**Yom Ragil on Steroids**

By: Sarah Berman, Jonah Lecker, Eytan Layman & Maddy Pliskin

Schedule

|  |  |  |
| --- | --- | --- |
| 9:00 | Breakfast | Chadar Ochel |
| 9:45 | Teffilot | Moadon/Outside |
| 10:45 | Nikayon | Migrash |
| 11:45 | Chug 1 | (depends on group) |
| 12:45 | Chug 2 | (depends on group) |
| 1:45 | Lunch | Picnic on Migrash |
| 2:30 | Menucha | Tzrifim |
| 3:30 | Limud | Different locations around migrash |
| 4:45 | Ice Cream | Chadar Ohel |
| 5:30 | Chug 3 | (depends on group) |
| 6:30 | Roo | Machane Gimmel |
| 7:30 | Dinner | Chadar Ohel |
| 8:15 | Peulat Erev | Beit am Bet |

**CHUG SCHEDULE**

|  |  |  |
| --- | --- | --- |
| **CHUG 1 ducks outside 52** | **CHUG 2 moadon** | **CHUG 3 ivrit kitchen** |
| **Group 1: 11:45** | **Group 1: 12:45** | **Group 1: 5:30** |
| **Group 2: 12:45** | **Group 2: 5:30** | **Group 2: 11:45** |
| **Group 3: 5:30** | **Group 3: 11:45** | **Group 3: 12:45** |

**Breakfast: WEAR FUNKY COVAS/FUNKY HAIR**

Location: Chadar Ohel

**Tefilot:**

Location: Gaga Pit

Supplies: a gameplan for teffilot aerobics, speaker

Lead by: Shari, Jonah, Sarah

Steps: run teffilot aerobics, tzevet not leading will participate with chanichim #bein

**Nikayon: SUPER NIKAYON CHALLENGE FOR A PRIZE**

Location: tzrifim

**Chug Aleph: KenDUCKY derby**

Location: migrash by 52

Lead by: Sarah and Jonah (Eytan takes over for the 3rd chug)

Supplies: kiddie pool, rubber ducks, fake money, access to water

Steps:

* Chanichim will draft their own ducks through
* Chanichim will then bet on the ducks
* Chanichim will race the ducks across the pool
* The person with the most money at the end wins a prize

**Chug Bet: Omanut**

Location: Moadon Magshimim

Lead by: Maddy P

Shabbat-o-grams

Steps:

1. Group member’s names are cut up and in a hat
2. Everyone picks a random name
3. Make shabbatogram for them (MAKE SURE NICE AND APPROPRIATE)
4. With extra time make another shabbatogram for someone else

Mindfulness Meditation Interpretive Coloring

Steps:

1. Play meditation music on speaker
2. Give everyone a piece of white paper and a marker
3. Read the script - it explains it all. (Maddy has it)
4. Afterwards, everyone shares their drawing and explains it

**Lunch: Picnic**

Location: migrash

Supplies: food from packout, towels for sitting on

**Menucha**

**Limud**

Location: Migrash

Lead by:

1: Eytan and Zev (ethics)

2: Shawn (Israel)

3: Natan (sports)

4: Jonah (cloud watching/creative process)

5: Sarah (magic 8 ball)

6: Shari (science)

Steps:

* Chanichim will sit in circle around the migrash by tzrif
* Madrichim who are leading a limud session will rotate their lesson to each group while the chanichim remain stationary

**Chug Gimmel: Pizza Making Competition**

Location: Cafe Ramah

Lead by: Julia Meadow

Supplies: premade pizza crusts, pans, olive oil, stuff from salad bar - tomatoes, cucumbers, olives, broccoli, broccoli, banana peppers, spinach, cheese, tomato sauce, plates, knives, spoons, table cloths, paper and pens to plan

Steps:

* Set up cafe ramah, make station with all the materials, and make each group a station
* Split the chanichim up into 3 groups (COUNT OFF)
* Give the kids each a crust and ------- minutes to brainstorm together, must plan pizza out completely, and shop for the materials
* Make pizza as a team for --- minutes
* Cook pizzas for ----- minutes

Everyone eats their pizza for --- minutes

**Ice Cream in Chadar Ohel** *people going on day off leave after this*

**Roo:**

**Location**: Machaneh Gimmel

**Supplies**: sacks (big enough for kids to put lower body in).

* Oreo tag

**Relay races with sacks** - led by Danny Byrne (20 mins)

Campers will be split up in the groups they were assigned for the yom. We will have cones at the start line and the finish line. The campers will one by one use the sack and hop to the finish line. Once they get to the finish line they will have to hop back to the starting line and hand-off the sack to the next camper in line. First team that has all their campers use the sack to get back and forth wins.

