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Lailah Tov Activity Book 2024

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Getting to Know You Activities

Speed Friending

Objectives:

- Staff will get to know each other more and speak to people they might not have spoken to yet.

Materials:

- Phone timer
- List of questions

Facilitator Resources:

- None

Set up/Breakdown:

None

Timeline:

00:00-00:10 Explain the activity

00:10-00:20 Staff will get into circles

00:20-00:45 Answering questions

00:45 Laila tov

Station Leaders, Participant Roles, Locations:

- Location: dorm lounge

Program:

- 00:00-00:10 - I will explain the premise of the activity
- 00:10-00:20 - Staff will get into two circle
 - I will count off the staff and will assign each staff member to either group 1 or group 2
 - Group 1 will make an inner circle and group 2 will make an outer circle
- 00:20-00:45 - Answering questions
 - Staff will have 1 minute for both people to answer a question
 - After the 1 minute is up, outer circle will rotate clockwise
 - Questions:
 - What are your hobbies and how did you get into them?
 - If you could visit any place in the world, where would it be and why?
 - Who's been the most influential person in your life?
 - What core values guide your actions and decisions?
 - What kind of music do you enjoy?
 - What's something you're proud of?
 - What's a cause you feel strongly about?
 - What's something you love learning about?
 - What do you like best about yourself?
 - If you could have dinner with three people, living or deceased, who would they be?
 - What's the craziest thing you've ever done?
 - When you're feeling down, what always cheers you up?
- 00:45 Laila tov

Notes: Fill this section out IMMEDIATELY AFTER the program. What worked well? What would you do differently next time?

Show and Tell

Title: Show and Tell

Objectives:

- Staff will feel more connected and learn more about each other by sharing something that is important to them and learning about what is important to others.

Materials:

- Anything!

Facilitator Resources:

- None

Set up/Breakdown:

- None

Timeline:

00:00-00:10 Explain the activity

00:10-00:25 Staff will pick their object

00:25-00:45 Staff will show and tell

00:45 Show and tell

Station Leaders, Participant Roles, Locations:

- Location: dorm lounge

Program:

- 00:00-00:10 Staff will sit in a circle and I will explain the premise of the program
 - Pick an object that you brought to camp that is important to you and/or represents you
- 00:10-00:25 Staff will go to their rooms and pick out the object that they want to show and tell
- 00:25-00:45 Staff will go around in a circle and answer the following questions:
 - Name?
 - Pronouns?
 - Where are you from?
 - What is your object?
 - Why is it important to you?
- 00:45 Laila tov

Olim Show and Tell/2 Truths and a Lie

Objective

To connect with the group through special things and experiences

Materials

Whatever the participants want to share with the group

Facilitator Resources

Set Up/Breakdown

Set Up- have participants grab something from their room that they would like to share with the group

Timeline

Set Up

Show and Tell

Wrap Up

Station Leaders, Participant Roles, Locations

Locations- on dorm, in bunk's meeting space or common area

Faculty

Program

- Prior to coming together for the activity, ask participants to bring something to the lilah tov spot to share
- Have participants gather in a circle in the designated meeting area with their items
- Participants will take turns in the circle sharing what they brought to share and two truths and a lie surrounding or about the object that they have chosen to share
- A few participants will guess the lie before the person sharing reveals the truth
- The other participants can ask questions if the person sharing is comfortable
- After everyone has gone, ask participants if they learned something new about a friend or if they found something interesting to wind down the activity

Notes

What worked or didn't work for this program? What could we do differently next time?

Check In Based Activities

Rock/Stick/Leaf

Materials: none

Set up/Breakdown:

- none.

Timeline:

00-00:05- Explanations

00:05-End- Game

Program:

- 00:05- Transition and settle in. Explanation: Rock/Stick/Leaf is a variation of Rose/Bud/Thorn.
- 00:05-End- Go around the circle and share. Ask each camper to share at least two of the following:
 - Rock: Something that Rocked your World
 - Stick: Something you want to Stick with you
 - Leaf: something you want to Leaf behind.

Game Activities

Music: Summer Playlist

Materials:

- A speaker
- A counselor's phone or laptop
- Campers may wish to have their mp3 players with them

Facilitator Resources:

Set up/Breakdown:

- none.

