

**Peulat Tefillah: Amidah means "Standing Up"**

Goals:

- Think about what amidah means
- Learn "lamod/ amidah"
- Learn "bvakasha lamod im atem"

Bvakasha lamod im atem....

- Are tired
- Are hungry
- Are wearing flip flops
- Are excited for berkshires
- Like hanging out with your friends
- Have a friend you are excited to hang out with today
- Have ever fought on your friends' behalf
- Have ever kept a friends' secret
- Have a sister
- Have brother
- Love your pets
- Love camp
- Enjoy spending time with the people you love
- Believe in G-d
- Think education is important
- Think that money is important
- Believe everyone deserves the same rights

Debrief:

- What does amidah mean?
- Why do we call it the amidah?
- What does it mean to stand up for those you love, beliefs, etc?
- Is there a connection between standing up and the amidah?