

FJC STAFF TRAINING RESOURCE

MINUTE TO WIN IT: MIDDOT EDITION

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TOPIC (S)	Jewish Values, Processing the staff experience
SUMMARY	The following are a series of short games and discussions that can be used during staff meetings, or any time throughout the summer, to reflect on time as a counselor. Each session focuses on one Jewish value, and includes a related “minute to win it” type game or similar activity, a text, and questions for discussion. These sessions can be done individually, multiple at once, or episodically (such as once a week) over the course of the summer.
GOALS:	For staff to process their time at camp throughout the summer, through the lens of Jewish values
AUDIENCE:	At a unit or specialty area meeting in small teams
TIMING:	20 minutes each
APPENDICES:	https://jewishcamp.org/making-menschel/
MATERIALS NEEDED:	If needed, materials for each individual mini session are listed below
SET-UP DETAILS:	No special set up required

SESSION TIMELINE

1. Introduce the Middah/Value - 1 minute
2. Engage (quick Minute to Win It game or other activity) - 5-7 minutes
3. Explore (text or quote) - 2 minutes
4. Discussion - 7-10 minutes

SESSION OUTLINE:

1. Introduce the Middah/Value - 1 minute
 - a. Let your team know that you're going to take a few minutes to reflect on how things are going through the lens of middot, or Jewish values. Middot are all about character development - cultivating our values, developing our character traits, and working on being better people generally - which is core to being a better leader, professional, and human in the world. That is what camp is all about!
 - b. Pick a middah from the list and Introduce the middah you're going to look at today.

2. Engage - 5 minutes
 - a. Middot are everywhere, including in some of the tiny (and even most ridiculous) moments. Ask for volunteers (or involve everyone!) in a quick round or two of a "minute to win it game" or other activity that corresponds to the middah you are exploring.
 - b. The key here really is to have fun, cheer each other on, and to get the whole group engaged in the activity.

3. Explore - 2 minutes
 - a. see if your staff can find the connection between the middah and the game - remind them of the middah you're looking at, and share a text about it. You can use one of the options provided, or find your own.
 - b. The goal here is to provide more understanding and knowledge about the middah, and something a bit more meaty for your staff to react to.

4. Discuss - 10-12 minutes - For all of the middot, you can use the same discussion questions
 - a. Ask for volunteers to share an example of when this middah showed up recently...
 - i. among your campers
 - ii. among your staff team
 - iii. when this middah really worked well for you as an individual
 - iv. when this middah was really hard for you as an individual
 - b. how might we elevate this middah for ourselves and our campers over the rest of this session?
 - c. end by asking everyone to share one word (or a very short sentence!) about something they will do starting today to better integrate this middah into their day to day life at camp.

Middot Options

Middah	Minute to Win It Game/Activity	Text
Perseverance & Grit	<p>One player must roll a quarter into one of the slots of an upside down fork that is being held by another player a few feet away.</p> <p>Supplies: a fork, a quarter (multiple if you'd like multiple players at once).</p>	<p>Just as the olive yields oil only when it is pounded so to our greatest potentials are yielded only under the pressure of adversity - Talmud</p> <p>It's not that I'm so smart, it's just that I stay with problems longer. -Albert Einstein</p> <p>Courage is not having the strength to go on; it is going on when you don't have the strength. - Theodore Roosevelt</p> <p>At the end of the day, we can endure much more than we think we can. – Frida Kahlo</p>
Curiosity	<p>Split into pairs, and give each person a chance to interview the other for one minute - no note taking! The winner of the challenge is the person who can recite the most facts about the other person after the interview.</p>	<p>If you're offered a seat on a rocket ship, don't ask what seat! Just get on. - Sheryl Sandberg</p> <p>Never be limited by other people's imaginations -Mae Jemison</p> <p>Millions saw the apple fall, but Newton asked why. -Bernard Baruch</p> <p>If you're always trying to be normal, you will never know how amazing you can be.– Maya Angelou</p>

<p>Calm & Composure OR Patience</p>	<p>Option 1: Stacking cups might be easy at first but the higher the stack gets the harder it is. These cups take a lot of precision and balance to work with. Each player a has a minute to create a pyramid of cups and then take it apart to create a tower of cups. supplies needed - about 75 plastic cups (for 2 players at once) https://youtu.be/mQJV7cZnc9Q</p> <p>Option 2: Using only one hand, payers must move 25 pennies into a single stack in under a minute. This game works well with 2-3 players competing in each round of play. You can literally choose any object to stack, and the tinier the more difficult. Think bolts, nuts, anything at the hardware store. You can even take it up a level and make them use chopsticks instead of fingers! supplies needed - about 50 pennies (for 2 players at once)</p>	<p>Time is an herb that cures all diseases – Ben Franklin</p> <p>Ships don't sink because of the water around them; ships sink because of the water that gets in them. Don't let what's happening around you get inside you and weigh you down. - Anonymous</p> <p>How did Rabbi Akiva start out? They said: he was forty years old and had never studied anything. Once he stood at a well. He said, "Who engraved this stone?" They told him, "[It was] the water, which drips upon it every day." And they said to him, "Akiva, are you not familiar [with the verse,] 'As the waters wear away the stones'?" On the spot, Rabbi Akiva made the following deduction: If something soft [like water] could chisel its way through something hard [like stone], then surely the words of Torah, which are as hard as iron, can penetrate my heart, which is flesh and blood!" Immediately, he returned to studying Torah.-Avot De-Rabbi Natan, version 1, chapter 6</p>
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<p>Gratitude</p>	<p>Less of a competition with this one! Gather everyone around and pass out a notecard or slip of paper to each person. On separate slips of paper, write down each person's name, shuffle, and place in a bowl. Then have each person draw a name. Make sure that if they get themselves they redraw. On the blank notecards, have everyone write three things they are grateful for about the person they drew. Fold them up and put them back in the bowl. Pick someone to read the cards out loud. Then have the rest of the group guess who the card is about!</p>	<p>Who is rich? Those who rejoice in their own portion. -Pirkei Avot 4:1</p> <p>We learned about gratitude and humility - that so many people had a hand in our success, from the teachers who inspired us to the janitors who kept our school clean... and we were taught to value everyone's contribution and treat everyone with respect.- Michelle Obama</p> <p>We can complain that rose bushes have thorns or we can rejoice that thorn bushes have roses. -Abraham Lincoln</p> <p>Thankfulness has an inner connection with humility. It recognizes that what we are and what we have is due to others and above all, to God. -Rabbi Jonathan Sacks</p>
<p>Kindness</p>	<p>Write a thank you note (to the kitchen or maintenance staff, health center, etc!) - invite them to play minute to win it games with you!</p>	<p>First and foremost, we need to be the adults we want our children to be. We should watch our own gossiping and anger. We should model the kindness we want to see. – Brené Brown</p> <p>Kindness is the language which the deaf can hear and the blind can see – Mark Twain</p> <p>The highest form of wisdom is kindness - The Talmud</p> <p>Sometimes when we are generous in small, barely detectable ways it can change someone's life forever. – Margaret Cho</p> <p>You cannot shake hands with a clenched fist.– Indira Gandhi</p>

<p>Understanding, Compassion, Empathy</p>	<p>Mind Meld is played in pairs, and, at heart, it is a free association game. The goal is for two people to collaboratively free associate together until they reach the same word. It begins by one person saying "one," the second person saying "two," and then both improvisers saying "three" together. They then say anything at all - a person, place, idea, concept, phrase, anything. After processing these two things, we repeat the one, two, three and try to use the two previously stated things to arrive at a third, common one. You free associate together, attempting to reach the same word for the next beat of the exercise. https://wiki.improvresourcecenter.com/index.php/Mind_Meld</p>	<p>This is what God said to Israel: My children, what do I seek from you? I seek no more than that you love one another, and honor one another, and that you have awe for one another. - Midrash (Tanna de Bei Eliyahu Rabbah 26:6)</p> <p>And you shall have compassion for your friend as for yourself...-Onkelos Leviticus 19:1</p> <p>The highest activity a human being can attain is learning to understand because to understand is to be free -Baruch Spinoza</p> <p>There is power in understanding the journey of others to help create your own. -Kobe Bryant</p>
<p>Wisdom</p>	<p>Players place a wager on how many celebrities they think they can name in 60 seconds. Then see who can get the most, and the closest to their guess! If the players are pop culture savvy, make it tougher by limiting them to a specific segment of celebrities, like female rock stars, talk show hosts, or olympic athletes. Alternative: Try with capital cities around the world, US presidents</p>	<p>Who is wise? One who learns from all people - Pirke Avot</p> <p>Don't be intimidated by what you don't know. That can be your greatest strength and ensure that you do things differently from everyone else. -Sara Blakely</p> <p>A true teacher would never tell you what to do. But he would give you the knowledge with which you could decide what would be best for you to do. — Christopher Pike</p>
<p>Joy</p>	<p>Cookie face challenge - Place a cookie (or other chosen food item) on each person's forehead. Set a timer for one minute and say "On your mark, get set, go!" See who can get the cookie from their forehead to their mouth first — but no hands! Players can only use their facial muscles to move their cookies. Supplies: 1 cookie per person playing (and more to snack on!)</p>	<p>The capacity for uplift is part of what makes us essentially, euphorically human. - Jessica Winter</p> <p>Happiness is when what you think, what you say, and what you do are in harmony. - Mahatma Gandhi</p> <p>So many conditions of happiness are available; more than enough for you to be happy right now. You don't have to run into the future in order to get more. - Thich Nhat Hanh</p>

<p>Confidence</p>	<p>5x7 index cards are placed in between 4 cups that are placed upside down forming a tower. Quickly and carefully yank out each card so that the cups fall and nest into a single stack. If you knock the tower over, set it up and begin again. Award points to players who successfully complete the task in under a minute or you may choose to award points for each cup that is successfully stacked once time has run out. Supplies: 8 paper or plastic cups & 6 index cards (for 2 players at once) - add more for more difficulty.</p> <p>https://www.happinessishomemade.net/minute-to-win-it-games-for-kids-teens-and-adults/</p>	<p>Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained. – Marie Curie</p> <p>Think like a queen. A queen if not afraid to fail. Failure is another stepping stone to greatness. – Oprah Winfrey</p> <p>It's not your job to like me, it's mine. -Byron Katie</p>
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