



YOGA BREAK THEMES: Tzedakah
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 Tzedakah.. Get creative and let children create the rest of the bliss: What are different ways we can give tzedakah? (money, donating items, time, helping others....)*

JEWISH FOOD

Let’s make some of our favorite Jewish foods. What are some of your favorites? Bagels are one of my favorites. Grab the ingredients and put them in our bowl (legs wide, backs straight) Mix it all up, stir left then stir right. Ok, I think it’s perfect. Let’s roll out the dough- (TOOTSIE ROLL). What about Challah? This is a special bread that is braided. Let’s braid our bread now. TWIST RIGHT, TWIST LEFT. Who likes Gefilte FISH? What do we eat when we have a cold (or anytime for that matter?) They call it the best medicine, matzo ball soup. Let’s make our matzo balls! HUG KNEES and ROCK N ROLL 3 times and then roll right up to standing. You can invite the children to make up poses for some other favorite Jewish foods, such as: Blintzes, Kugel, Macaroon, Rugelach, etc.

Tzedakah Story

(this is a little longer than a BLISS, but very fun to do w/ kids)

Who gives tzedakah on Fridays?? Who does it during the week? Have you ever wondered other ways to give tzedakah other than putting money in the pushke? Well let me tell you a story.

My friend Sarah didn't have a lot of money but really wanted to help a poor family who didn't have a home to live in. She OPENED (open your legs like a book) her closet and started REACHING for clothes that didn't fit her anymore. She made a big PILE on her LEFT side and another big PILE on her RIGHT side.

She yelled to her Emma to bring her a giant bag (hold out your arms in front of you like a circle) for all of her clothes. She carried it all the way downstairs (stomp your feet in front of you).

She felt like a superHERO for helping this family. But then she realized that they might be hungry. She ran (stomp your feet fast) into the kitchen and looked for the CHALLAH and made PBJ SANDWICHES for the whole family.

When she was done her Emma asked if Sarah was hungry. And she was!

She sat in the CHAIR and ate the last bagel with nova. Yummy! Sarah was ready to go out and delivery her tzedakah like a WARRIOR. She looked over at her Emma and told her that they could be WARRIORS together and help fight hunger. Just as they gave the family a big HUG (hug yourself standing) Sarah and her Emma realized it had gotten late out and they would be walking home as night fell. They looked at the night sky and saw the CRESCENT MOON (do both sides) and so many STARS. Sarah started to get tired (RAGDOLL). Just then they reached the BRIDGE and Sarah knew that once they passed the SLIDE at the park they were almost home.

As Sarah walked up the stairs her Emma handed her a TOOTSIE ROLL and gave her a kiss on her forehead.

I'm so proud of you Sarah! Lailah tov בוט הליל

Garden of Eden

SUGGESTIONS FOR SONGS & GAMES

Songs:

- Yoga is Fun/Adom Olam
- Try Try Yoga
- This Little Light of Mine
- Toega
- Yoga Nagila
- Shalom Aleichem Dreams
- Shalom Begins with Me
- Shalom Closing Chant

Games:

- Toe-ga
- The Red Sea Parts *(ask questions that relate to giving/ tzedakah)*
- I Went to Visit my Bubbe
- Yoga Nosh *(make food to give to the hungry)*
- Yoga-lympics/ Maccabiah Games
(create stations that relate to giving/ tzedakah)
- Musical Yoga Mats (use towels at camp)
- Orange You Grateful

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

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?