

## I LIKE TO MOVE IT, MOVE IT: PRAYER FOR ATHLETES

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**SUMMARY:** In this session, participants will practice engaging with powerful ideas from liturgy through vigorous physical activity.

**GOALS:** Participants will learn how to use movement and activity to understand significant themes in prayer. Participants will understand that prayer doesn't have to prioritize stillness or silence. Participants will understand how alternative types of *Tfillah* can meet the specific needs of some campers, including many with ADHD.

**AUDIENCE:** Adolescent campers, especially those who have difficulty sitting through *Tfillah*

**TIMING:** 45 min

**MATERIALS:**

- sidewalk chalk
- skipping rope
- Kettlebell or dumbbell

## SESSION TIMELINE

- 00:00-00:05 – Introductions
- 00:05-00:15 – Activity Rotations Individual
- 00:15-00:30 – Activity Group
- 00:30-00:45 – Discussion

## SESSION OUTLINE

0:00-00:05 – Introductions  
Description

00:05-00:15 – Activity Rotations Individual  
Prayer asks us to consider different traits and ways of thinking. In this part of the program, participants move independently between physical tasks/activities with different attributes. You can choose other activities and other attributes. The important part is to offer embodied ways of experiencing some of the key feelings of prayer.

| Feeling/Intent | Activity                           |
|----------------|------------------------------------|
| Persistence    | Jumping Jacks, Burpees             |
| Strength       | Pushups                            |
| Focus          | Shooting basketballs               |
| Patience       | Farmer Hold or Dead Hang           |
| Balance        | Tree pose, Frog pose or other yoga |
|                | Planks                             |
|                | Sprints                            |
|                |                                    |
|                |                                    |
|                |                                    |

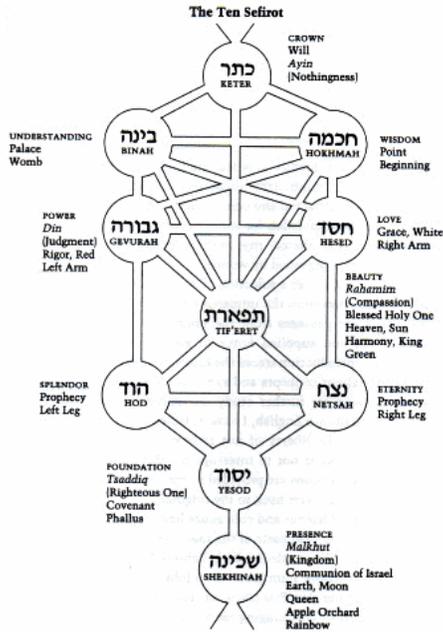
00:15-00:30 – Activity (Group)  
In prayer, there are moments when we are meant to feel connected to others around us. This activity is intended to help participants consider collaboration, togetherness and community.

Activities to consider include:

- Blob/Amoeba tag
- Human pyramid

00:30-00:45 – Discussion

# CORNERSTONE RESOURCE



## BRINGING IT TO YOUR CAMP

*At my camp we do not have specialist counselors, so we would be responsible for this session in bunk as there is no one person focused on Israeli dance - if you have someone who focuses on this at your camp, you could share this specifically with them to run!*

## APPENDIX