Timeline:

00-00:05- Explanations

00:05-00:10- Find the Music

00:10-End- Around the Circle

Program:

- 00:05- Transition and settle in. Explanation: Ask campers to think of a song along a theme (Examples: Song of the Summer, Hype/Walk Out Song) and a one- two sentence explanation as to why.
- 00:05-00:10- Give the Campers time to grab mp3 players and look through libraries, ask them to give you a sign when they've found the song
- 00:10-End- Go around the circle, make sure as the facilitator you are adding songs as they are listed to a playlist, ask each camper to name their song (and artist) and their why. Playlists can be shared at the end of a session as a memento!

Desert Island Game

Materials:

Slips of paper

pens/pencils

A hat/bucket/basket/jar, something to put the papers in

Set up/Breakdown:

- You can prewrite items on the papers or ask campers for suggestions
- If you're prewriting: Include some useful items like a rope, a bucket, a fishing rod, etc. and lots of fun silly items. Try to have more silly than serious as it makes the game more fun

Timeline:

00-00:05- Transition, explanations

00:05-00:7 - Choice

00:7-00:10 - finding teams

00:10-End - explanation

Program:

00-00:05- Transition, explanations

What would you want if you were stuck on a desert island?

If you're taking suggestions: Make sure you ask for serious and silly suggestions

Otherwise: Explain that in your vessel there are slips of paper that contain items you might want if you're stuck on an island, some are really helpful, but some are silly, each camper will draw a piece of paper at random. Tell them they can look but not to share what they have. Once each camper has their paper, set a timer (you can play a song even) give them

only a few minutes to find a partner based on how well they think they could survive with their two items (If there's a large group you can do groups of three)

Variation: Have them get in partnered groups before they draw their items

00:05-00:07 - Choice- Line up or go around the circle and have each camper draw a single piece paper

00:07-00:10 - finding teams -Set a timer for a few minutes, or play a song. Allow them to move around and talk to one another to find a partner and discuss their survival strategy.

00:10-End - Presentation- Once the groups have had some time to talk, ask them to explain how they plan to survive based on their items. If you want, you can have the group vote on the survivability of each group. Note: For Lilah Tov, you can have each group get "rescued" by sending them to bed!

Rose, Bud, Thorn

Objective

Participants will share a brief recap of their day to the group, highlighting both the highs and the lows

Materials

Facilitator Resources

Set Up/Breakdown

Bunk will gather in designated space and sit in a circle prior to beginning activity

Timeline

Explanation

Rose, Bud, Thorn

Debrief

Station Leaders, Participant Roles, Locations

Locations- on dorm, in bunk's meeting space or common area

Faculty

Program

- Explanation - "We are going to do Rose, Bud, Thorn for our Lilah Tov activity. We are going to go around in a circle and everyone will have a turn to say their rose, their high of the day, their bud, what they are looking forward to tomorrow or in the next couple of days, and their thorn, their low of the day. You can go in any order you want and you also don't have to share everything. Does anyone want to start?"
- Rose, Bud, Thorn - The group will take turns around the circle telling their rose, their bud, and their thorn
- Debrief - facilitators can ask if there is anything more that the group wants to go back to and talk about briefly (time permitting)

Notes

What worked or didn't work for this program? What could we do differently next time?

Sleeping Lions

Objectives: The objective of the "Sleeping Lions" game is to create a calm and peaceful atmosphere, preparing the children for bedtime by promoting relaxation, self-control, and mindfulness. By encouraging them to visualize a serene nature setting and maintain stillness, the game helps the children unwind and transition into a peaceful state of mind, fostering a sense of tranquility and readiness for bedtime. Through this activity, the children can practice patience, focus, and a peaceful mindset before heading to sleep.

Facilitator Resources:

Speaker (Bluetooth)

Nature soundtrack

Phone or Bluetooth device

Set up/Breakdown:

Logistics team: please gather the materials above- Speaker and soundtrack to be setup prior to the session.

Breakdown: Counselors return speaker to logistics team

Timeline:

0-1 minute: Set the atmosphere with calming nature sounds and minimal lighting.

1-2 minutes: Explain the rules and goals of "Sleeping Lions" - stay calm and quiet.

2-5 minutes: Children find a comfortable spot and imagine a serene nature scene.

5-12 minutes: "Hunter" (councillor) begins to move round the room and taps others silently to try and make them move "sleeping lions" join the hunter if tapped.

12-15 minutes: Congratulate the winning "lion" and transition to the next activity, carrying the calm ambiance with you.

