Yom 7 Wonders of the World

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| --- | --- | --- |
| **Schedule**  | **Time**  | **Location**  |
| Great Wall of China-- South East Asian Body Prayer T'fillot  | 7:30  | **Tennis Courts**  |
| Aruchat Boker  | 8:30 AM  |  |
| Nikyone  | 9:00 AM  |  |
| Empire State Building: Board Trivia Game  | 10:00 AM  | Basketball Courts  |
| Coliseum: Gladiator Disco Disco  | 11:00 AM  | BAA  |
| Niagra Falls Water Games and Fight  | 12:00 AM  | Upper Migrash  |
| Lunch  | 1:00 AM  | Upper Migrash  |
| Menucha  | 2:00 AM  | Tzrifim  |
| Taj Mahal: Stations  | 3:00 AM  | Moadon and Surrounding areas  |
| The Great Pyramids of Giza "Bar Mitzvah Games"  | 4:15 AM  | Tennis Courts  |
| 7 Wonders of Ramah Scavender Hunt  | 5:30 PM  | All Camp  |
| Aruchat Erev  | 6:30  | Ohel  |
| Peulat Erev  |  | Tennis Courts  |

**Groups:**

|  |  |  |  |
| --- | --- | --- | --- |
| Group 1  | Group 2  | Groups 3  | Group 4  |
| **Galia**  | **Rae**  | **Sarah**  | **Oren**  |
| **Matan**  | **Eric**  | **Shai**  | **Schneidy**  |
| Zara D  | Kayla E  | Isabelle F  | Eliya G  |
| Sophie S  | Merav S  | Talia S  | Mia w  |
| Joel H  | Oren I  | Levi M  | Nevo R-C  |
| Adam S-J  | Benjamin S W  | Ari W-P  | Elijah A  |
| David F  | Noah G  | Jack G  | Dagan O  |
| Ariel P  | Boaz S  | Brandel W  | Avi W  |
| Coby M  | Jayden F  | Miriam G  |  Dafna N  |
| Noa R  | Yael R  | Ethan U  | Abigail Z  |
| Simon K  | Aliza K  | Abigail K  | Sydney B  |
| Maya P  | Ayala S Eitan M  | Isaac T  | Seth F  |
| Group 5  | Group 6  | Group 7  | Group 8  |
| **Ianne**  | **Maddie**  | **Micah**  | **Matt**  |
| **Shmuel**  | **Elad**  | **Izzy**  | **Liran**  |
| Naomi G  | Hadas K  | Dahlia N  | Joshua H  |
| Ari B  | Joshua B  | Oliver D  | Jenna D  |
| Noah S  | Aden S  | Elijah P  | Andrew Q  |
| Joshua A  | Joshua E G  | Emily D  | Saydee S  |
| Caleb L  | Andrew J-B  | Shayna R  | Gabi S  |
| Jonah W  | Sophia C  | Ariella Harris  | Eytan S  |
| Arwyn O  | Shoshana P  |  Anne Moser  | Elianna H  |
| Samantha B  | Rebecca C  | Joshua K  | Mira E  |
| Sadie M  | Tory B  | Daniel G  | Nadav H  |
| Ayla D Ariel B  | Noah G  | Daniel S  | Jamin W  |

# Great Wall of China-- South East Asian Body Prayer T'fillot Prepared by: Rafi, Ianne, Oren

**Program Type:** T'fillot

**Approximate Duration of Program:** 45 mintues

**Group Size:** Edah

**One Line Description:**

In honor of the Great Wall of China, which is one of the 7 wonders of the world, we will be doing a Tai Chi/ Body Prayer Psukei D'zimra / Warm up for prayer.

**Overall Goal/Themes:**

* Think about the ways that our body can praise God  Connect T'filot to the theme of the Yom Meyuchad.
* Have a new experience for T'filot.

**Methods Used:**

Motions

**Supplies/Resources Needed:**

Every Chanich and Madrich needs to bring a towel. Male madrichim also need to bring their tefillin.

Siddurim brought out of the moadon.

A triangle or a gong.

**Ideal Location and Room Setup:**

Tennis Courts. Everyone in one big circle. Towels spread out like Yoga mats, or like Muslim prayer rugs. Every towel should be facing east.

**Staff Preparation and Roles**

Bring a towel. Lay out the towels bein hachanichim. **Instructions for Running the Program**

1. Tell Chanichim and Madrichim to meet at the Tennis Courts at 7:30 with their towels. Make a big circle with madrichim bein hachanichim, and have everyone

lay out their towel facing east. Ask everyone to take of their shoes and sit crosslegged on the towels.

