# lagshimim First Night Peulat Ever Second Session

## 1st Day פעולת ערב—A Day at Camp

Goals: to create situations conducive to cooperation and/or getting to know one another, with different kids in the ערה; to unwind and have fun

Overview: חניכים will be read a story with different points at which they will have to make a choice. Based on the choices the תניכים make, they will have to complete challenges as a group related to their choice.

## Supplies:

- 2 tennis balls
- poster board and markers
- paper
- pencils
- 2 decks of דבר playing cards
- nail polish
- football
- stuff for counselor dress up
- softball bat
- 2 Frisbees
- 2 ipods (1 of which needs to have built in speakers)

## Procedure:

- Split the עדה into two groups of thirty. (top bunks/bottom bunks)
- Read each group the "A Day at Camp" story, based loosely on the מגשימים schedule, pausing at the appropriate intervals for the חניכים to make their decisions. One counselor will be assigned to each challenge associated with the decisions.
- As a rule, if a group finishes a task early, the group leader should facilitate a group discussion, introductions with names and stuff like that so that new/shy kids don't feel awkward/left out.
- The first group will work in מועדון מגשימים and the second will work in the בית עם ב
- Time: 8:30-9:05

# Story/Challenges:

You wake up in the תפילות. אחרי תפילות, יש ארוחת בוקר and go to תפילות. אחרי תפילות, אחרי תפילות, יש ארוחת בוקר. Do you choose the main meal or get in line for cereal?

#### CHALLENGE!

Both groups: Come up, as a group, with the ultimate breakfast/cereal. Invent a jingle/advertisement for it. Two minutes to plan and then one minute per group to present.

Move on by 8:38.

After ארוחת בוקר, ניקיון, שמג יהדוח, it's time for your first חוג of the day, חוג ג. Do you choose חבלים, tennis, or cooking?

#### CHALLENGE!

a. חבלים: Human knot. First, everyone must introduce themselves by name. Everyone puts their right hand in, grabs a hand, then puts their left hand in and grabs a hand from a different person. The group has to figure out how to untangle themselves. If they finish before time is up, they have to do it a second time for a faster time. (So time how long it takes the first time.)

**Tennis**: First, everyone must introduce themselves by name. The group stands in a circle and tries to pass two tennis balls around simultaneously. They must say the name of the person they are passing the ball to as they toss it.

**Cooking**: First, everyone must introduce themselves by name. Then, create a recipe for the perfect camper.

Move on by 8:45.

After a ton of fun at ארוחת צהריים. You catch up with your צריף. mates at ארוחת צהריים. You say שעת מנוחה and return to your שעת מנוחה Do you write a letter, read, sleep, or play cards?

## CHALLENGE!

Write a letter: Write a letter to עדת המגשימים about your hopes and fears for the summer.

Read: Find as many books as possible that the entire group has read in common.

Play cards: Play רמה Go Fish!

**Sleep**: Find the average number of hours of sleep the group gets per night. (If this doesn't take up all of the time, share recent, funny dreams you've had.)

Move on by 8:50.

After שעת מנוחה comes the third and final חוג פרק of the day, חוג א . Do you choose פרק. ער סיבע, or אגם, אמנות

#### CHALLENGE!

a מועדון (backstroke, breaststroke, butterfly, freestyle).

a אמנות: Draw a picture of the ideal צריף with only your left hands. Everyone must draw something.

a טבע: Make a map of צד ב using materials you find outside (sticks, stones, pinecones).

Move on by 8:55.

It's finally בחירות. Do you paint your nails on the porch with your friends, toss around a football on the מגרש, or dress up your counselor in a ridiculous outfit?

#### CHALLENGE!

Nail painting: Paint as many nails (neatly!) as fast as you can.

**Football**: See how many times you can throw the football back and forth without dropping it.

**Dress up your counselor**: Dress up your counselor in a funny outfit. **Move on by 9:00.** 

#### CHALLENGE!

**Softball**: Each person in the group has to spin around a softball bat five times as fast as they can and then try to walk in a straight line. (They can vote on who walked the straightest or the funniest if you want.)

**Ultimate**: Each person in the group has to walk across the room with a disc on his/her head.

Dance: Freeze dance.

Scrabble: Spell out different words with their bodies: רמה, צֵד ב, כֹיף, קיץ, טוב, whatever else you can think of if you need more. They should work together.

Done at 9:05.