יום לישון

Tuesday, June 12, 2016

Nivonim

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| 9:00 | בוקר טוב |
| 9:30 | ארלחת בוקר |
| 10:15 | תפילות |
| 11:00 | נקיון |
| 12:00 | Counting Sheep |
| 1:00 | Lullaby Rap Battle |
| 2:00 | ארלחת צהריים |
| 2:30 | מנוחה |
| 3:30 | Play practice |
| 5:30 | Dream or reality? |
| 6:30 | בחירות |
| 7:50 | ארלחת ערב |
| 8:30 | פעולת ערב |

**Counting Sheep**

12:00-1:00

Tzad Bet Migrash

One of the first things that many people do when they start beginning to try and go to sleep it to count sheep. To start off the yom, you guys are going to “count sheep.” We’re going to split you up into pairs, and the pair who has counted the most sheep wins!

You and your partner are going to be tied together, three-legged race style. You’re then going to be set out into the migrash and have to count as many sheep as possible. To count a sheep, a counselor, you must tag them and complete the task or answer the question they ask. Once you do, you will be given a little tuft of wool (a cotton ball) to prove that you’ve gotten that sheep. You may tag a madrich more than once, but you must wait at least 2 minutes before going after the same madrich again.

At the end, the pair who has counted the most sheep wins. *(Can they win an actual, tangible prize? Maybe a some little stuffed sheep?)*

**Game Day Plan**

Run around the migrash. Don’t make it too easy for them to catch you, but also don’t make it too hard. Give a team a cotton ball when they have completed your task/question

* Maddie -
* Emily -
* Emma -
* Claire -
* Simon -
* Carmi -
* Ben -
* Aryeh -

**Materials**

* Long sleeve t shirts (provided by campers)
* Cotton Balls

**Lullaby Battle**

1:00-2:00

Moadoan

When you were little, you probably heard a bunch of different lullabies during bedtime. Lullabies are relaxing and peaceful… usually.

Your job today is to write and perform a lullaby rap battle. You will be creating a lullaby rap, and will be battling one another through the “rock paper scissors” parade method. Your rap should be clever, well-written, and appropriate. A madrich will be checking your rap before you will get to compete with it to assure appropriate-ness. To give you some guidance on what this rap battle could be, we suggest that one party is the child or person going to sleep, and the other is the person trying to get the other to go to bed.

Once the final two lullabies have been selected, the two singers will go to the front of the moadon. Their group members then have 8 minutes to dress in unison and make sure that their MC is ready for battle. The MC then performs the lullaby-rap. In the end, we decide that the performances are equally amazing-everyone’s a winner at Machane Ramah- and there needs to be a tie breaker… a free-style rap battle.

Example:

“Chanich go to bed, you did so much today,

Please get some sleep so tomorrow you can play”

“But counselor I’m not tired and I want to hang with friends,

I need to do ALL THE THINGS before the summer ends!”

… and so on …

Bonus points for use of 100 milim, illustrations, rhyming, and Jewish references!

**Game Day Plan**

One counselor per group

**Materials**

* Paper
* Pens

**Dream or Reality?**

5:30-6:30

Moadoan/K’far

Dreams are the best part of sleeping - unless it’s a nightmare! Yom Lishon wouldn’t be complete without talking about dreaming.

For this peulah, we’re going to give each group a scenario that comes from the tanakh. You’re going to make up a skit about it and perform it for the rest of the edah who is then going to decide if the little show you put on was a dream or event that were described in the tanakh.

**Game Day Plan**

One counselor per group, just so that you can make sure that the skits stay appropriate and to ensure that everyone is being included equally.

