

Peulat Shabbat

Theme: Promises 5:00 leave A-side

Groups By tzrif 5:15

Location: Around b-side (meeting at b-side tennis courts)

Intro: (Five minutes)

Have chanichim sit by bunk.

Talk briefly about parasha. "Making promises is a central part of the parasha. We learn that we shouldn't make promises that we can't keep and that it is important to keep ones word."

Make chanichim promise that they will follow all directions. Make them take an oath that they will follow all directions.

Oath: "I promise to follow all directions from madrichim."

Tell them that they will have to complete a series of challenges as a tzrif.

Challenges: Each activity should be about 7 minutes Miktzoim

1. Wheelbarrow race- tennis courts Stella
2. Human Knot- gazebo outside of chadar Rebecca
3. Candy tree -basketball courts Adin
4. Song remix- Old kfar Ben
5. Leapfrog- medura next to b-side agam (near moadon bogrim) Matthew
6. Hula-hoop-migrash next to tennis courts Gefen

Rest of madrichim and mektzoim should go around with their bunks.

All kids need to wear sneakers.

After last station take kids to the tennis courts.

IMPORTANT EVERYONE MUST READ THIS: At the end of each group's fifth station (so the fifth station that each group does) the station leader will give the group a water bottle to give to Judy. Make them promise that they will give it to Judy. The station leader at the next station (so the last station for each group) will ask them to have the water bottle. Say something like "I really need that" or "That's mine" or "I've been looking for that." Continue with the challenge whether or not they give the water bottle.

Wheelbarrow race:

Have kids pair up and do a wheelbarrow race from one side of the tennis court (the shorter length) to the other and back. They will switch off who is on bottom and on top in the middle. If there is an odd number then have a counselor pair up with a kid.

Human knot: