

## Yom Meyuchad

**Title:** Yom Chaim

**Goals:**

- Gain an introduction to some aspects of life which campers may not be familiar with at their age
- Have campers think about the future
- Provide a basic level of understanding of Eitz Chaim as well as some other Jewish lessons
- Have fun!

**Schedule (tentative):**

7:00am – wake up

7:45am – tefillot

8:30am – breakfast

9:15am – nikayon

10:00am – break out/split into groups

10:15am – game of life

10:45am – educational event (Eitz Chaim)

11:30am – evolution tag

12:15pm – lunch/menucha

2:00pm – make the most of a rainy day

2:45pm – peulat tzrif

3:45pm – working/jobs

4:15pm – shuk

4:45pm – relay

5:15pm – time capsules

5:45pm – presentations from families

6:30pm – dinner

7:15pm – golem educational peulat erev

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outside moadon - near agam

outside misrad

upper migraah

בג"צ

upper migraah

בג"צ

flexible

10 פ"ג

lower migraah

moadon

moadon

10 פ"ג (3:45-4:45)

Yom Meuchad: Educational Aspect

Activity: Self-watering plants

Materials:

- water bottles *ask Jean*
- seeds (Type- TBD) *Kyle call Walmart*
- Soil/Dirt *Walmart*
- String *Umanut*
- Something to poke a hole *scissors/pencil*

Content:

Tree= family

Breakdown:

-Roots

Literal: Connection to earth, support, nutrients

Metaphorical: Family, emotional support

-Stem

Literal: Standing support (tall)

Metaphorical: Self confidence (stand up tall)

-Branches

Literal: physical growth and spreading for access to resources

Metaphorical: branching out, personal growth, becoming oneself

-Leaves

Literal: flowers, taking in nutrients, spreading seeds, circle of life

Metaphorical: new growth, learning, new friends

-Sun

Literal: energy, light, bright, facilitates growth

Metaphorical: knowledge, education, friendship, compassion

### **Planting Eitz Chaim:**

- Make self-watering plants
- Content:
  - Tree=Family/Community
  - Roots=Connection to Earth/Support/Gather Nutrients=Support
  - Stem=Standing Support(Up)/Growth=Growing
  - Branches/Leaves=Outward Growth/Reaching out for Resources=Reaching Out
  - Fruit/Seeds=Flowering/Blooming/Producing Seeds=Giving Back
  - Water=Allows for Growth/Life=Torah
- Materials: Bottles, String, Hole Poker, Soil, Seeds

### **Evolution Tag:**

- Four Levels of Pyramid: Plankton, Small Fish, Bigger Fish, Sharks(madrachim)
- Each level has a different color so they can be identified
- Plankton have nutrient cards which can be acquired by tagging them
- Once tagged go to separate area and get released when announced
- Pass out more nutrient cards periodically (Goal is to collect as many as possible)
- Materials: Nutrient cards (blue for water red for food)

### **Making the Best of a Rainy Day:**

- Sprinklers go off at 2pm
- Playlist of life songs on speakers
- Paint fight
- Have everyone gather on the upper migrash by 1:58pm

### **Working /Jobs:**

- Picked during game of life
- Storekeepers: Help set up shuk
- Construction Worker: Build structure with provided materials
- Repairman: Put together a puzzle
- Detective: Search puzzles
- Photographer: Photo scavenger hunt
- Materials for job available upon selecting jobs
- Each person gets 5 shekels upon completion of job

### **Shuk:**

- Exchange shekels for snacks in the shuk
- Dates and candy

**Relay/Lemonade Stand:**

- Use lemons as batons for the relay
- Have lemonade at the end because “when life gives you lemons”
- Races:
  - Piggyback race
  - Wheelbarrow race
  - Leap frog race
  - Three legged race

**Thinking About the Future:**

- Make time capsules to open Nivonim summer
- Things to include:
  - What you want to be when you grow up
  - Favorite activities/sports
  - Favorite thing to do at camp
  - Small item from camp (origami/letter/photo)

**Family Presentations:**

- Have each group present their results from the game of life