1. Prayer leader will explain that in honor of Yom 7 Wonders of the World, we will be doing a Great Wall of China South East Asian Body Prayer Tefilot. Psukei Dzimra, the opening songs and prayers of our siddur, are intended as a warm up to prayer. Today, we will be using Body Prayer as our warm up, and then resuming our regular tefilot with the Barchu.
2. Prayer leader will quickly model the 7 motions of Body Prayer, and explain their meaning/significance. Each motion has an inhale and an exhale portion. All the motions are meant to be done slowly and deliberately, focusing on their meaning. Explain that this prayer is done silently, with the triangle separating between motions.
	1. pushing evil away from our hearts
	2. bringing goodness into our hearts
	3. let the sky and the wind praise God
	4. let the earth and the ground praise God
	5. let the oceans and the rains praise God
	6. let the whole world praise God
	7. I am thankful. Expression of Gratitude.
3. Ask everyone to stand up. Begin with deep breathing. Inhale, exhale. Inhale, exhale. Sound the triangle. Do 30 repetitions of each motion, sounding the triangle between each. Sound the triangle at the end. Breathe deeply. Inhale, exhale. Inhale, exhale.
4. Madrichim who do not wear tefilin should pass out siddurim. Madrichim who do wear tefilin should QUICKLY put on their tefilin. Everyone should stay on their own towel for the rest of the service.
5. We continue with the Barchu.
6. When we get to the Shema, we will do the Shema one breath to one word.
7. When we get to the Amidah, we will talk about the 4th blessing (ata chonein) about mindfulness and awareness.
8. Finish the service normally.

# Empire State Building: Board Trivia Game

**Peulat Planners:** Liran, Schneidy, Matan, Eric

**Time:** 10:00- 11:00

**Location:** Basketball Court

**Rain Plan:** Moadon

**Description:**

Groups 1-4 will be on the basketball court closest to the tennis courts and groups 5-8 will be on the opposite basketball court. Liran and Shmuel will be running the games and Schneidy will be floating. All madrichim should be with the groups throughout the games. The teams will move in according to the place which they finish the tasks. The teams that finish the tasks first will move 3 spaces. Second place teams will move 2 spaces, third place teams will move 1 space and, forth place teams will not move. The teams will move around the board continuously until the parek is over. When the team lands on the spot it will say challenge, task, or trivia. It must then be completed.

**Challenges:**

* Sing the Edah song without teeth showing
* Sit in a straight line
* Jumping jacks in 20 secs (1 person per group)
* Line up in alphabetical order without talking
* Who can throw a Frisbee the furthest
* Cartwheels in 20 secs (1 person per group)
* Line up in birthday order without talking
* Push-ups in 20 secs (1 person per group)
* Make a free throw (2 campers per group)
* Dizzy soccer free kick (2 campers per group)
* Wheel Barrow the length of the basketball court (2 campers per group)

**Tasks:**

* Count to 10 in Hebrew
* Name all Edot in order
* Do one round of “Shigaon”
* Name 5 Jewish Holidays
* You have 3 tries to pass a Matkot ball 4 times without dropping it
* Name 5 sport chugim
* Name 5 omanut chugim
* Name 5 cities in Israel
* Best celebrity impression

**Trivia:**

* Which of the following is an ancient seven wonder?
	1. St Louis Arch
	2. The Coliseum
	3. **The Hanging Gardens of Babylon**
	4. The Empire State Building
* The Coliseum is located where?
	1. Paris
	2. **Rome**
	3. Tokyo
	4. Alexandria
* The Mausoleum of Halicarnassus was built as a?
	1. **Tomb**
	2. Lighthouse
	3. Fort
	4. House
* What civilization built the Chichen Itza?
1. Egyptians
2. Incas
3. Germans
4. **Mayans**
* What is the oldest structure on the ancient list of Seven Wonders of the World?
	1. **The Great Pyramids of Giza**
	2. Lighthouse of Alexandria
	3. Great Wall of China
	4. Statue of Zeus at Olympia
* The Taj Mahal was built by Mughal Emperor to honor his late?
	1. Son
	2. Father
	3. **Wife**
	4. Daughter
* True or False: the Lighthouse of Alexandria served as a beacon for ships?
	1. **True**
	2. False
* True or False: The Great Wall of China is the longest man made structure?
	1. **True**
	2. False
* Which wonder was discovered by a Swiss explorer in 1812?
	1. Hanging Gardens of Babylon
	2. **Petra**
	3. The Colossus of Rohdes
	4. Machu Picchu
* What was the statue of Zeus at Olympia made out of?
	1. Wood
	2. Steel
	3. **Gold**
	4. Plastic
* How many digits does the pi house go? **14**
* How many years have Rabbi Gelb been director? **10**
* How many bunks do campers live in on a-side? **19**
* What ywar were these counselors in Nevonim? Eric, Maddie, Galia, Ianne, Sarah, Oren, and Micah. Hint: they were all in the same edah. **2013**
* What counselor was previously a hanich for Rafi Spitzer? **Eric**
* Who is the oldest Madrich in Ilanot? **Elad**
* Who is the youngest madrich in Ilanot? **Sarah Binney**
* What Madrichim have been at camp the longest? Bonus: When did they start? **Eric and Schneidy: Gan 2002**
* What song is the edah song to the tune of? Bonus: Who is it by? **Build be up Buttercup by the Foundations**

