



CORNERSTONE 2025 RESOURCE

Middot Bracelets (Swiftie-Inspired)

AUTHOR(S): Sara Beth Berman

SUMMARY: String together connections between who you are, who you want to be, Jewish values, while also stringing together a physical representation of those values.

GOALS:

- Participants will feel a connection between their personal values, universal values, and Jewish values.
- Participants will craft a physical reminder of a value they find important.
- Participants will gain knowledge of Jewish values through using the FJC Mensches Middot chart

AUDIENCE:

- Camp staff
- Group of a minimum 1 bunk, can scale to larger groups
- Ages: middle school and older

TIMING: 45 minutes

MATERIALS:

- Beading kit (I have used the following supplies to success):
 - String (extra)
 - Beading kit
 - Scissors – 2 pairs, the good kind, not the safety kind
- Periodic Table
 - Static: <https://jewishcamp.org/making-mensches/wp-content/uploads/sites/6/2018/06/Most-Updated-Making-Mensches-Periodic-Table.pdf>
 - Interactive: <https://jewishcamp.org/making-mensches/>
- Very Optional: Bluetooth speaker for Taylor Swift music.

SET-UP:

- Either:
 - Tables with chairs around them
 - or
 - One large table with chairs around it
 - or
 - This could also be done on the floor, but it's a little uncomfortable to bead bracelets without being seated on a chair or bench



CORNERSTONE 2025 RESOURCE

SESSION TIMELINE

- 00:00-00:10 – *Introductions*
- 00:10-00:25 – *Jewish Values*
- 00:25-00:35 – *Your Very Own Middot*
- 00:35-00:40 – *Share*
- 00:40-00:45 – *Bringing it Back to Camp*

SESSION OUTLINE

- 00:00-00:10 – *Introductions*
 - Names/Pronouns/What is a meaningful piece of jewelry or article of clothing you're wearing today and why
- 00:10-00:25 – *Jewish Values*
 - We're going to talk about values today – about Mussar, core beliefs, personality traits, middot – however you say it, we're talking about what matters to you, your orgs, and your communities.
 - I'm going to show you one of my favorite resources – the FJC Making Mensches chart. Some of you have seen this before. I find it's like the Torah. Turn it and turn it, however many times, and you'll always find something new in it – or you'll be renewed in it looking at it as you are THIS day.
 - You can see it here:
 - Static: <https://jewishcamp.org/making-mensches/wp-content/uploads/sites/6/2018/06/Most-Updated-Making-Mensches-Periodic-Table.pdf>
 - Interactive: <https://jewishcamp.org/making-mensches/>
 - A few things about this table:
 - The online version is a resource for you. Need a program about Gratitude, click the box! (full disclosure, some of the boxes have resources I wrote)
 - There are other resources like this. The Jewish Education Project has an educator portal that also has resources and program ideas. <https://educator.jewishedproject.org/>
 - Take the chart and draw some connections.
 - What are some of your org's values? Yours?
 - How do your org's values relate to yours, to society's, to Judaism?
 - Do your values overlap with some universal values, or are they far apart?
 - Which of these values are easy to show off? Which are more challenging to share – and why?
 - Think Pair Share – two values that spoke to you and why?
- 00:25-00:35 – *Your Very Own Middot*
 - So, who can tell me about the Taylor Swift bracelet thing that's happening these days?



CORNERSTONE 2025 RESOURCE

- What's a bracelet you're wearing (or non-bracelet accessory) that helps you manifest something? Or show a bit more of who you are?
- We're going to make bracelets to keep and bracelets to trade. Here are your instructions:
 - When tying the first bead onto the string – leave a “tail” long enough to tie the bracelet closed later!
 - Some ways to choose values:
 - An area of personal growth
 - Something you're manifesting into being – a little wearable prayer
 - An area where you excel
 - A value that reminds you of someone else
 - A value that represents a particular era that you want to remember (like wearing a particular camp t-shirt)
 - Your bracelet doesn't HAVE to include words, as long as you can share what it means.
 - Don't forget to leave room at the end of your cord to tie off the bracelet!
- 00:35-00:40 – Share
 - Turn to the person you T-P-Shared with before. Show them your bracelets, explain the thought process. Do you want to give them one of your bracelets? Tell them why!
- 00:40-00:45 – Bringing it Back to Camp & Debrief
 - Discussion questions menu – we won't do all of these (5 minutes):
 - What did you learn from this examination of your values?
 - How do all of these values manifest themselves in your job? In your life?
 - How will this bracelet stay with you? Literally and figuratively?
 - How do these values matter to me as a (Jewish) role model?
 - How does it feel to put our middot out there?
 - What are we otherwise a bit fearful to put out there these days?
 - How do we combine our views to make a whole?
 - How can my own values and / or passions inspire the important work of making the world a better place?

BRINGING IT TO YOUR CAMP

What do I need to make this happen at camp and where do I see myself doing this this summer?

Need tables/chairs

Need beads

Want to set this up as an activity for shabbat prep / bunk meetings / unit head learning session

CORNERSTONE 2025 RESOURCE

