

NIVONIM - Pe'ot Barim / Barot

(10 min) Started off with a co-ed activity of speed dating. We sat in the ohel with people across the table and they had to discuss questions or statements that were said by the counselors.

Examples of some of the questions,

1. If you were to invite three people to your dinner party who would they be?
2. Hum or sing a line from your favorite song and discuss.
3. If you could be one animal what would you be and why?

Boys moved to Nivonim Moadon and the girls stayed in the ohel

(10 min) Activity: Hunter and Hunted

All the girls get into two lines across from each other. There are two people standing at the end of the opening between the two lines. One of them is blindfolded (the hunter) the other has to try to sneak past the hunter without being touched. They must stay in between the two lines of people. Run the activity a few times through. The people on the outside should stay quiet in order to help the hunter.

After the activity the counselors will start a transition discussion about what it means to be in a healthy relationship. You can use the activity to say that the way people interact with each other without words is almost as important as words. People speak a lot with body language and being a part of a healthy relationship is trying to know where the other person is. It is also important to know where they are coming from and anticipating where they are trying to go. It is also important to stress that even though the people on the outside of the lines are not involved in the tagging of the hunted they are still involved. If they make noise it is easier for the hunted to pass the hunter and if they are quiet it helps the hunter tag the hunted. With relationships it is important to stress that although your friends might not be the ones in the relationship they are still affected by the way a couple interacts with each other.

The counselors then opened the floor up to the campers. We asked them to share stories of relationships that worked and didn't work. Most of them talked about plutonic relationships with girls. It was interesting how we talked about more romantic relationships and then the girls switched the conversation to plutonic relationships, maybe because they felt uncomfortable talking about romantic relationships in that setting. We closed the activity saying how this conversation should be an ongoing one in any setting, not necessarily needing a structure but just in the comfort of their own tents.

Materials: list of questions and prompts, one blindfold

Nivonim - Peulat Banim / Banot

Peulat Banot:

What is something you take pride in yourself for? / Post Secret

We established a "safe space" and every girl went around and said something that they were proud of themselves for. Afterwards we talked a little bit about what Post Secret is, and read some from the website. Then each girl had a chance to make their own post secret to send in if they wanted.

Peulat Banim:

We taught Eshet Chayil to the boys a couple of times to sing to the girls on the 7th Shabbat.

We did a night activity where we grilled salami for two tents at a time and had them talk about camp memories from years past.