

Peulat Shabbas WEEK 6 Walking Meditation

10 minutes to get to specified area suggest

Group 1: Walk to Makom Machon (prayer space in the woods) **Krulee and Ben**

Group 2: Walk to Tree House **Solomon**

Group 3: Walk to Old Ropes Course **Tsvi and Batya**

Group 4: Walk to fork in the road on the way to Tree House take a left right in that open space area **Ari**

Group 5: Path to staff lounge from Machaneh Gimmel **Ariel and Omer**

Group 6: area between amitzim bunks and grove **Shana**

Group 7: path from old ropes course towards the hermit house **David**

Group 8: Gagareena and Kfar through the Valley **Leah and Nate**

Group 9: Area by alpine tower **Lindsey and Ilana**

-Have campers go on a walking meditation MASA, without talking, and focus on the looking around them—at the forest the sky etc—and take in the small details they usually miss. (8 minutes)

After 8 minutes tell them to now pay attention only to what they hear—the sounds of nature, wind rushing, water flowing etc. (5 minutes)

For the last walk tell the campers to pay attention to touch--**they cannot touch each other**--have them touch rocks grass tree bark sand dirt, and tell them to take in and notice the different textures. (8 minutes)

Come back to discuss as a group in your spot (DO NOT RETURN TO MACHNEH GIMMEL—DISCUS AS A GROUP).

Have kids quickly go around and talk about the experience as a whole, and how they can try to live in the moment, and be more aware of small things that they miss. (10 minutes)

What can we do to make ourselves more aware of the small things, and the everyday moments that slip by us during our daily routine at camp?

Make sure to leave 5 minutes to present the two prayers listed below that address this need to appreciate the small yet incredible things in nature and in our daily lives.

Read the prayers in Hebrew and in English.

How are these prayers relevant to the activity we just did?

(Mention how great it is that this idea of appreciating the small things is present in Judaism) Before you all leave say these prayers as a group

710 last prayer on page noticing striking beauty in nature

709 3rd prayer on the page prayer for thunder

Make sure to leave enough time for your group to get back for minchah