***Groups***

* Jacob’s Dream at Bethel
	+ *Gabe*
	+ *Ben*
	+ *Josh E*
	+ *Alena*
	+ *Maya*
	+ *Lily*
	+ *Julia*
	+ *Faith*
	+ *Zoe*
* Joseph’s Dreams
	+ *Matan*
	+ *Joey*
	+ *Joseph*
	+ *Sydney*
	+ *Eliana B*
	+ *Talia*
	+ *Sophie*
	+ *Hannah P*
	+ *Michal B*
* Pharoah’s Dream about Cows
	+ *Zach Z*
	+ *Jonah*
	+ *Jacob C*
	+ *Danny I*
	+ *Jenna*
	+ *Dassie*
	+ *Debbie*
	+ *Issey*
	+ *Eliana S*
* Nevuchadnetzer’s Dream
	+ *Max*
	+ *Daniel W*
	+ *Ryan*
	+ *Matt S*
	+ *Matt O*
	+ *Meital*
	+ *Rana*
	+ *Abby*
	+ *Becca*
* Ezekiel
	+ *Drew*
	+ *Avi*
	+ *Jacob D*
	+ *Sam*
	+ *Yanai*
	+ *Sarah*
	+ *Yael*
	+ *Arielle*
	+ *Hannah W*
* Speckled Sheep
	+ *Caleb*
	+ *Josh F*
	+ *Natan*
	+ *Jake*
	+ *Zach K*
	+ *Michael W*
	+ *Liora*
	+ *Hadar*
	+ *Elianna I*
* Cupbearer dreams about wine
	+ *Danny B*
	+ *Noah*
	+ *Adam*
	+ *Ilana M*
	+ *Maddy P*
	+ *Jess*
	+ *Caroline*
	+ *Alex*
	+ *Julia*

**Peulat Erev: Harga’ah**

8:30

Moadoan

What a great yom. We had a fun day at camp, and now it’s time to wind down with a nice and relaxing harga’ah. Both the banim and the banot do timelines every night, so let’s sum up our day and what happened!

(Do timelines, led by one madrich and one madricha)

I want to invite you all to join the banot in shmoga, shemah yoga! Shmoga is something we do every night before bed. Everyone stand up!

(Do shmoga)

Okay, now it’s time for bed. Emily is going to lead us in a meditation

(Do meditation) Explain that Hershey’s Kisses are being passed around so that everyone has *sweet* dreams, cholomot mitukeem, and to wait until after the meditation is over to eat them

Kisses will have color war team color stickers on the bottom. Emily explain this in meditation

After some yelling, cheering, smiling, etc., we round them up!

**Game Day Plan**

2 madrichim lead the timeline. Maddie leads shmoga. Emily leads meditation and reveal of teams. Other than that, just be #bein

**Materials**

* Timeline page from both the banim and the banot
* Hershey’s Kisses
* Colored stickers

Shleep Wars

This peulah has three parts.

Part one:

Chanichim lay down on the grass on the migrash with a blindfold, pillow and blanket optional but highly encouraged. We read them a story, the Lion and the Sheep (the aryeh and the sheep) and each time they hear the word sheep, they must baaaaaaaaaaah. Each time they baaaaaaaaaaah, they are awarded a cotton ball. If they are all doing excellently, we can just throw the cotton balls out, or have them count the number of sheeps they hear, and then give them that number of cotton balls after the story is done.

 Materials: the lion and the sheep story, cotton balls to give out

Part two:

After the story is done and they have a sufficient amount of cotton balls, they will begin to make their own sheep out of the cotton balls they have. They will also make a pen for their sheep out of the various outdoor items they are able to find, such as sticks, pine needles, and foliage. Pens are expected to be lavish and beautiful. They will stick their sheep inside their pen, and set a lovely scene.

 Materials: glue, access to outside, cotton balls

Part three:

Madrichim will facilitate some sheep boxing. There will be a ring, and chanichim are allowed to come and compete in sheep boxing. At any time, Aryeh is allowed to be an aryeh, and eat whichever sheep looks tasty to him. Chanichim who do not want to participate in this part of the peulah will not be forced to sheep box. But it will be very funny.

 Materials: hungry aryeh, sheep boxing ring