Some peulah highlights:

“Childish Habits Exorcism”

Chanichim went through different stations that modeled a

childhood habit (selfishness, not working together, etc), and

were shown how as Machon ’13 they needed to step up as

an edah and leave some of their childish habits behind.

“Amitzim Sensitivity Training”

In preparation for working with Amitzim for the summer, chanichim

went through an obstacle course in which some chanichim were told secretly

beforehand to purposefully impede the progress of those around them.

Discussion groups afterwards discussed some of these frustrations and how

unique it is to work with Amitzim.

DIdactic encounters-

Chanichim paired up (we made intentional pairs that we thought

would work well together, who didn’t necessarily know each other so well yet)

and were given a list of over 80 questions, ranging from very basic (favorite

food) to more personal and in depth (something that scares you, a risk you’ve

taken). Most groups did not make it far through the questions n the given

amount of time, which wasn’t really the point. The point was to make real, deep

connections, which definitely happened. Many pairs tried to continue their

conversations the next day. We also paired off as staff, which was very nice.

Machon “Nose” best- a strange peulah to open second

session, but somehow it worked. Groups were made

by matching scents of air freshener that were

sprayed on each person’s shoulder. They then made

cakes that they decorated with all things nose

related, and made painted nose prints on a bench

that then went in the moadon.

Banot body image peulah- Briana and Karen planned a great

peulah for the banot that involved watching a Dove

commercial about body image, and then highlighting

on paper (outline of a person on the page) aspects

that everyone found beautiful, that they liked about

themselves, etc. most found it very meaningful and

important, and the banot were let themselves get

very vulnerable and open. Great bonding experience

for them.

Deal or New Deal- Game show in which each group was

given a deal with the option of a new deal. They had

to engage in silly tasks along the way, and the game

was highlighted by New Deal era facts.

Talent show- standard talent show, but they really stepped up

to show off their stuff. They supported each other

along the way. Would have been better with a little

bit more intentionality thrown in (a theme, framing it,

etc)

Rollercoaster tefilot- see writeup in tefilot section

Medurot- this edah just loved hanging out with each other at

medurot. 4th of July fireworks were a beautiful

addition. We often used medurot for Mah Ramah

testimonials (see more below). Tzevet shira guests

definitely helped set the tone, though they edah