

Mohdeani (you're my sunshine)  
(Peulah Title - the catchier the better!)

**Program Type (circle one or more):**

Peulat Erev Yom Meyuchad Peulat Tzrif Peulat Shabbat Limud T'fillot

Other: \_\_\_\_\_

**Approximate Duration of Program:** 10 min

**Suggested Grade Range:** Entering Grade \_\_\_\_ to Entering Grade \_\_\_\_

**Group Size (circle one)**

Edah Tzrif Several Tzrifim Other: \_\_\_\_\_

**One-Line Description:**

focusing on Breathing and new tune to mohdeani.

**Overall Goal/Themes:**

to have the kids notice how they breathe and be thankful for their breaths

**Methods Used (for example: discussion, text study, simulation, games, etc.):**

Silent meditation breathing for 3 min teaching dune

**Supplies/Resources Needed:**

None

**Ideal Location (be generic, don't say a name of a makom at your camp!) and Room Setup:**

prayer space

**Staff Preparation and Roles:**

discuss how breathing is important  
know the tune

**Instructions for Running the Program (you can attach a separate paper):**

Start with kids focusing on their breathing  
in silence for 3 min. Encourage how it's  
important/thankful for breath. Have  
counselors teach a song to tune of  
"You are my sunshine."

**Appendices/Additional Files:**

\*Attach any additional documents you used for this peulah!

**Bibliography/Links to Additional Sources (any websites you used):**

**Authors (name, email, camp):**

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**Submit your Peulah to the Ramah Program Bank:  
[www.ramahprogrambank.org](http://www.ramahprogrambank.org)**