

<b>Name of Session:</b>	<b>How Do You Say, "I AM"?</b>
<b>Name of Instructor:</b>	Jonah Canner
<b>Session Type:</b> (Pillar, L'shma, Subcommittee)	Building and Maintaining Healthy Relationships within the Camp Community
<b>Website Description— Skills, Knowledge and Experience to be acquired:</b> (Who, What, Why?)	Have you ever tried to figure out who you are? Have you ever thought about what it would be like to be someone else? For ages people have been asking: Who am I now? Who was I then? Who will I be? And who else is there? In this session, we will be joining that age-old conversation. We will be exploring our own identities and the identities of others. We will be learning how to say, "I am..."
<b>Program Type:</b> Is this a Staff Training or Jewish Program?	Staff Training / Jewish Program
<b>Staff Training Outcomes:</b> What counseling moments can Fellows utilize to highlight their leadership skills?	<ul style="list-style-type: none"> <li>• Fellows will be assuming the perspective of various players in the camp community (campers, camp director, etc.).</li> <li>• Fellows will learn an activity &amp; discussion model that they could bring back to their camp for staff training.</li> </ul>
<b>Jewish Program Outcomes:</b> What Jewish programs will Fellows bring back to camp?	<ul style="list-style-type: none"> <li>• Fellows will be assuming the perspectives of various Jewish figures.</li> <li>• Fellows will be provided texts relating to those figures.</li> <li>• Fellows will learn an activity &amp; discussion model that they can use with campers.</li> </ul>
<b>Age Group:</b> What age group was this originally designed for?	This program was originally designed for teenagers, but could easily be adjusted to be appropriate for any age group.
<b>Modifications:</b> How could this be modified for other age groups/audiences?	Changing the perspectives that participants are asked to assume to that of characters that the participants are familiar with.
<b>Materials Needed:</b>	Paper and pens for a free-writing activity, 4, 8 1/2" x 11" pieces of paper, each with a quote printed on it:
<b>Space Needs:</b>	A large empty room with one table against the wall near the door
<b>Maximum Number of Participants:</b>	The ideal group size for this program is 16, however it will work fine with up to 25 participants.

### **Opening Activity**

**Time: 10 minutes**

Begin with a game. For this activity we will start with the game, “Zip, Zap, Shabam”:

The group stands in a circle. One player starts passing an energy around the circle by saying, “Zip” and pointing both of his/her hands together at the player to his right or left. The player who was passed the energy must continue passing the energy by saying “Zip” and pointing with both of his/her hands together at the player on the other side of him/her. When “Zip” is used the energy must be passed in the same direction that it came from. If a player would like to change the direction of the energy s/he will put up his/her hand (the hand closest to the player who is passing the energy to him/her) and say, “Zap”.

This sends the energy right back to the person who send it and who must now continue sending it (using “Zip”) back in the other direction. A third direction is called “Shabam”. A player who is passed the energy either through a “Zip” or a “Zap” can point both of their hands at any player (except for those adjacent to them) and say “Shabam”. The recipient of the “Shabam” may then send a “Zap” in either direction. S/he may also send another “Shabam” but not to the person who just sent the “Shabam” and there can only be 2 “Shabams” played in a row. Once all players understand the rules the game can be played elimination style. If a player messes up or hesitates for too long that player is out and stands in the middle of the circle trying to create distractions for the players who are still in. The players in the middle of the circle may not touch the players who are still in but anything else goes. The game ends when there are only two players left. They are declared winners.

After about 5 min, have participants sit in a circle and go around, one at a time filling in the blanks in the sentence: “Hi my name is \_\_\_\_\_ and I am \_\_\_\_\_”. Participants may finish the sentence by saying anything that comes to their minds from the prompt.

### **Step-by-Step Session Description**

**Time: 40 minutes**

Phase 1: The Set up (6 min)

Each participant will take a pen and paper and find a space in the room where they can sit comfortably and write. The facilitator will introduce the activity by talking about the concept of identity. The facilitator will instruct the participants to write whatever they wish on the paper while listening and responding to the song. Play the song, “Bitch” by Meredith Brooks.

