

Peulot, Edah for Wed July 21

"In Shoafim We Trust"

duration - appx 45 mins

location - upper and lower migrash (rain = Bet am Aleph and improv games instead of trust walk)

overall goals/themes: build trust within different bunks and hanichim as well as get to know one and another
methods used: games, small discussion groups, trust walk

supplies needed: question sheet and list of camper group
staff prep/roles: counselors should be familiar w/ questions & will each lead a group

Instructions to run the program:

1) start @ tzuf and do a trust walk from the upper migrash to lower migrash. (4:30 pm → 4:40)

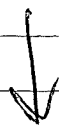
2) Meet all tzufim on lower migrash & sit in a large circle. Chanichim can take off blindfolds,

3) Sarah/Solomon/Ben will explain how these are trust activities and we should trust our friends in Shoafim. Rami will introduce the staff.

4) Do a "human sitting circle" - chanichim stand in a circle and have to balance on the person behind them's lap (start squatting down/lean).
5) Now split in 10 groups of 5 and 1 group of 4 (already assigned).

Time them & challenge them to be faster for round 2.

6) with groups go around a smaller circle and say your name & a fun fact. The question should take about 10 minutes to answer.



Questions

- What are you excited for at camp?
- What are you nervous about?
- What is a risk you have taken lately?
- What is a goal you have for the summer?

- 7) After the questions are done, do a human knot in the smaller groups. Again, challenge them to be faster the second time around.
- 8) If time allows it, do the "one word story game". One chorich starts the story with a word and the next chorich in the circle says the next word etc to form a story about camp.
- 9) We will learn the edah song.
- 10) Closing remarks by Sarah, ~~and Ben~~

Vad Sarah Coleman, Solomon Flax and Ben Danitz

Peulot Edah for Wednesday July 21- Trust Games (written on Tuesday July 20)

Duration: Approximately 45 minutes

Program Name: In Shoafim We Trust

Location: Upper and Lower Migrash (rain= Bet Am Aleph and no walking, we would do improv games in the groups)

Overall goals and themes: Build trust within different bunks and hanichim as well as get to know one another.

Methods Used: Games, small group discussion, trust walks

Supplies needed: Question sheet and list of camper groups

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Staff preparation and roles: Counselors should be familiar with questions and will each lead a group.

Instructions for running the program:

1. Start at tzrif and do a trust walk with the tzrif from the upper migrash to the lower migrash. Chanichim should wear a blindfold (can be a shirt). Take 10 minutes to walk and meet on the lower migrash.
2. When they arrive, have them be seated in a large circle so that all the tzrifim form one circle.
3. Chanichim should now take off blindfold.
4. Do a "human sitting circle"- chanichim stand in a circle and have to balance on the person behind them's lap. See how fast they can do it and challenge them to try again at a faster rate. Take about 10 minutes for this.
5. Split into 10 groups of 5 and 1 group of 4 (please see attached group list).
6. With groups go around and say your name and a fun fact. The questions should take about 10 minutes to answer.

what happens here in transition, for context of the peulot? →

- Questions- What are you excited for at camp?
- What are you nervous about?
- What is a risk you have taken recently?
- What is a goal you have for the summer?

7. Do a human knot in each small group and challenge them to be faster. Take about 5 minutes.

8. If there's time, do the "one word story game". One chanich starts the story with a word and the next chanich in the circle says the next word etc....repeat as necessary. *- more detail please*

9. Sarah will say some "closing remarks", introduce the snap cup and start Rad Hiyom.