

Sinat/Ahavat Chinam Peulat Shabbat

Part 1 Activity: (10 minutes):

Red Light Green Light Power Struggle - hamelach hamal

Instruction: choose leader. Do not tell them how to be the leader, but merely give the role. Instruct all other campers in group to listen to that leader but give no further instruction. Alternate leader 2/3 times.

Goal: See how leader uses/abuses his/her power and how the group reacts.

(passive/active/obedient?)

Leader may use the following commands:

Red (stop)

Green (go)

Yellow (slow mo)

Hop on one foot

Freeze (at any given time)

Spin around twice

Five jumping jacks

Part 2 (20 minutes): Reflective process. How did people use/abuse the power? Did they choose to yell? Were they kind? Discuss tactics of leaders and ask them why they acted the way they did with out being instructed to do so. Ask the rest of the group how they felt during the activity. Did they speak out? Why/why not etc.

Tie into Sinat/Ahavat Chinam: What does this have to do with baseless hatred? Do people naturally choose to be bad/good? How can this relate to baseless hatred/love?

**Counselors can facilitate discussion/contribute own ideas/change course of conversation but still relate to sinat/ahavat chinam.

Part 3: Read Rav Kook quote:

1. "If we were destroyed, and the world with us, due to baseless hatred, then we shall rebuild ourselves, and the world with us, with baseless love - ahavat chinam."
(Orot haKodesh vol. III p.

Circle up and close eyes in group. One camper starts and says one thing they've learned/thought about concerning ahavat/sinat chinam or a question they have about it. Person 1 taps another person's head who then shares etc. etc.) Each camper will start with his/her hand in the air and puts it down once they've gone and tapped someone else's head. By the end, everyone will have shared in the circle.