

Alternative Tfilot: Brachot of the Amidah

I: Introduction

When the campers are seated for tfilot, explain that tfilot will be a little different today. Remind the males that they may not need tallitot or tefillin today. Instead of doing our normal singing, we're going to be focusing on our Brachot of the Amidah song. Sing the song and then briefly discuss what the song is about. Explain which Brachot we will be focusing on:

Hashivenu, Rofeh Yisrael, Boneh Yerushalyim, Shomeah Tfilah.

Describe the activity that will occur at each Bracha station. Then split the camper into four groups and send them to a station. Have a staff member permanently at each station so they run the program (make sure to prep them ahead of time!)

II: Stations (Approx 5 minutes each)

Hashivenu

Each camper has half of a piece of paper and a washable marker. The camper writes down something they are sorry for on the piece of paper. Then throw the paper in the water and watch it dissolve. Explain the Hashivenu is about asking for forgiveness for bad things we have done. We want our sins to dissolve.

Rofeh Yisrael

Each camper should make a Refuah Shlema Card (Get Well Card) for someone in the marp. Explain that God helps us feel better, and since we want to be like God, we should help our friends feel better.

Boneh Yerushalayim

Campers should build with playdough or legos or whatever materials you have. Explain that God builds Jerusalem, and since we want to be like God, we like to build too.

Shomeah Tfilah

Have the campers sit in a circle. Have one camper think of a prayer or a wish (for example: "I am thankful for my friends and family" or "I wish that we would get canteen today".) The campers then play telephone. This means that the first camper should whisper their prayer to the camper on their right, and then the second camper whispers what they heard to the camper on their right. This continues until the last camper who says what they heard out loud. Explain that while we may have trouble hearing each others prayers, God listens to all of our prayers all of the time.

III: After the Stations

If there is time after the stations, sing a few tfilot and do announcements/schedule.

IV: Materials

Construction paper (1.5 per camper- 1 for Rofeh and 1/2 for Hashivenu)

Washable Markers

Legos/playdough/building blocks etc.