



CAMP CABIN YOGA BREAKS

BLISS, Song or Game, Mediation

SUGGESTIONS FOR A BLISS

I Went to a Kibbutz

"Did I ever tell you about the time I stayed on a Kibbutz? There was a big farm there and I had to PLOW the fields before I could watch TV (TV pose). My mom would say, '(Your name), it's time to PLOW the fields, stop watching TV.' So I would PLOW the fields, but I really wanted to come back and watch TV. (Do this over and over - it's fun!) When I was finished I would go out and play with my DOGGIE in the field. He only had THREE LEGS but he was a great doggie, and we had lots of fun together. Everybody WALK YOUR DOGGIE. Let's take a rest by the TREE."

Hebrew Heron

"I saw a HERON speaking Hebrew on the way into class today. He really needed a haircut... I wish I had brought my SCISSORS with me. He was cruising around the beach where I was having a picnic. He tried to eat my SANDWICH. I was sitting at a picnic TABLE under a shady TREE."

Ride Your Bumpy Camel Across the Negev

Start in COW FACE and go for a camel ride through the desert viewing cool things: COBRAs, desert FLOWERs, etc. Make sure you bump around a lot or go from side to side across the desert.

Totally cool dismount to go the other way. "Look over there. I see bedouin DANCERS!"

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."

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 any themes at camp. The possibilities are endless.*

SUGGESTIONS FOR SONGS & GAMES

Songs:

- Blow Your Shofar
- Jogging Through the Jungle
- Mashuguna Monkey
- The Yoga Slide
- This Little Light of Mine
- Yoga Nagila
- Yogi Shake
- Shalom Alechem Dreams (great for evening/bed time)
- Shalom Begins with Me
- Shalom Closing Chant

Games:

- The Red Sea Parts
- I Went to Visit my Bubbe
- Yoga Nosh
- Red Light, Green Light, Tree / Adom Or, Yah-Rok Or, Etz
- Aleph, Bet: 4 Corners or 4 Poses
- Tushie Trot (hiney hustle)
- Sherlock Ommmmstein
- Joggin' Through Judea
- Yoga-lympics/ Maccahiah Games
- Musical Yoga Mats (use towels at camp)
- Zip, Zap, Zop

Breathing

- Aleph Bet Breathing
- 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?