

Cirque dieu Sh'ma

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SUMMARY: Sh'ma right up! Through creative takes on community-building exercises, we will explore the silliness in the holiness, the absurdity in the everyday, and the circus in the circle games.

GOALS:

- To explore the holy in the absurd
- To pay attention to joy, silliness and play
- To laugh, connect and problem solve with colleagues and friends

AUDIENCE: FELLOWS

TIMING: 75 MINUTES

MATERIALS:

- [Megaphone](#)
- Roll of Tickets
- Top Hat
- Christmas Light Sets
- Glow sticks
- Pool Noodles (6)
- Hula Hoops (6)
- [PAINTER'S TAPE](#)
- Eye Masks/Bandanas (6)
- Can use beanies and balls from big ring
- Big Ring:
 - Colorful Plastic Balls
 - Mini dodgeballs (5)
 - Hacky sacks (5)
 - Squishy dinosaur
 - Squishy globe
 - Squishy football
- Picture Show:
 - Costumes
 - Clown Wigs
- Masquerade Masks
- Bowties
- Green Cape
- Party Hats
- Closing:
 - Big Tent - Parachute

SET-UP:

CORNERSTONE RESOURCE



- Location Description: Multi-use space for side games and challenges, various seating like couches and chairs, a welcome table and a concession table, easy access to outside if needed for closing parachute, space large enough for 'big ring' circle games, and environment for enough "character" to match the vibe
- AV NEEDS: Bluetooth Speak, Megaphone or Microphone

SESSION TIMELINE

- 00:00-00:10 – *Moment of Arrival – Entry and Welcome*
- 00:10-00:20 – *Sideshow Challenges*
- 00:20-00:55 – *Big Ring Group Games*
- 00:55-00:65 – *Sideshow Challenges and Holy Fool Picture Show*
- 00:65-00:75 – *Last Snap Shots and Closing*

SESSION OUTLINE

00:00-00:010 – Entry to the Circus and Official Welcome

Facilitators excitedly welcome participants into the environment of the Cirque Dieu Shema

00:10-00:20 – Side Show Stations Activity

The room will be set with “side show” stations that participants can explore after entering the space. Through the experiential stations below, Participants will challenge themselves, collaborate and play.

Station 1 – Pula Nooples Obstacle Course

- Hula hoops, pool noodles, painters tape
- Eye masks, various objects (koosh balls & group juggle supplies)

Station 2 – Weight Sharing (Acrobat Corner)

Participants will experience the power of supporting one another through optional standing, sitting, and leaning exercises to build strength, trust, and presence.

00:20-00:55 – Big Ring Group Games

Bringing the whole spectator/participant group together we will model and run a series of improv games turned main event.

Group Juggle – *sharing responsibility through object passing*

Maggid Storytelling – *sharing words and space through the sacred art of telling stories collectively.*

Buddies – *Sharing leadership and focus*

00:55-00:65 – Last call for Side Shows and Holy Fool Picture Show

Participants will be invited to participate in the original side shows or begin to make their way over to the Holy Fool Photo Booth to create a memory of their explorations.

00:65-00:75 – “Under the Big Tent” Parachute Closing

The participants will be asked to gather one last time to reflect on something they heard/felt inside or outside of themselves during this session that has left an impression.

BRINGING IT TO YOUR CAMP

For the obstacle course, you don't need pool noodles or hula hoops but any objects like ropes, tape, a stick – think creatively!