

Yom Express Yourself
Monday, July 19, 2010

8:30-T'filot- Bring Camera to services

- Staff tells campers to pick out prayer from Amidah
- go around camp, take pictures of what the prayer means to you around camp

11-12- Tie Dye- teams tie dye Shirts in Unity color/design

12:15-1:30- Creative Obstacle Course-

- Two teams make for the other team an obstacle course
- using things around camp/personal items
- teams race on the others course
- Clean-up after!!

2-3:30- Lunch and Shat

3:30-4- Drum Circle in the Valley-

- Ask Helene how she did it
- Jackson Pollock Painting
- use empty buckets and sticks (drum circle)
- paper table cloth to cover ground, poster board on it (Jackson Pollock)

4-4:45- Shower, Nikayon-

- Prepare for Tisha B'Av

Yom "Express Yourself"

~~10:00 am~~

Tfilot - bring cameras to Tfilot

Print Amidah - take pictures of what represents the Amidah prayer

(11-12)

11:00 am: tie dye - teams tie dye shirts unity in color/design

(12:15 - 1:30)

12:45 pm: creative obstacle course -

(1:30 - 2)

clean up

2 teams, make for the other team, using things around camp / personal items

30

2:00 - 3:00 : lunch / snack

1:00

3:30 - drum circle in the valley

~~10:00~~

4 - 4:45 shower, nikayon

3:00 pm - drum circle & bench painting

- paint - any color, few brushes
- empty buckets and sticks
- 2-4 benches, tarp
- tarp - plastic thing to splatter paint

Supplies:

tie-dye
buckets, sticks (kids can collect)
paint any colors - bright colors
chadlay table cloth and poster board