

**Inside Out Peulah**  
**Location: BAB**  
**Run-Time: 8:30-9:30 PM**

**Steps:**

1. Spread chanichim out in their own space in the BAB. Have them bring clipboards to write on.
2. Each chanich/a gets a packet of questions. Give them time to answer the questions in the packet and enforce a quiet/reflective atmosphere (15 mins).
3. After reflection time, have chanichim move into their respective kfutzot and do the following: (15 min):
  - a. Each kfutzah will answer 2-3 of the questions they feel comfortable sharing. Madrichim should be circulating around the room making sure people are taking the activity seriously and that everyone is participating.
  - b. During the reflection time, madrichim will find people from four of the groups and tell them which group they are in.
4. 3 index cards will be handed to each chanich. They will answer the following questions on each of their respective index cards. Each index card will have a number written on it to indicate which prompt should be answered on it.  
(encourage them to elaborate on their answers): (15 min)
  - i. What do you appreciate most about your edah?
  - ii. What is one intangible (you may have to define intangible) way to elevate your edah?
  - iii. How do you feel when you are with your edah?
5. They give their index cards to designated Madrichim for each question (5 mins).
6. At the end, we all get together and anonymously read the most impactful responses (15 mins).

“Understanding Ourselves” questions:

- What do you like most about yourself?
- What are you optimistic about in regards to the world?
- What scares you most about the world?
- What qualities do you look for in your friends?
- When do you find yourself frustrated with others?
- What issues matter most to you?
- What does success mean to you?
- What motivates you?
- When is it right to follow your own path and when is it right to follow the path that others make?
- When do you feel most loved and respected?
- When do you feel validated in who you are?
- What do you consider to be your intellectual and personality strengths?
- What types of thinking and activities do you struggle with?
- What makes you feel like your time is being well spent?
- When do you feel most supported?
- What kinds of activities and discussions do you think are not worth your time and why?
- If there was one thing you could choose to make the world a better place, what would it be and why?
- How can our edah be elevated?