While participants are finishing up their writing the facilitator should be attaching the 4 “I Am...” statements to the 4 walls (or corners) of the room.

Once the song is over, announce that participants have 2 minutes to finish up writing. Tell the participants to hold on to their papers, as they will have a chance to share later in the activity.

Phase 2: The Pledge (14 min)

After the 2 minutes, reveal the 4 statements. Tell participants to choose which statement they most identify with and stand by it. Participants should discuss the statement they choose with their peers who have chosen the same statement.

One person from each statement group should share highlights from the group’s conversation. Other participants can chime in as needed. This should eventually open into a larger conversation about interpretations of each statement (think text discussion).

Phase 3: The Turn (15 min)

In phase three the facilitator introduces new characters into the mix. For each new character the facilitator should say, “Now you are going to imagine you are \_\_\_\_\_. As \_\_\_\_\_ decide which statement is most relevant to you.”

Participants should discuss the statement they choose for that character with their peers who have

chosen the same statement.

One person from each statement group should share highlights from the group's conversation. Other participants can chime in as needed.

As the facilitator you want to ask some of the following questions: when in this characters life does your statement most apply? What would change about that character if at that time s/he identified with a different statement? What do these statements say about the lenses these characters see the world through? What do these statements say about the lenses we see these characters through?

Repeat phase three with different characters.

Potential Characters to use:

Joseph, Esther, Rabin, a Camper, a Camp Director

Phase 4: The Prestige (5 min)

Reveal the origin of each of the quotes. First ask if anyone in the room can say where each quote came from. If the group is missing any then you can reveal them. With "I am that I am" discuss the misinterpretation of the original text and ask if there is a difference between "I am that I am" and "I will be that I will be"

**Planning for Camp**

**Time: 10 minutes**

After the reveal bring the group together into a circle. As participants to reflect on the experiences. Questions the facilitator could ask: "Was it hard to choose one quote to go to? How did you choose?" "How did it feel to take the perspective of another person?" "How could you bring this kind of activity to camp?"

**Closing Activity**

**Time: 5 minutes**

Anyone who wishes can share their opening free-write.

**Recommended Follow-Up:** post session

Use the structure of this activity (4 corners) in your staff training activity, or when you design activities for campers.

# I AM...

## Text Handout 1

### "Bitch"

#### By Meredith Brooks

I hate the world today  
You're so good to me  
I know but I can't change  
I tried to tell you but you look at me like maybe I'm an angel  
underneath  
innocent and sweet  
Yesterday I cried  
You must have been relieved to see the softer side  
I can understand how you'd be so confused  
I don't envy you  
I'm a little bit of everything  
all rolled into one

Chorus:

I'm a bitch, I'm a lover  
I'm a child, I'm a mother  
I'm a sinner, I'm a saint  
I do not feel ashamed  
I'm your health, I'm your dream  
I'm nothing in between  
You know you wouldn't want it any other way

So take me as I am  
This may mean you'll have to be a stronger man  
Rest assured that when I start to make you nervous  
and I'm going to extremes  
tomorrow I will change  
and today won't mean a thing

Chorus

Just when you think you've got me figured out  
the season's already changing  
I think it's cool you do what you do  
and don't try to save me

Chorus

I'm a bitch, I'm a tease  
I'm a goddess on my knees  
when you hurt, when you suffer  
I'm your angel undercover  
I've been numbed, I'm revived  
can't say I'm not alive  
You know I wouldn't want it any other way

# I AM ...

## Text Handout 2

I THINK THEREFORE I AM  
-Rene Descartes

I AM THAT I AM

Or

I WILL BE WHAT I WILL BE  
-G-d as the Burning Bush

I AM WHATEVER YOU SAY I AM  
-Eminem

I AM... NOT YET  
-Maxine Greene