siddur booklet, so that each page now has a drawing on the front and a prayer on the back. (10 minutes)

5. Regroup in a circle and hand out index cards. Explain the **personal experience cards** â€" each person should write something personal that they associate with strong emotions. This can be something they have experienced or felt, or something about them that they feel is important or defines them. Give a couple examples ("I was a huge tomboy when I was younger." "I feel most comfortable and happy with myself when I'm playing basketball." "I think about the fact that I'm an only child almost every day." etc.) to help get them started. The cards should remain anonymous! (5 minutes)
6. Collect markers, siddur packets, and personal experience cards (keep these in separate piles so passing them out in the morning is easier). Chanichim can leave as they finish. It's important that the room stays quiet while everyone is finishing up so that each person has their time and space to reflect in the way that they want to.

Shacharit Rollercoaster Tefilot

Length: 45 Minutes

Location: Banim -- BAG, Banot -- Moadon Bogrim

Participants: Machon (& Nivonim, separately) Banim/Banot

Materials:
1. Personal experience cards from night before (edited if necessary)
2. Chanichim's siddur packets from night before
3. Siddurim (Sim Shalom)

Prep Time:
• Arrange benches in a circle
• Place a Siddur Sim Shalom at each seat (or every few seats if people will be sharing)
• Read through personal experience cards + replace/modify anything inappropriate

Goals:
1. & Give chanichim a better understanding of content in t'filot
2. & Provide opportunity for connection to t'filot
3. & Help chanichim see tefilah as an emotional journey

Description:
1. Hand out siddur packets â€" each chanich/a should receive their own siddur packet from the night before.

2. Introduction
- Encourage chanichim to read the English texts in Siddur Sim Shalom
- Encourage chanichim to use whichever siddur they want to use, or to move back and forth between the two siddurim
- Give chanichim a couple minutes to look through their siddur packet
- Encourage chanichim to think about tefilot in a new way this morning â€" to think about their own emotions and how they might relate to tefilot

3. Suggested matbea (amend as you see fit):
- p. 8, Elohai Neshama -- read out loud together in English
- Hand out personal experience cards randomly. Chanichim should receive the card of an edah-mate, and should have a couple minutes to read it before continuing.
- p. 88, Halleluyah -- point out the expression of joy, sing together
- p. 94, Barchu, Shema, Amidah
- p. 129, Tachanun -- have a volunteer read introductory paragraph out loud. Explain that we will do Tachanun in its original form â€" **personal meditation**. Encourage chanichim to take a few quiet minutes to be alone with themselves and their thoughts as they start this new day. Chanichim can reflect on whatever they would like during this time -- it's not designated for thinking about prayer, God, religion, etc. Give 3-5 minutes for Tachanun meditation.
- p. 158, Kaddish Shalem, Aleinu, Kaddish Yatom
- Shir Shel Yom

4. Discussion Questions
- Segue into discussion by explaining that we felt and expressed different emotions at different points in the service. There were highs and lows and everything in between, just like a rollercoaster! These varying emotions come from both the texts in the siddur and the conditions of our own lives each day. The fixed texts reflect different behaviors, ideas, and themes, which all relate to some sort of emotion, and reading/reciting those texts may make us feel those emotions. At the same time, there are other factors in our lives that affect how we feel when we pray. We may be feeling tired in the morning, or we may be excited to spend time with friends at breakfast, or even feeling like we want to focus on the prayers but keep getting distracted. These factors change each and every day, which makes each new prayer experience unique and different.
1. Identify (to yourself, not out loud) the emotions behind the experience on the card your received.
2. How did reading that at the beginning of the service affect your prayer experience?
3. Did any specific prayer stand out to you? Why?
4. How did having your homemade personal siddur with you affect, shape, or change our prayer experience?
5. How can we take today's experience into our future prayer experiences to make them more meaningful, productive, or worthwhile?

5. Wrap Up:

There were a lot of different emotions present during t'filot. Today you might have been able to hone in on one or two (or more) based on the personal experience card your received and what you drew and wrote in your personal siddur. Tomorrow, you may be feeling different, and we hope you can use whatever emotions you're experiencing then to shape your tefilah experience into one that fits your mood and allows you to have a meaningful experience.

Machitzim Peulat Shabbat
Week 2 -- July 6th

Theme: Memory

Run Down:

Part 1: Teach Circle of Life (Galgal HaChayim) with both edot all together at the bleachers on the softball field (15 min)

Part 2: Break into mixed groups from last week, which are now each divided into two sections (an Aleph and Bet section in each group). A lifecycle event will be assigned to every one of these mini-groups. There are 5 lifecycle events in total, and each event will be assigned to two groups (one Aleph and one Bet group). Every group should come up with a skit or interpretive dance that demonstrates their lifecycle event. (5-10 minutes)

Once everyone is done creating and practicing their skits, all the A groups will come together and all the B groups will come together, so that there are two large groups. Groups should perform their skits in chronological order of the lifecycle events. This way we're creating two simultaneous lifecycles made up of skits. (5-10 minutes)
Once the skits have been performed, head to mincha!

Lifecycle events to be assigned:
Baby naming
Bar/bat mitzvah
Marriage/wedding
Having children (creating next generation)
Funeral