Station Leaders, Participant Roles, Locations:

Medium sized room

Hunter- Counselor

Program:**0-1 minute: Setting the Atmosphere**

Before starting the game, the counsellors will have a calm nature soundtrack playing in the background and very minimal lighting. They will ask the children to close their eyes and imagine themselves in a peaceful nature setting.

1-2 minutes: Introduction and Explanation

Explain the rules and goals of the "Sleeping Lions" game to the children, emphasizing the importance of staying calm and quiet during the game. Remind them to keep the serene nature setting in mind as they play.

2-5 minutes: Setup

Guide the children to find a comfortable spot in the room to lie down and pretend to be sleeping lions. Encourage them to visualize themselves in a peaceful nature scene, surrounded by the sounds and beauty of nature.

5-7 minutes: Start of the Game

Select the first "hunter" (counsellor) and begin the game. The "hunter" (counsellor) softly taps another child to try and make them move, without trying to make them laugh. Remind the children to maintain the calm and quiet atmosphere as they play. The nature soundtrack continues playing softly in the background.

7-12 minutes: Middle of the Game

The game continues, with any "sleeping lion" who moves joining the "hunter" (counsellor). Encourage the children to remain focused and composed, imagining themselves as still as lions in the tranquil nature setting.

12-14 minutes: End of the Game

As the game concludes, acknowledge the winning "lion" for their excellent self-control and patience in maintaining the serene atmosphere. Applaud their efforts and remind them of the calming nature scene they envisioned.

14-15 minutes: Wrap up the Game Session

Thank all the children for their participation in the "Sleeping Lions" game. Take a moment to reflect on some memorable moments from the game and the peaceful energy they created. Transition them smoothly to the next activity or bedtime routine, carrying the calm and serene ambiance with them. Congratulate everyone on their efforts and remind them of the importance of staying calm and focused.

The Best Bedtime Story Ever

Objectives: To create an inclusive and calming group storytelling activity that fosters creativity and enhances active listening skills among children. Using the themes "Journey through the Clouds" and "Meeting the Moon and the Stars," children will be encouraged to express their imaginative ideas, contributing to a collective narrative. The activity aims to respect individual preferences and promote relaxation before bedtime, while the final reflection reinforces the value of their shared creativity experience. Teamwork!

Materials:
Imagination

Facilitator Resources:
Imagination
Speaker (Bluetooth)
Phone or device with Bluetooth on
528Hz sound track (The frequency of Love- can be played from YouTube)

Set up/Breakdown:
Logistics team: Please provide speaker

Speaker and 528Hz to be set up and tested prior to the session

Breakdown: Counsellors to return speaker to logistics team

Timeline:
0-2 minutes: Introduction of activity and rules.
2-4 minutes: Introduction of first theme, "Journey through the Clouds."
4-7 minutes: Group storytelling on first theme.
7-9 minutes: Transition to second theme, "Meeting the Moon and the Stars."
9-13 minutes: Group storytelling on second theme.
13-15 minutes: Story wrap-up and group reflection.

Station Leaders, Participant Roles, Locations:
Counsellors to lead and guide the story
To take place on dorm.

Faculty:
Counsellors to gather children in a circle sitting down

Program:

0-2 minutes: Introduction and Explanation
528Hz- The frequency of Love to played on low volume from beginning to end (soothing sound track to help everyone wind down)
Gather the children together in a circle. Explain the activity, emphasizing the importance of creativity, active listening, and respectful communication. Make it clear that everyone will get a turn to add to the story, but if anyone prefers to just listen and enjoy this is fine also.

2-4 minutes: Introduce the first theme

Introduce the first theme, "Journey through the Clouds." Describe a magical cloud kingdom above the sky, filled with fluffy cloud creatures and rainbow bridges. Encourage the children to close their eyes and envision this place.

You are more than welcome to use the selected themes or you can choose different themes following the framework of this template.

4-7 minutes: First theme storytelling

Begin the story and then invite the child on your immediate left to continue, adding their own two sentences. Continue around the circle, with each child adding to the story in turn. Ensure every child gets a chance to contribute, but respect the wishes of those who prefer to listen and imagine.

7-9 minutes: Transition to the second theme

Transition to the second theme, "Meeting the Moon and the Stars." Describe a soft moonbeam that carries them from the cloud kingdom to the sparkling expanse of the night sky.

