**Peulat Shabbat for 7-9-16**: **Theme – Letting Go**

Materials:

Buckets

Filled Water Bottles from campers

Benches

Limbo material

Cones

Location: Tennis Courts

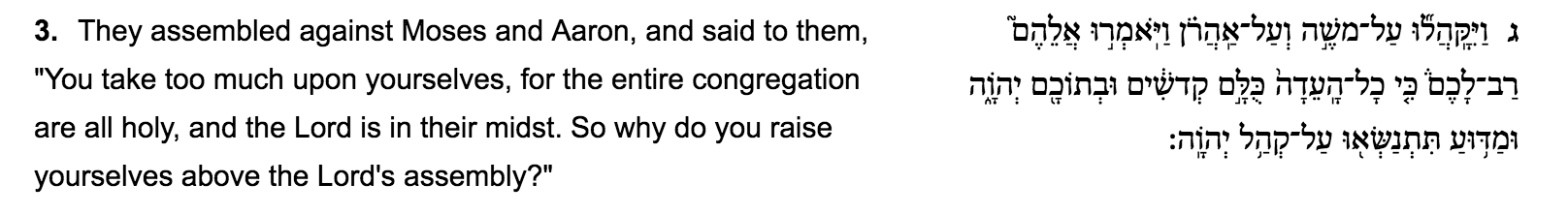
Time: 5:00pm to 6:00pm

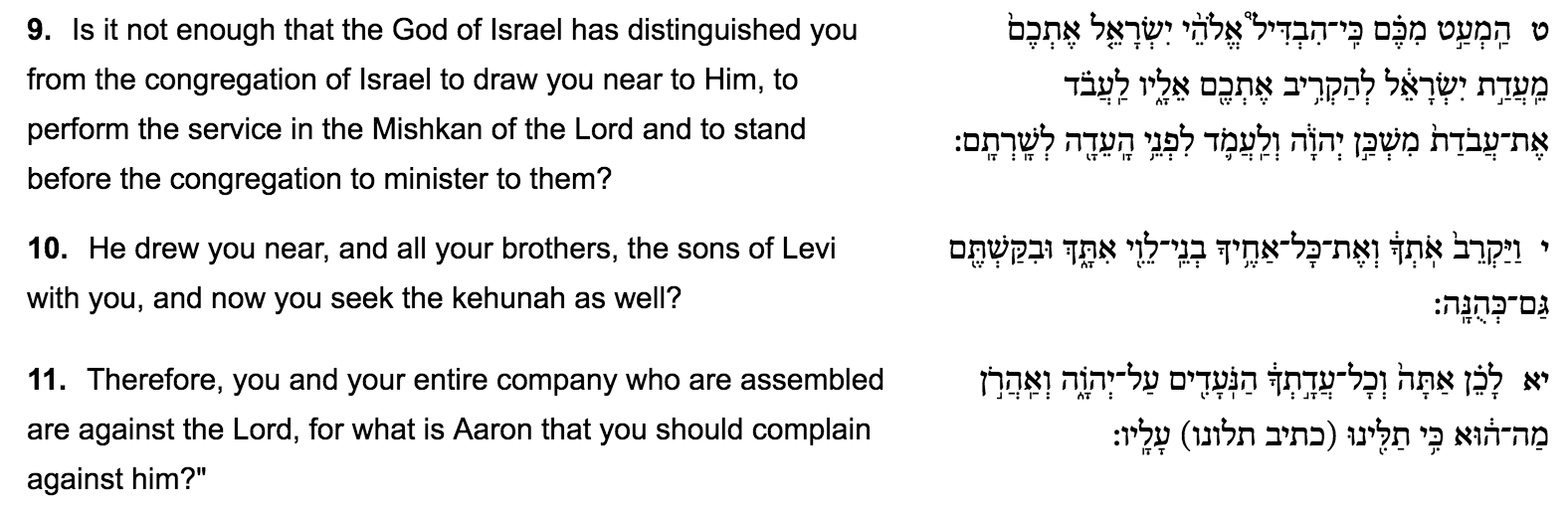
Description: Introduce the parsha. Then, have a relay race where the chanichim carry a bucket while completing the course and add water bottles to the bucket every time they complete the course. Then discuss the weight of negative emotions and jealousy. Course: benches, then cones to run between, then lunges then limbo.

Activity: Relay Race

* Have a group of chanichim standing in a line at the each end of the course.
* First have every chanich do the course with just the empty bucket to show them how easy it is.
* Then, restart with the first chanich running with an empty bucket again.
* Ask the first chanich to add a water bottle to the bucket and then give it to a chanich from the other group. The chanich who just ran should go to the end of the line and the chanich who just got the bucket run the course.
* Add a weight every time a chanich completes the course.

Discussion:





* What do you think was the purpose of this activity? Why?
* Why did we ask everyone to do the course with an empty bucket? What became more difficult as we added water bottles?
* Based on what you know about Korach, what did the weight of the water bottles represent? Why?
* What was Korach weighed down by in the parsha? How did it impact his goals?
* You were not allowed to put the bucket down during the course. What else can you not “put down” during the day?
* How did the weight of Korach’s jealousy harm him and his kehilla?
* How can the weight of jealousy or anger prevent you from completing tasks?
* How does jealousy impact your friendships at camp?
* What can you and Korach do to release that weight?