**Oreo tag - Eytan**

NO RUNNING. counselors call out different modes of transportation. Double stuf. Each team has assigned cookies(trappers) and stuffing(individuals who can be trapped). Milkmen(leaders, 1 per team) sends out a cookie pair to capture a stuffing. When stuffing is caught, the cookie’s leader and stuffing’s leader goes out to rock paper scissors to see if the stuffing is caught. Team with the most stuffing left wins

**Dinner: Fancy Party**

Lead by: Madrichim

Location: Chadar Ochel

Supplies:

* Printed out invitations - each has a different colored sticker which matches tablecloth
  + Table cloths - different colors
* [Conversation starter cards](https://www.livinglocurto.com/wp-content/uploads/2015/08/Dinner-Conversation-Cards-Living-Locurto.pdf)

Steps:

* Give out invitations in the morning, make sure kids keep them and remember what table they’re at
  + Give chanichim time to change during perek before
* During the perek before dinner, set up tables
  + Tablecloths, table decorations, name tags
* MADRICHIM ARE ASSIGNED TO TABLES AND SIT BEIN

**Peulat Erev:** making the best write up ever

Location: Beit am Bet

Lead by: Maddy M and Eytan

Supplies: poster boards, write up templates, markers/pens

Steps:

* Chanichim will be placed into kvutzots (same as dinner groups) where they will be instructed to create a write up for the best peulat erev ever
* Chanichim will then present the peulah that they constructed to a panel and the best peulah MAY be utilized
* Tzevet will facilitate the write up/creative process and ensure that ideas stay matim

Groups:

**CHUGIM-**

|  |  |  |
| --- | --- | --- |
| **Group One: Maya, Natan**  Ethan Bar Elliot Remy Elijah P Charlie F Coby  Noah Elijah A Ariel P Dagan  Ian Abby B Ariel B Saydee S  Ilana B  Talia S  Elianna H  Ofir Mor  Merav S  Dahlia N  Sophie S  Mia W  Kayla E | **Group 2: Maddy M, Jillian, Zev**  Nadav Ari Josh kelner  Josh azia Jamin  Cash Daniel S Boaz Caleb Jack Sam M Sam B Sadie M  Becca Carp  Anne Mozer  Joy  Tamar  Avery S  Maya Katz  Tore B  Naama B  Zara D  Samantha V | **Group 3: Danny, Shawn, Jonah B** Simon Jonah w Ross Josh hauer Charlie P Eitan  Isaac Josh G Jonah A Bob Avi Andrew Aviva  Ariella H  Maya P  Aliza K  Adi  Kelsey  Kate  Rebecca Clement  Isabel F  Courtney G  Hadas K  Shoshana L |

**LIMUD- by tzrifim**

**ROO- same as chugim**

**DINNER PARTY-**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| TABLE ONE: RED **Eytan, Jonah B**  Elijah P  Sam M  Josh kelner  Coby  Tamar  Zara D  Aviva  Talia S  Isabel F  Abby B  Ellie H | TABLE TWO: ORANGE **Natan**  Jamin Ariel B Jonah A Saydee S Caleb Ariella H Kate Noah Josh hauer Sam B Charlie P Tore B | TABLE THREE: GREEN **Maddy M**  Samantha V  Josh azia  Becca Carp  Joy  Adi  Anne Mozer  Ari  Ariel P  Sophie S  Charlie F  Elijah A  Dahlia N | TABLE FOUR: YELLOW **Jillian**  Shoshana L  Maya P  Avery S  Elliot  Daniel S  Ilana B  Maya Katz  Ross  Dagan  Merav S  Hadas K  Boaz | TABLE FIVE: BLUE **Zev, Maddy**  Avi  Isaac  Rebecca Clement  Aliza K  Remy  Bob  Kelsey  Jonah w  Bar  Jack  Ofir Mor  Simon | TABLE SIX: PURPLE **Julia**  Cash  Ethan  Naama B  Courtney G  Mia W  Andrew  Kayla E  Josh G  Nadav  Sadie M  Ian  Eitan |

**PEULAT EREV- same as dinner party**

**Chug Aleph**

**Fun water activities**

**Location**: B-side migrash

**Supplies**: little cups, slip ‘n slide, buckets, trash can

**Goals**:

Have fun

**Activities**:

drip, drip, drop (20 mins)

**Nonagon water tag** - led by Zev (20 mins)

Teams of 2 or 3 sit together in a circle or triangle. Trash can full of water in the middle. Each team has a bucket, other teams have to try to get water in other team’s bucket. Goal is to end with the least amount of water in your bucket.

