

Small Group Alternative Tefilot

Goals:

- To engage our chanichim in tefilot through different mediums and explore various ways to daven
- To have a variety in our daily tefilot to heighten participation and connection

Set Up:

- Chanichim will level on first day of camp-6 different options
- Alternative tefilot options will happen once a week throughout second session on a non-torah reading day
- Two madrichim will have a group together that they lead throughout the session and each alternative tefilot builds upon the previous sessions

Options:

1. Musical

- a. Chanichim can bring their instruments
- b. Make tefilot come alive through tunes, harmonies, acapella and music
- c. Amittim instruments were used
- d. Taught new tunes
- e. Used their hands as instruments to show anything can make music

2. Sports

- a. Expand on birkot hashachar-look at specific brachot
 - i. Thank you for letting me see-play a game where people are blind folded, discuss what was difficult, play unblindfolded, discuss what was easier, say bracha and why they are thankful
 - ii. Releases the bound-Play a game where they are tied to another person
 - b. Radical Amazement-seeing the amazement in everything in the world
 - i. Playing a sport-stop and recognize every little thing that allows you to play that sport (muscles, tendons, bones, neuro connections)
 - ii. Make own brachot about all of the things they do throughout the day
 - c. Wiffle Ball Tefilot
 - i. Get a hit or make a defensive play-say a tefillah of praise, thanks, or joy
 - ii. Get out-say a tefillah of penance, sadness or request
 - iii. Connect prayer to our actual lives
1. Does God help us win? Does God choose sides?
 2. Or is it that prayer is meant to support us as we turn to God

for strength when needed or thank God for being part of a success but not necessarily causing?

3. How does your belief shape how you pray to God?

3. This I Believe

a. Look at English in prayers and why we say what we do, question what is said everyday

b. Look at back of the siddur-sections about

c. "This I believe"-what do different people in camp believe in and why mini discussion that can lead into a larger conversation within the siddur about prayer-it is what the person is passionate about

i. They can make their own "This I believe"

4. Yoga/Meditation

a. Use morning prayers to go through feeling your body wake up

b. Being thankful for all of the gifts given to us everyday

c. Understanding the amazement of how our body works

d. Self-reflection through guided meditation

5. Teva

a. Take a mini hike each week to different areas around camp that are not always seen

b. Take time to look at and hear the different things in nature that we normally go about our day taking for granted

c. Look at a different bracha every week from the back of the siddur and discuss what it means to each person

6. Interfaith Discussion

a. explore how Jewish prayer has been informed by other religions (ie we sing Sanctuary, a Shaker hymn)

b. think about how we can incorporate aspects of other faiths to enhance our own prayer experiences

c. try out spontaneous English prayer

d. discuss past experiences with other religions and their prayer, and how we reacted to them and learned from them

e. think about how learning about other faiths can help strengthen our Jewish identities and connection to Judaism