



**YOGA BREAK THEMES: MITZVOT**  
BLISS, Song or Game, Mediation

**SUGGESTIONS FOR A BLISS**

**Read a Jewish book**

“Do you guys want to READ A BOOK?” Straddle legs out and in for reading a “leg book”. “Open/close... Open/close.” Move one leg at a time to the other to “turn the page... turn the page.” Don’t let them use their arms. Do the same with the feet for a “foot book.” And for the arms and hands... a “handbook!” Get it? Here’s what it sounds like... be creative:

“What are you reading? Is it a BIG book... like the Tanach or a SMALL book like Sammy Spider? Are we reading about Israel?? Don’t forget the FACEBOOK! Shana Punim! A Facebook about a Lion/Fish/Puffer Fish/Prune. *Encourage conversation and teach them something. Gear your conversation to their age and what they are studying. The possibilities are endless.*

*Encourage conversation and teach them something. Gear your conversation to their age and discuss Mitzvot. Get creative and let children create the rest of the bliss: It's a mitzvah to....*

- *be kind to animals*
- *help your parents around the house*
- *give compliments to friends*
- *celebrate Jewish holidays*
- *go to synagogue*

**Noah's Ark**

“Have you heard the story of Noah and his ark? He built a BIG BOAT. He didn't build a sail boat (arms over your head). He didn't build a Kayak (paddle your arms). He didn't build a motor boat (kick your feet back and forth). He built a boat big enough to carry all of the animals on Earth, 2 by

2. What animals do you think he had on the Ark? DOG? CATS? COWS? Do you think he saw DOLPHINS swimming along side of his BOAT? What do you think Noah thought when he saw a dove with an olive branch? YES! There must be TREE nearby."

## **SUGGESTIONS FOR SONGS & GAMES**

Songs:

- Yoga is Fun/Adom Olam
- Blow Your Shofar
- I am a Little Yogi
- This Little Light of Mine
- Try Try Yoga
- Yoga Nagila
- Shalom Aleichem Dreams
- Shalom Begins with Me
- Shalom Closing Chant
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Games:

- Toe-ga *(after the song, share your pom poms with a friend. work together to create a picture)*
- The Red Sea Parts *(ask questions re: Mitzvot. The Red Sea Parts if you have.....)*
- I Went to Visit my Bubbe
- Joggin' Through Judea
- Yoga-lympics/ Maccabiah Games *(create stations that teach mitzvot)*
- Musical Yoga Mats (use towels at camp)

## **SUGGESTIONS FOR BREATHING & MEDITATIONS**

### **Breathing**

- Aleph Bet Breathing
- Hoberman Sphere *(open the sphere as you inhale through your nose, close it as you exhale. If you have a large sphere, work as a group to open & close it together. If you have a small sphere, pass it around the circle & let each child try it 2 - 3 times)*

- Bumble Bee Breathing
- Bunny Breathing
- Shofar Blowing

### **Meditation**

- Have everyone lay on their tummy and gaze at a flameless candle while breathing deeply in through the nose and out through the mouth. Reflect on the beauty of the light.
- Shalom Begins With Me
- Beanie Baby meditation/Beanie on head
- Walking meditation, then a discussion...what did you notice? How can you use your 5 senses to connect with nature?