Slip ‘n slide (10 mins)

**Chug Bet - OMANUT**

Location: Moadon Magshimim

Lead by: Maddy

**Shabbat-o-grams**

Time: 25 minutes

Steps:

1. Group member’s names are cut up and in a hat
2. Everyone picks a random name
3. Make shabbatogram for them (MAKE SURE NICE AND APPROPRIATE)
4. With extra time make another shabbatogram for someone else

Materials

* Groups cut up names (keep each groups seperate)
* Colored paper
* Scissors to cut paper in half
* Markers (HAVE EVERYONE BRING!!!)

**Mindfulness Meditation Interpretive Coloring**

Steps:

1. Play meditation music on speaker
2. Give everyone a piece of white paper and a marker
3. Read the script - it explains it all.
4. Afterwards, everyone shares their drawing and explains it

Materials

* Speakers
* Script
* White printer paper from sif
* markers

**MINDFULNESS SCRIPT:**

Sit with a straight back, your head held straight up on your neck and shoulders, allow the shoulders to fully relax. And place your marker - your mindfulness wand - in your hand. Throughout this excersize relax, and when an image comes to you, calls your name, is made for you - allow your wand to translate this image onto the page. Wait for the perfect image.

Close your eyes and bring your attention to the flow of your breathing. Feeling each inbreath and each outbreath. Just observing your breathing without trying to change it or regulate it in any way. Allowing the body to be still. And sitting with a sense of dignity, a sense of resolve, a sense of being complete, whole, in this very moment, with your posture reflecting this sense of wholeness.

And as you sit here, picturing in your mind’s eye as best you can the most beautiful mountain that you know or have seen or can imagine. Just holding the image and feeling of this mountain in your mind’s eye, letting it gradually come into greater focus. Observing its overall shape, its lofty peak high in the sky, the large base rooted in the rock of the earth’s crust, its steep or gently sloping sides. Noticing how massive it is, how solid, how unmoving, how beautiful both from afar and up close.

Perhaps your mountain has snow at the top and trees on the lower slopes. Perhaps it has one prominent peak, perhaps a series of peaks or a high plateau. Whatever its shape or appearance, just sitting and breathing with the image of this mountain. Observing it, noticing its qualities and when you feel ready, seeing if you can bring the mountain into your own body so that the body sitting here and the mountain in your mind’s eye become one. So that as you sit here you share in the massiveness and the stillness and majesty of the mountain. You become the mountain rooted in the sitting posture, your head becomes the lofty peak, supported by the rest of the body. Your shoulders and arms the sides of the mountain. Your buttocks and legs the solid base rooted to your chair. Experiencing in your body a sense of uplift from deep within your pelvis and spine, with each breath as you continue sitting, becoming a little more a breathing mountain, unwavering in your stillness, completely what you are, beyond words and thought. A centred, rooted, unmoving presence.

Now as you sit here becoming aware of the fact that as the sun travels across the sky, the light and shadows and colours are changing virtually moment by moment. Night follows day and day follows night. A canopy of stars, the moon, then the sun. Through it all, the mountain just sits, experiencing change in each moment. Constantly changing, yet always just being itself. It remains still as the seasons flow into one another and as the weather changes, moment by moment, and day by day. Calmness abiding all change.

In summer, there’s no snow on the mountain except perhaps for the very peaks. In fall, the mountain may wear a coat of brilliant fire colours. In winter, a blanket of snow and ice. In any season, it may find itself at times enshrouded in clouds or fog or pelted by freezing rain. People may come to see the mountain and comment on how beautiful it is or on how it’s not a good day to see the mountain. None of this matters to the mountain which remains at all times its essential self. Clouds may come, and clouds may go. The mountain’s magnificence and beauty are not changed one bit by the way people see it or not or by the weather. Seen or unseen, in sun or clouds, broiling or frigid, day or night, it just sits, being itself. At times, visited by violent storms, buffeted by snow and rain and winds of unthinkable magnitude. Through it all, the mountain continues to sit unmoved by the weather, by what happens on the surface, by the world of appearances.