# Coliseum: Gladiator Disco Disco

**Peulat Planners:** Liran, Schneidy, Matan, Eric

**Time:** 11:00-12:00

**Location:** BAA

**Rain Plan:** Same as original plan

**Goal:** To get chanichim involved actively and learn roman trivia in order to get back into the game.

**Description:**

* Dodge Ball with tops versus bottoms.
* Roman Trivia when you get out to get back in the game
* Freeze dance throughout the game. When you get out you have to go to trivia to get back into the game.
* If ball is thrown when music is stopped the ball does not count
* The ball must hit below the head
* Judges for chanichim who are out: Elad, Galia, Shai, Eric
* Music: Maddie
* Everyone Else is Playing

**Trivia (Rae, Izzy, and Oren):**

1. Corsica and Sardinia are large islands \_\_\_\_\_\_\_ of the Italian peninsula
	* + 1. east
			2. north
			3. south
			4. **west**
2. The \_\_\_\_\_\_ Sea runs along the western coast of Italy.
	* 1. Aegean
		2. Black
		3. Mediterranean
		4. **Tyrrhenian**
3. What did NOT serve as protection for the Latins of early Rome?
	* 1. Alps to the north
		2. poor harbors in eastern Italy
		3. **presence of the Etruscans**
		4. Seas on three sides of the italian peninsula
4. \_\_\_\_ were common people, with few rights and little power.
	* 1. patricians
		2. **plebeians**
		3. plebiscites
		4. republicans
5. The Etruscans lived primarily in the region once known as \_\_\_\_\_, and now known as Tuscany.
	* 1. calabria
		2. **etruria**
		3. latium
		4. venetia
6. According to legend, Rome was founded by the twin brothers Romulus and \_\_\_\_ in 753 BCE.
	* 1. Ralph
		2. **Remus**
		3. Ricky
		4. Rufus
7. \_\_\_\_\_ is an island which, on a map, appears to be being “kicked” by the

“boot” that is the Italian peninsula

* + 1. corsica
		2. cyprus
		3. sardinia
		4. **sicily**
1. Romans spoke the \_\_\_\_ language
	* 1. greek
		2. **latin**
		3. romanian
		4. sicilian
2. \_\_\_\_\_\_\_ is the traditional founder of the Roman Republic, who overthrew the Etruscan kings in 509 BCE
	* 1. Julius Caesar
		2. **Lucius Junius Brutus**
		3. Octavian
		4. Romulus Augustus
3. Italy has a central location in the \_\_\_\_\_ Sea, giving it a trading advantage in the region
	* + 1. aegean
			2. caspian
			3. ionian
			4. **mediterranean**
4. The first written laws of Rome, the \_\_\_\_, came into effect in 450 BCE
	* + 1. Bill of Rights
			2. Code of Hammurabi
			3. Justinian Code
			4. **Twelve Tables**
5. \_\_\_\_\_\_\_\_\_ were in charge of Roman finances
	* + 1. aediles
			2. dictators
			3. praetors
			4. **quaesters**
6. Rome was built on the \_\_\_\_\_\_\_ hills on the eastern bank of the Tiber River
	* + 1. 4
			2. 5
			3. 6
			4. **7**

**Method:** Physical and Mental

**Supplies:**

* + Dodge Balls
	+ Speakers and Music
	+ Trivia

**Niagara Falls Water Games and Fight**

**Peulat Planners:** Liran, Schneidy, Matan, Eric

**Time:** 12:00- 1:00 **Location:** Upper migrash

**Rain Plan:**

**Goal:**

**Description:**

* + All madrichim will be with there groups and playing
	+ Bucket Game: Bucket will be filled and they must fill a cup and pass it down a line and dump it in the empty bucket. The last person who dumps the cup in the bucket will run to the front and fill the cup to start the line again.
	+ Drip Drip Drop: Duck Duck Goose with cups. Each group needs to have a bucket of water to continuously fill water bottles as they become empty.
	+ Turn Sprinklers on **Method:** Active **Supplies:**
	+ 10 Buckets
	+ Water Bottles
	+ Cups
	+ Sprinklers



**Taj Mahal: Stations**

**Peulat Planners:** Liran, Schneidy, Matan, Eric

**Time:** 3:00- 4:10

**Location:** Moadon and around

**Rain Plan:** Tie dye in modaon ilanot, speakers for dancing in moadon ilanot pointing out toward the agam. Dancing will be between the moadon ilanot and the misrad.

