**Senses Activity**

**Peulat Shabbat for 7-2-16**

Materials:

Ear Plugs

Honey sticks or Oreos

Book per group

Location: Tennis Courts

Time: 5:00pm to 6:00pm

Description: Spend the first 10 minutes introducing the group to the peulah and dividing up into small groups. Then, spend 20 to 25 minutes doing the senses activity. End with a 15 to 20 minute discussion of the activity as well as of tzitzit.

Activity (in this order):

* Have campers taste the food (lick an oreo or put one dot of honey on their tongue). Then have them hold the food really close to their nose/mouth and challenge them to resist the food as long as possible.
	+ Use judgment to see if you want them to continue holding the food throughout the other activities.
* Campers try to walk in a straight line with their eyes closed (two at a time).
* Campers try to walk while balancing a book on their head (one at a time).
* Pair up campers and have them sit. Give them earplugs and have them try to have a conversation while whispering.
* Ask campers to reform a circle from their pairs. Ask them to sit quietly and pay attention to their surroundings. Then ask them to sit silently with their eyes closed and do the same. Follow up with a question about if they heard anything different between the two moments.

Discussion Questions:

* Which activity was most challenging? Why?
* How do different senses contribute to one another?
* When you lost a sense, how did it change the experience?
* Which sense do you think is most important? Why?

Transition here, read the text and discuss:



* Based on this activity, why do you think we do the mitzvah of wearing tzitzit everyday?
* Why do we say this mitzvah everyday in the shemah?
* Why do you think we use tzitzit and not another sensory reminder during tfillot?
* How and why do tzitzit keep you present? Kan veh Achsahv

Closing:

Phones and tzitzit are both physical things on your body all the time to remind you of different aspects of your life. However, while phones remind us about the material world, tzitzit remind us of how we can be present and aware of our positive impact on the world.