**Schedule for Solelim Yom Incredibles**

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| --- | --- |
| Aruchat Boker | 8:00-8:30 |
| Teffilah | 8:45-9:30 |
| The Edna Mode Workshop  Moadon Solelim/Tzrifim | 9:35-10:25 |
| Mrs. Incredible  Chorsha | 10:30-11:00 |
| Dash  Lower A side migrash | 11:05-12:05 |
| Aruchat Tzohorim | 12:15-1:00 |
| Menucha | 1:00-1:45 |
| Jack-Jack  Moadon Solelim | 1:45-2:20 |
| Frozone  Moadon Solelim | 2:20-3:20 |
| Movie Time | 3:30-5:30 |
| Mr. Incredible  Moadon Solelim | 5:35-6:20 |
| Aruchat Erev | 6:30-7:15 |
| Violet  Medura | 7:20-8:00 |

Yom name: Yom Incredibles!

Goals:

1. Highlight each attribute of the members of the incredible family (Strength, Flexibility, Speed, Invisibility/Force fields, Jack of all trades, Frozone).
2. Fighting injustice in the world and doing what is right versus what is easy.

Activities

1. The Edna Mode workshop
   1. Description: Everyone makes their own costumes and masks and super hero names (NO CAPES!) Have them dress up their counselors, give them powers, and have the kids present the counselors in front of the whole group. Give each group a Jewish value they must incorporate for their Superhero Madrichim.
   2. Materials:
      1. Clothes of the Counselor
      2. Markers
      3. Paint
      4. Fabric markers
2. Hellen, Mrs. Incredible (Flexibility activity)
   1. Explanation at the moadon about Mrs. Incredible’s powers and why we want them as well before heading over to chorsha..
   2. Description: 5 challenges – two groups compete at every station
      1. Lasers:
         1. In the Chorsha tie Red String around trees and have kids crawl and jump and go through a “laser grid.”
      2. Obstacle course
         1. Kids must crawl over and under benches and then run back to where the rest of their group is standing. Then they must tag the next person before the next person in line can continue the race.
      3. Dizzy Bat
         1. split up each team in half and 3 from each team (6 total) be the superheroes. They must spin around 7 times and then go “save” (lead) the remaining three members of their team who are across the Chorsha and cannot move. They must lead the victims back to where they started from.
      4. Human Knot
         1. Have everyone stand in a circle and then tell them to lift their left hand and reach across to take the hand of someone standing across the circle. Then have the kids lift their right and reach across to take the hand of another person standing across the circle. Make sure that no one is holding hands with someone standing directly beside the person. Lastly tell everyone to try and untangle the knot without letting go of each other’s hands.
      5. Vegetable Off
         1. Have two volunteers (One from each group) stand back to back and walk three steps away from each other. On the count of three the Madrich/a will yell out the name of a vegetable and the two chanichim must make the shape of the vegetable that has been named. The best representation of said vegetable wins.
   3. Materials
      1. Red string
      2. Benches
      3. 6 Baseball Bats
3. Dash
   1. Activity: Arucha Gdola
   2. Materials:
      1. Menus for meltzers (madrichim)
   3. The task in this activity is to teach the chanichim about kashrut laws while running around and having fun
   4. The chanichim need to go up to madrichim and order off of the menu. They must order a meal (at least 2 items). The meal can be dairy parve or meat, but must be kosher. They cannot order unkosher foods. The goal is to get the largest stack of tickets in a kosher order.
   5. Rules:
      1. The chanich must stay with their group the entire time.
      2. The chanich cannot put a blue ticket directly on top of a red ticket. They must have a green ticket before adding the blue.
      3. The chanich MAY put a red ticket directly on top of a blue ticket.
      4. The chanich must go to 2 other madrichim before returning to a madrich.
      5. The chanich may only have 3 consecutive blue tickets.
   6. Each madrich will be assigned a different menu with a list of dairy, meat parve, and unkosher foods.
   7. Madrichim role: Help with supervision. Read menu to groups that come by. Only give them ticket if they answer correctly.
4. Jack-Jack
   1. Activity: Find your inner power
      1. About Me: Self-Esteem Sentence Completion
      2. Each Madrich/a will ask these 5 questions to their group and they will lead the discussion with their group.
         1. I was really happy when…
         2. Something that makes me unique is…
         3. Something that I like about myself is…
         4. I’m proud of…
         5. In school, I’m good at…
      3. Potential discussion prompts in case your chanichim need an extra push. Can be used in any order or combination.
         * 1. Was it easy or hard to answer these questions? Why?
           2. How do you feel after thinking about all of these things?
           3. How did it feel to share these things with others?
           4. What makes you feel empowered/proud of yourself?
           5. Why is it important for us to recognize these great things in ourselves?
           6. Is it important to recognize these things in others?
5. Frozone
   1. Activity: Make Ice Cream in a Bag
      1. Everyone makes ice cream in a bag and then eats it.