**Goal:** Connect different parts of the Taj Mahal

**Description:**

* + Groups ½ will start at station 1, ¾ will start at station 2, 5/6 at station 3, 7/8 at station
	+ Each station will be 25 minutes long
	+ **Station 1 (Sarah Binney):**
		- * Location: Tennis Courts
			* Explain how the Taj Mahal was completed in 1643 however different phases of the project have continued for the last 10 years
			* This station will include making a time capsule. Each chanich/a will write a letter to themselves that they will receive during there Nivonim summer.
	+ **Station 2(Schneidy) :**
		- Location: Tennis Courts
		- The Taj Mahal was build for an emperor after his love died. It was built as a memory.
		- Shabbat-o-grams for staff around camp to thank them for there service.
		- Each group will get a staff group around camp such as the kitchen staff, marp, misrad, etc.
		- Group 1: Kitchen Staff
		- Group 2: Misrad
		- Group 3: Marp
		- Group 4: Hinuch
		- Group 5: Tech
		- Group 6: Agam
		- Group 7: Maintence
		- Group 8: Omanut
* **Station 3 (Matan):**
	+ Location: Moadon
	+ Bollywood dancing lead by Matan
* **Station 4(Liran):** Marker Art
	+ Location: Tennis Courts
	+ In mausoleum art and architecture lattice motifs are found. This includes at the Taj Mahal
	+ Each chanich/a will receive one sheet of paper with motif on it that they can color

Construction Paper

Markers

Speakers and music

**The Great Pyramids of Giza “Bar Mitzvah Games”**

**Peulat Planners:** Liran, Schneidy, Matan, Eric

**Time:** 4:15- 5:20

**Location:** Tennis Courts

**Rain Plan:** N/A

**Goal:** To learn/ practice Bar/Bat Mitzvah games connected to Egypt

**Description:**

* Lead by **Liran and Elad**
* Mummy Wrap with TP
* Coke and Pepsi
* Yam/Yabasha
* The numbered group game
* Freeze Dance
* Limbo

**Method:** Each game will be played for approximately 10 minutes

**Supplies:**

* Speakers
* Toilet Paper
* 2 Brooms

# Wonders of Ramah Scavenger Hunt

**Peulat Planners:** Liran, Schneidy, Matan, Eric

**Time:** 5:30- 6:30 **Location:** All around camp

**Rain Plan:**

**Goal:** Explore camp and show the beauty of camp

**Description:** Campers will listen to rhyming clues and find each wonder based on the clue.

* In groups campers will go around camp. Each clue will have a madrich at its location. The madrich will read the clue and the group will go to the next location.

All will end at the chadar ochel.

* **At each station the group must take a selfie with everyone in the group with an object found at each location.**
* **Clue #1** (Bet am Aleph) the red doors swing open and the kids run and cheer, on the upper migrash, this building is so big, it makes the other bunks fear.
* **Clue #2:** (Agam)Come on down when the weather is hot, but when its raining you better not.
* **Clue #3:** (Marp) Whether hurt, sick, or needing your meds, go with your feet and don’t lose your heads.
* **Clue #4:** (Bet am Bet) What does singing dancing and candy have in common?
* **Clue #5:** (Alpine Tower) Strap on, reach for the sky, get to the top and feel you can fly
* **Clue #6:** (Bet am Gadol) Our newest wonder, used for music or protection, a place so big, right in the other direction
* **Clue #7** (Hadar Ochel) You go there 3 times a day to eat, kill it, fill it, and throw away the sheet. **Method:** Physical

**Supplies:**

Clues and post at locations

# Jewpardy

**Peulat Planners:** Galia

**Time:** After dinner till 8:00

**Location:** Tennis courts

**Rain Plan:**

**Goal:** The edah will have a chance to show some facts which they have learned in a non active manner at the end of the day.

**Description:**

* Based on the Jeopardy game on TV. The categories are: Monuments, camp wonders, wonder-ful people, and geography
* Each group will receive paper to write the answers on
* Each group will rotate the times they get to choose what question and category starting will group 1. After the question is asked the teams will have 45 second to write the answer as a group. When the time is up the groups will be asked to hold up the answers in order to get the points.

**Supplies:** Board and Questions from Galia