And in the same way, as we sit in meditation, we can learn to experience the mountain. We can embody the same unwavering stillness and rootedness in the face of everything that changes in our own lives over seconds, over hours, over years. In our lives and in our meditation practice, we constantly experience the changing nature of mind and body and of the outer world. We have our own periods of light and darkness, our moments of colour and our moments of drabness. Certainly, we experience storms of varying intensity and violence in the outer world and in our own minds and bodies. We endure periods of darkness and pain, as well as the moments of joy. Even our appearance changes constantly, experiencing a weather of its own.

By becoming the mountain in our meditation practice, we can link up with its strength and stability and adopt it for our own. We can use its energies to support our energy to encounter each moment with mindfulness and equanimity and clarity. It may help us to see that our thoughts and feelings, our preoccupations, our emotional storms and crises, even the things that happen to us, are very much like the weather on the mountain. We tend to take it all personally but its strongest characteristic is impersonal. The weather of our own lives is not to be ignored or denied. It is to be encountered, honoured, felt, known for what it is and held in awareness. And in holding it in this way, we come to know a deeper silence, and stillness, and wisdom. Mountains have this to teach us and much more if we can come to listen.

**Chug Gimmel Pizza Competition: Yom Ragil**

**By: Maddy Pliskin**

Perek: Chug Gimmel , there is a rotation so it is different for each of the three groups.

Lead by: Julia Meadow

Location: Cafe Ramah (reserved?)

Supplies:

* Premade pizza dough
* Pans
* Olive oil
* Stuff from salad bar?
  + Tomatoes, cucumbers, olives, broccoli, banana peppers, spinach
* Cheese
* Tomato sauce
* Plates
* Knives
* Spoons
* Table cloths
* Flour
* Paper and

Groups: split each rotation group into smaller groups.

Rotation 1: ‘s Group

Rotation 2: ‘s Group

Rotation 3: ‘s Group

Steps:

* Set up cafe ramah, make station with all the materials, and make each group a station
* Split the chanichim up into groups that are given
* Give the kids each a crust and ------- minutes to brainstorm together, must plan pizza out completely, and shop for the materials
* Make pizza as a team for --- minutes
* Cook pizzas for ----- minutes
* Everyone eats their pizza for --- minutes

**Roo Perek**

**Location**: Machaneh Gimmel

**Supplies**: sacks (big enough for kids to put lower body in).

**Goals**:

* Have fun
* Teamwork
* Bonding

**Activities**:

* Relay Races with sacks
* Joey Joey Roo
* Oreo tag

**Relay races with sacks** - led by Danny Byrne (20 mins)

Campers will be split up in the groups they were assigned for the yom. We will have cones at the start line and the finish line. The campers will one by one use the sack and hop to the finish line. Once they get to the finish line they will have to hop back to the starting line and hand-off the sack to the next camper in line. First team that has all their campers use the sack to get back and forth wins.

**Joey Joey Roo (aka duck duck goose)**- led by Natan (10 min)

All the campers sit in a circle. One person goes around the circle and taps the head of the campers in the circle. If they say “joey” then nothing happens but once they say “roo”, they the person whose head is tapped has to get up and and try to tag the person who tapped him/her while hopping.

**Oreo Tag**- led by Eytan (20 min)

**Dinner Party Write Up: Yom Ragil**

By Maddy Pliskin

Perek: Aruchat erev

Lead by: Madrichim

Location: Chadar Ochel

Supplies:

* Printed out invitations - each has a different colored sticker which matches tablecloth
  + \*\*\* make the back side of the invitation rules\*\*\*
    - Must be etiquette dinner, british accents, amazing posture
* Table cloths - different colors
* Apple juice - get chadar approval to bring it in! Champagne flutes???
* Centerpieces? confetti?
* [Bowties](https://www.amazon.com/Elegant-Pre-tied-Formal-Tuxedo-Adjustable/dp/B0796LQ6D2/ref=lp_2474948011_1_12?s=apparel&ie=UTF8&qid=1533575016&sr=1-12&nodeID=2474948011&psd=1)??? $16.25 / 20
* Menus?
* [Conversation starter cards](https://www.livinglocurto.com/wp-content/uploads/2015/08/Dinner-Conversation-Cards-Living-Locurto.pdf)

Groups:

RED  
GREEN  
BLUE  
ORANGE  
PURPLE  
YELLOW  
Steps:

* Give out invitations in the morning, make sure kids keep them and remember what table they’re at
  + Give chanichim time to change during perek before
* During the perek before dinner, set up tables
  + Tablecloths, table decorations, name tags
* Counselors sit at assigned tables and facilitate conversation starter conversations with cards, encourage etiquette, british accents, and amazing posture

