<table>
<thead>
<tr>
<th>Name of Session:</th>
<th>Jewish Meditation in a Pinch</th>
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<tbody>
<tr>
<td>Instructor:</td>
<td>Seth Wax, Cornerstone Faculty 2009</td>
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<tr>
<td>Core Curriculum Pillar:</td>
<td>Creating and Understanding Effective Camp Ritual, Tradition, and Programming</td>
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<tr>
<td>Website Description: (Who, What, Why?)</td>
<td>You can only play duck-duck-goose or teach a new Hebrew word so many times in a week before your campers revolt. At this session, we'll learn some simple meditation practices to use with campers that are useful for calming them down and developing concentration skills, are fun, and just may help their spiritual growth. A great introduction with no previous experience necessary!</td>
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<td>Outcomes: What participants will be able to do at camp</td>
<td>Implement a variety of short meditation activities to be used with campers in different situations (e.g. before bedtime, at meals, during downtime, etc.).</td>
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<td>Knowledge to be Acquired:</td>
<td>Brief meditation activities</td>
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<tr>
<td>Jewish Texts and/or Contexts:</td>
<td>Selection from Hanhagot Tsaddikim of R. Dov Baer of Mezeritch</td>
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<tr>
<td>Materials Needed:</td>
<td>Raisins (or any kind of fruit), flipchart, paper and pens</td>
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<td>Space Needs:</td>
<td>Maximum Number of Participants: 25</td>
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**Welcome**
Welcome participants and introduce them to a session where we’ll be learning five short meditation activities that they can do with their campers.

**Raisin Meditation**
- Time: 10 minutes
- Distribute 1-2 raisins (or pieces of fruit).
- Tell participants that we'll be having a small snack in this session. But instead of eating the raisins quickly, we’ll be doing it a little differently.
- Direct attention to the flipchart, which has appropriate bracha (blessing) for fruit on it. Mention how brachot (blessings) are an opportunity for mindfulness and gratitude for food.
- Participants are to spend 2 minutes just watching the raisin: touching, looking, smelling. But not eating!
- Next, we recite the bracha together, and they will have 2 minutes to eat their raisin.
- Debrief: How did it feel to wait so long to eat? What was different?
- Introduce participants to different brachot to be said before eating different foods.

**Palms Together Mindfulness Meditation**
- Time: 10 minutes
- Participants pair off and sit opposite each other. Distribute a piece of paper and pen to each group.
• One partner does a simple movement (like moving hands or neck), and the other acts as secretary, recording everything the partner says. (Facilitator demonstrates and verbalizes explicitly and extensively.)
• After 5 minutes, partners switch tasks.
• Ask for a pair to share their experience.

Walking Meditation  
Time: 15 minutes

• Distribute the R. Dov Baer text and facilitate a short discussion on it. Draw out the implication that all things and all actions are representations and expressions of God.
• Have participants line up behind facilitator and take off their shoes. Following the facilitator’s lead, everyone walks around the room very slowly in a circle. Facilitator guides by asking questions, such as, “Where are you placing your weight? How do you shift your weight? When does one step end and the next begin?”
• Ask for 1-2 participants to share their experience.

Relaxation Meditation  
Time: 10 minutes

• Have participants lie on the floor with their hands in a comfortable position and eyes closed.
• Ask participants to feel the contact of their body with the floor – its hardness, its coldness or warmth, or whatever they feel.
• The next part of the meditation is a body scan. Ask participants to bring attention to their feet and consciously to relax them. Next, move up to the calf muscles, the thighs, etc. up to the shoulders, neck, and head. Depending on time, the facilitator can focus on large or small chunks of the body.
• Depending on time, ask for 1-2 participants to share their experience.

Breath Meditation  
Time: 10 minutes

• Participants can either remain lying on the floor or, if they feel comfortable, sit up leaning against the wall or a chair.
• Facilitator offers a kavana (meditation) relating the breath to the soul that God breathed into the first human being in Genesis 2:7.
• Ask participants to bring their awareness to their stomach area and to notice how it rises and falls as they breathe.
• Facilitator invites participants to explore other areas where they may feel their breaths: in the back of the throat, the back of the nose, inside the nostrils, the tip of the nose, and finally, the whole breath.
• Depending on time, ask for 1-2 participants to share their experience.

Planning for Camp  
Time: 10 minutes

We will briefly explore some of the benefits of doing these meditations. These will be listed on a flipchart in advance.

• Physical relaxation
• Improved concentration
• Increased ability to deal with stress
• Improved mindfulness
• Enhanced spiritual development

Next, we will briefly discuss some additional pointers to keep in mind when leading a guided meditation. These will be listed on a flipchart in advance.

• Practice the meditation several times before leading it.
• Center yourself beforehand. (Take a few deep breaths, sit quietly for a few moments, etc.)
• Space: Have few distractions, maybe play gentle music can help, try to sit in a large space
- Timing: Think about the best time to lead a meditation (Before bed? On Shabbat afternoon? Before dinner?). Take into account how campers’ energy and their schedule will affect your choice.
- If a camper is giggly, opens his or her eyes a lot, or isn’t engaged, that’s OKAY. Don’t scold. Often, the camper feels uncomfortable in a new situation. Try smiling at them and after a moment signaling to close their eyes, or briefly place your hand on their shoulder.
- Remember that you’re offering something to your campers; it’s for them to accept or receive. So offer it with love & care.

**Closing Activity**

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<th>Time: 5 minutes</th>
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We close by taking some time for a few silent breaths and chanting “Hinei Ma Tov” as a *niggun* (wordless tune).

**Recommended Follow-Up:**

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<th>Liaison or Faculty checks in with participants to see how they have used these meditations and to see what further support they need.</th>
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<tr>
<td>(By Liaison or Faculty)</td>
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BERACHOT FOR VARIOUS OCCASIONS

BERACHOT BEFORE FOOD

Please come into being, Lord our God, King of the universe, our Creator, our Judge.

Praised are You, Lord our God, King of the universe, who creates all.

Blessed are You, Lord our God, King of the universe, who creates all.

The earth yields its fruit, the sun gives its heat, the river makes its way, the mountains appear.

Praised are You, Lord our God, King of the universe, who creates all.

Blessed are You, Lord our God, King of the universe, who creates all.

Who are the people, Lord our God, who enter into a covenant with our God and serve our God, and who are the people who are commanded by our God?

Praised are You, Lord our God, King of the universe, who creates all.

Blessed are You, Lord our God, King of the universe, who creates all.

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Jewish Meditation in a Pinch: Handout 2

Pay close attention to everything that happens, everything you hear or see, but especially to what you do.

This is why it is written of King Solomon that he “spoke about the trees” (I Kings 5:13) – meaning, all that he saw led him to serve God.

Everything in the world is needed for God’s worship – whether pure or impure – because everything is God; His guidance and providence are cloaked in Creation.

-R. Dov Baer of Mezeritch, Hanhagot Tzaddikim, Trans. Rabbi Or Rose & Rabbi Ebn Leader