Yom Meyuchad 7/7/15

[Extended Schedule Edition]

**7:00**- good morning!! Boker Tov!

**7:45-8:30**- T’filot in moadon amitzim

**8:30- 9:15**- Aruchat Boker

**9:15- 10:00**- Nikayon

**-Split into two groups for the day**

**Group 1: Bunk 81+83 (with the counselors of those bunks)**

**Group 2: Bunk 82+84 (with the counselors of those bunks)**

**10:00-11:00**- **Perek 1**- communication with self

-2 counselors travel with each group to each station and each station is run by another counselor (7 total counselors)

* 10:00-10:20 group 1 does chalk bodies group 2 does parachute
* 10:20-10:40 group 1 parachute and group 2 who am I
* 10:40-11:00 group 1 who am I and group 2 chalk bodies
* Chalk bodies- trace your body and write messages inside others
	+ each person takes a turn being traced outside on the ground, counselors help trace campers. Then each person draws or writes messages in each other’s bodies.
* Parachute game, strengths+ weaknesses
	+ led by Avi, games with parachute outside
* Activity- “who am I?”
	+ attached “who am I?” worksheet. each camper receives and completes one in moadon

**11:00- 12:00**- **perek 2**- communication with others

- 2 counselors travel with each group to each station and each station is run by another counselor (8 counselors)

 11:00-11:20 group 1 circle of friend and group 2 pass the package

 11:20-11:40 group 1 pass the package and group 2 story

 11:40-12:00 group 1 story and group 2 circle of friends

 Circle of friends-outside

 -each camper gets a piece of paper and draws a picture of him/herself in the middle, then draws a circle around it and draws members of their immediate family in it. Then another circle and fiends/other relatives then another circle with acquaintances

* Pass the package-outside
	+ sit in circle and pass around a pre-packaged item. It has many layers, and each person takes off one layer, revealing more of the gift
* Story- the lion and the mouse, thank you notes to friends (counselors take part too- write each other and to the campers)
	+ campers sit around the moadon and write notes to each other. one counselor is mailman and delivers the notes to others around the room. other counselors write notes to those not receiving any.

**12:00- 13:00**- **perek 3**- communication games, each group goes through the games

* broken telephone- sit in a circle and whisper a message to the person next to you, then they whisper a message to the next person that is the first word that comes into their head.
* Charades about body language- each person acts out an emotion for the others to guess without making sound
	+ sadness, disgust, joy, anger, fear
* Taboo- use the taboo cards in the moadon, everyone tries to guess the word, while the person giving the hints cannot say any of the words on the cards.
* Shimon omer- AKA simon says
* Secret handshake- each person pairs up and makes a secret handshake, then presents it to the group.

 **13:00- 13:45**- lunch

**13:45- 14:30**- shaat menucha

**14:30- 15:30**- **perek 4**- language

(each group goes though the activities)

teach hebrew- each camper is paired up, gets assigned a word words and make up motions to each word, then presents to group

 bayit- house, shalom-peace, machaneh- camp, chaver- friend, shemesh- sun, kef- fun, shira- singing 20 minutes

* shaving cream letters- put shaving cream on paper or windows and go through each letter of the hebrew/ english alphabet and have campers write them in shaving cream 20 minutes
* Hebrew letter honey story video
	+ http://www.ritualwell.org/ritual/honey-ceremony
* **15:30-16:30**- **perek 5**- sensory time
* Sensory twister- twister with a spin, different objects on a mat, call out things like “left foot..right foot…right hand…etc.”
	+ spaces on mat:
* Ooblek- make it. play with it. love it.

**16:30- 17:30-perek 6**- communication with bodies (all together in moadon)

* Freeze dance in moadon all together play music/ freeze
* Sports- Bet Am Gadol, basketball games-
* Native American chief

**17:30- 18:30- perek 7**- communication through music all together

* Show- avi and adam play on trumpet
* Singing (see song sheet)
* blindfold campers and play an instrument, they have to guess which one it is.

**18:30- 19:15**- dinner

**19:15- 20:00**- peulat erev- 5 senses

* guess object- give campers objects and they have to guess what they are
	+ hula hoop, bench, game board, etc.
* Blind fold trust walk, walking around camp, as a bunk, find a space, sit down and recap the day.
* Ask:
	+ what did you like about today? Favortite part? what did you learn?

**The lion and the mouse…**

Once when a Lion was asleep, a little Mouse began running up and down upon him. This soon wakened the Lion, who placed his huge paw upon him and opened his big jaws to swallow him. "Pardon, O King!" cried the little Mouse, "Forgive me this time. I shall never repeat it and I shall never forget your kindness. And who knows, but I may be able to do you a good turn one of these days?" The Lion was so tickled at the idea of the Mouse being able to help him, that he lifted up his paw and let him go. Sometime later a few hunters captured the King and tied him to a tree while they went in search of a wagon to carry him on. Just then the little Mouse happened to pass by, and seeing the sad plight in which the Lion was, ran up to him and soon gnawed away the ropes that bound the King of the Beasts. "Was I not right?" said the little Mouse, very happy to help the Lion. MORAL: Little friends may prove great friends.

**who am I?**

**my name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I am \_\_\_\_ years old.**

**my hobbies are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**I love to eat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**my favorite sport is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**my favorite place to visit\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**the animal i love the most is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**the color I love the most is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**how I look? circle the correct answer about yourself..**

**I have (brown/ green/ blue) eyes**

**I have (brown/ red/ blond) hair**

**now draw yourself…**