



YOGA BREAK THEMES: Tikkun Olam
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 discuss Tikkun Olam. Get creative and let children create the rest of the bliss: How can we repair the world?*

Matzo Ball Soup

“Are you guys hungry? Let’s make some matzo ball soup. Stir your matzo ball soup. Stir it up really good.” Talk about healthy ingredients as you stir 3-4 times to the left and to the right. Great conversation starter. “Wow I’m so full. Now I think I need to stretch my tummy out. Join me and let’s stretch our bellies like a CAT and a COW. Do you know who else is really good at stretching their tummies out? Who has a pet? DOGS stretch their tummies by doing UPWARD DOG. I’m so full let’s relax in this CHAIR.” Etc.

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: Tikkun Olam. The Red Sea Parts if you have recycled, picked up trash, conserve water.....)*
- I Went to Visit my Bubbe
- Joggin' Through Judea
- Yoga-lympics/ Maccabiah Games *(create stations that reflect Tikkun Olam)*
- 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?