emotional – Complete a short mood meter to share how you are feeling.
- **Activity 5:** Sensory – Invite participants to dance to loud music
- **Activity 6:** Creative – Draw a picture of a tree
- **Activity 7:** Spiritual – Complete a short meditation (linked [here](#))

00:15-00:25 – Activity Reflection

Upon completion of the activity, invite participants to take a moment and reflect on their responses from each activity and answer the following questions using the Think, Pair, Share modality:

- How are you feeling as a result of this experience?
- Which activity made you feel the most exhausted? Why do you think that is? Please be as specific as possible.
- Which activity made you feel the most rejuvenated or energized? What about it made you feel that way? Please be as specific as possible.

00:25-00:30 – Understanding Sacred Rest

Session leader shares that according to Dr. Saundra Dalton Smith, there are seven different types of rest that human beings need in order to thrive (Social, Mental, Physical, Emotional, Sensory, Creative, Spiritual Rest).

As human beings we automatically assume that when we are tired, we need physical rest, but oftentimes, that is not the type of rest we truly need. Teens especially need this type of sacred rest, as they are often up late and depleting their energy in many different ways. During this session, we will explore frameworks for rest in Judaism, help attune ourselves to the specific type of rest we need, and explore specific ways at camp to get the rest we need. (Feel free to use page 1 in the Sacred Rest Source Sheet for visuals).

- I want to invite you to take a look at the activity sheets (and pair the type of rest with the activity so people understand the type of energy they were using for each activity).

- I want to invite you to take a look at your activity sheet above and think back to your session and think about which one of the activities made you feel the most exhausted. I want to invite you to choose one or any of the seven different types of rest that you want to explore further.

00:30-00:45 – Sacred Rest Source Sheet

Throughout the room, there are seven different types of rest that human beings need. I want to invite you to go to the corner of the room that corresponds to the type of rest you would like to study. In small groups, take a look at page 2 in the Sacred Rest Source Sheet. Do the first page together to understand the framework for rest in Judaism and Shabbat. Then invite participants to study the second source sheet which directly speaks about the power of shabbat to support the type of rest that they might be seeking.

00:45-0:55 – Sacred Rest Commitment

Invite participants to find a quiet spot in the room, take one of the middot post-cards, and write a commitment to themselves for one way they hope to embody the type of sacred of rest they pinpointed they need more of during Shabbat this summer.

Share with the participants that we will be mailing them these postcards during camp to remind them of the commitment they are making to themselves to ensure they are able to find a sense of sacred rest this summer. Be sure to let participants know these will be shared with the group *anonymously*.

00:55- 01:05 – Sharing Sacred Rest Commitment

Invite participants back into the circle with their commitment card. The session leader will read a Left-Right story, which will prompt participants to pass their cards to the left and to the right until someone randomly will have their card. Each participant will read the card they have in order to see the different types of commitment participants have made to themselves for this summer.

Left-Right Story: Prompt participants to listen carefully. When the session leader says the word right, the participant must pass their card to the right. If they say left, they must pass their middot card to the left.

- Sally WRIGHT was so excited for Cornerstone! She was so excited that she left, right before she packed her suitcase. She had to take a right turn back into her driveway and found her suitcase left lying on the ground. Sally picked up the bag, put it right back into her car, and went right to Capital Camps to make it in time for Cornerstone. When she arrived, right away everyone ran to her car to greet her. Her friend Mark said, “Sally Wright,” what took you so long to get here? Sally said, “I left my suitcase laying right in the middle of the driveway. Can you believe that?” Mark replied, “Sally Wright, you never cease to surprise me!” follow me right to the dining hall for dinner.”

01:05-01:15 – Pull Back the Curtain

The Art of Sacred Rest for Teens Pull back the Curtain Worksheet to process the session and explore ways to bring it back to camp.

BRINGING IT TO YOUR CAMP

For the reflection component of the activity, invite participants to find their favorite restful spot in a certain area of camp and do the reflection activity in that spot.