9-13 minutes: Second theme storytelling

Continue with the storytelling, going around the circle again. Children can describe the moon, the stars, the planets they see, or the conversations they have with celestial beings. Continue to ensure each child gets a turn if they wish, while respecting the choice of those who prefer to listen.

13-15 minutes: Wrap up the story and Reflect

Wrap up the story, summarizing the dreamy adventure they've created. Then, engage the children in a reflection on their storytelling journey, asking what they enjoyed, what was most exciting, and what they learned from the activity. This reflection period will help them process the experience and ease into a calm, ready-for-bed mindset.

Relaxation

Meditation and Body Scan

Objective

Participants will take time to reflect on how their day/week has affected their body while relaxing and cooling down under the stars after a long day. This may be a longer Lilah Tov Program, but it can be very effective in calming campers down and regulating their systems after a high energy day. *good for middle of session when there is a lot of stress built up

Materials

Facilitator Resources

Set Up/Breakdown

Have campers bring towels and bug spray and a flashlight if they want to dinner

Timeline

0:00-0:05- Explanation & Set Up

0:05-0:10- Guided Meditation

0:10-0:15- Debrief

Station Leaders, Participant Roles, Locations

Locations- Outside: could be at the tennis courts, near Kikar Kiseh, etc. Should be somewhere open where there are options for campers to lay down if they want to.

Faculty

Program

- 0:00-0:05- Explanation - “Tonight for our Lilah Tov Activity we’re going to spend some time under the stars and unwinding. This is going to be a time where you can reflect on the past couple of days, check in with yourself both physically and mentally, or just gaze up at the beautiful sky”
 - Set Up - “I want everyone to spread out.

- Find a spot around here where you can lie down. You don't have to, you are more than welcome to do this sitting up, but I would recommend laying down. Once you have found your spot, get comfortable. Again you could lie down or just sit, either works. I now am going to invite you to close your eyes if you are comfortable doing so. I am going to lead us through a short meditation. This will help us calm down at the end of this very long day and check in with how our bodies are feeling right now."
- 0:05-0:10- Guided Meditation - This should be said slowly to allow participants to really pay attention to both what is being said and how their bodies are feeling. The length of this part of the program may vary depending on how slow the facilitator is speaking. Where there is an ellipsis (...) take a pause, allow participants to hold their tension for a moment before letting it go
 - "We're going to start with a couple of deep breaths. Breathe in... and breathe out [repeat 3 or four times].
 - Now, pay attention just to your feet. How do they feel in your shoes, in your socks, against the ground? How do they feel when you move your ankles? I want you to feel all of the tension that you may be holding in your feet. Tense up everything in your feet... and release.
 - Now move your focus up to your legs. Do you notice any tension in them? Are they comfortable? What does it feel like for them to be against the ground? How does each leg feel in your knees, your hips? How do each of your calves and shins feel? What about your thighs? Now tense up every muscle in your legs... release.
 - We're now going to move up to the torso. Do you notice any tension throughout your torso? Notice how your hips and your back are connecting to the ground if you are lying down. How do you notice your spine sitting into your pelvis and against the ground? How do your sides feel, your core. How is your heart beating in your chest? I want you to tense up everything in your torso... now release.
 - Now move out to your arms. Do you notice any tension that you're holding here? How do your shoulders and shoulder blades feel against the ground? What about your elbows and your hands? Notice how each part of your arm is feeling. Your fingertips, palms, wrists, forearms, elbows, upper arms, your shoulders. Notice how all of these parts are connected. Now tense it all up... and release.
 - We're going to travel our focus up to the head. How does your head feel against the ground, on top of your spine, your neck? How does your jaw feel? How do your ears feel, your nose? What about your eyes? Try to tense up all of your muscles in your head and your face... now release.
 - We've now gone through the whole body, before we finish up, tense up your entire body... and release. Now take a deep breath in... and out.

- What do you notice after we have gone through this body scan? How do your muscles feel? How does your mind feel? Now when you're ready, **slowly** open your eyes, sit up, and come around to form a circle.”
- 0:10-0:15- Debrief - “Before we go inside, does anyone have any thoughts or feelings that they would like to share after that?” give time for participants to think and respond if they want to “Was this helpful?” is a good question to ask to get the ball rolling and to further see how participants are feeling after the program.

Notes

What worked or didn't work for this program? What could we do differently next time?