**Ice Cream DIRECTIONS**<https://www.delish.com/cooking/recipe-ideas/recipes/a54721/ice-cream-in-a-bag-recipe/>

1. In a small Ziploc bag, combine half-and-half, sugar and vanilla. Push out excess air and seal.
2. Into a larger Ziploc bag, combine ice and salt.
3. Place small bag inside the bigger bag and shake vigorously, 7 to 10 minutes, until ice cream has hardened.
4. Remove from bag and eat.
   * 1. Materials:
        1. Half and Half
        2. Sugar
        3. Vanilla Extract
        4. Ice
        5. Kosher Salt
        6. Small and Large Ziploc Bags
5. Watch the Incredibles!!
   1. Materials: Yourself
6. Bob, Mr. Incredible – Strength does not always have to be physical, it can mental, emotional or anything else
   1. Building the Tower:
      1. Give each group a bunch of toothpicks and small marshmallows and have a contest to see who can build the tallest marshmallow and toothpick tower.
      2. Give each group 3-5 mins to plan their structure – they are not allowed to touch their materials
      3. Then give 15-20 mins to build the structure
      4. Then discuss how individually the toothpicks are weak and cannot stand by themselves, but when they are put together with another force, they become stronger and better than ever.
      5. Discussion about different forms of Strength and teamwork.
   2. Questions to ask:
      1. Who in the group was helpful during the planning stage? What about the Building stage?
      2. What were some of the obstacles you ran into while building your tower?
      3. What were some of the strengths of your group? What about weaknesses?
      4. What could the group have done to eliminate some of the weaknesses?
      5. What were some of the strategies you used to support your tower?
      6. Did anyone try just stacking the Marshmallows to make a tower? Why would that not have worked?
      7. Did you think that such thin wooden toothpicks could have held up a tower as tall as yours?
   3. Materials:
      1. 10 bags of mini Marshmallows
      2. Toothpicks
7. Violet Activity – Circle Tag
   1. Sum up lessons from the day. Come together as a SUPER team because we are stronger together.

**Group 1: Maya**

Naomi, Ma’ayan R, Maayan Bromberg Seltzer, Charlotte, Elie S., Zach G.,

**Group 2: Roi 6**

Mira, Clara, Eliana Green, Noah, Yuval, Hadar

**Group 3: Hadar**

Lily, JJ, Caroline, Jeremy, Isaac, Zephyr

**Group 4: Yannai**

Maayan DC, Jessica, Abby, Beeri, Ari, Avi

**Group 5: Naftaly**

Layla, Elisha, Zakai, Zach D, Molly, Chloe

**Group 6: Sarah**

Serena, Ariel, Rachel, Jake, Grant, Jacob Sch

**Group 7: Arielle**

Dalia, Lauren, Julia, Cooper, Eytan, Rafe

**Group 8: Zach**

Ruby, Hadassa, Eliana Borstein, Chana, Rafi, Jacob Ste.

**Group 9: Sophie**

Jamie, Ilana, Allyson, Shane, Matan, Hannah

**Group 10: Adi**

Rina, Alex, Aaron, Leo, Nathan, Lindsey

**Chanich Schedule for Yom Incredibles**

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| Teffilah | 8:45-9:30 |
| Costume Activity  Moadon Solelim/Tzrifim | 9:35-10:25 |
| Flexibility Activity  Chorsha | 10:30-11:00 |
| Running Activity  Lower A side migrash | 11:05-12:05 |
| Aruchat Tzohorim  Chadar Ochel | 12:15-1:00 |
| Menucha | 1:00-1:45 |
| Sitting Activity  Moadon Solelim | 1:45-2:20 |
| Food Activity  Moadon Solelim | 2:20-3:20 |
| Movie Time | 3:30-5:30 |
| Sitting Activity  Moadon Solelim | 5:35-6:20 |
| Aruchat Erev | 6:30-7:15 |
| Medura  Solelim Medura Spot | 7:20-8:00 |