

Overall, the kids enjoyed the day. We were really impressed with how much thought they put into the morning program, and many of them had thoughtful reasons for choosing their mensch-super power. The relay race was exciting, but many of the kids were checked out of discussion groups. Either shorter stories or less rotations would make it better. Radio Schlep got cut a bit short but they still really got into it.

שם הפעולה | **Program Name:** Yom Superhero
סוג הפעולה | **Type of Program:** Yom Meyuchad
מספר המשתתפים | **Number of Participants:**48
תאריך הפעולה | **Date:** August 3

מקום הפעולה | **Preferred Location(s):**
(for שבת and יום מיוחד please consider locations for all parts of the day)
Mensche Activity/Discussion Groups: Soccer Field
Cape Making: Chadar Ochel

האם יש צורך בעזרה על יד מדריך מקצועי, מורה, או חבר צוות אחר מחוץ לעדה או צוות שלך?
Other Staff Members Needed

ציוד | **Supplies Needed**
(Please specify size, color, quantity, and the Rosh Anaf to which it belongs if applicable)

Cape Making
Butcher paper
Relay Race
5 Trash can/trash
5 coats/jackets

מטרה | **Objective**

To teach Halutzim chanichim to understand what it means to be a positive member/leader of their community. Explaining the day: gmilut chasadim, acts of loving-kindness, helping others. That's what superheroes do all the time, and that's what they will learn to do. They will also learn about Jews throughout history who have been "Superheros".

סקירה | **Overview**

9:30-10:00 Tefillah Program- Ben

11:30-12:15 Cape/Mask Making; Framing- Ben

12:15-12:45 Free Time

12:45-2:00 Nivo Program

2:00-2:45 Lunch

2:45-3:45 Sha'at Menucha

4:15-4:45 "Mensche" Relay Race/Obstacle Course- Noa

4:45-5:30 Discussion Groups-Noa

5:30-7:00 Free Time

7:00-7:45 Dinner

8:15-9:00 Radio Schlep-Noah

K.V.D. (not for פעולת ערב)

K: Understand what it means to be a leader in society

V: Leadership, Compassion

D: Gimilut Chasadim, acts of loving kindness

מטרה עברית | Hebrew Objective

(Pick one Hebrew word that the צוות will use only בעברית for the entire פעולה)

גיבור

מנהיג

תכנית | Plan

9:30-10:15 am Tefillah Program - Moadon Gimmel

- Each chanich will get a index card and pencil. We will ask them to write a prayer to a hero in their lives, someone who they look up to as a role model and for support. We will then ask for chanichim to share what they wrote.

11:30-12:15 Cape Making - Chadar Ochel

- Before the cape making begins we will read Jewish Superhero Biographies to frame the day.

Ben:

My name is Yitzchak Rabin. I was born in Jerusalem, and even before the state of Israel was established, I was part of a Jewish army called the Palmach, working on many international missions, and eventually becoming a commander. I was a leader in the war of independence, and 16 years later I became the chief of staff, the number one man in the Israeli army, and led the victory of the 6 day war. I served as prime minister twice, and in my 2nd term I was assassinated for being an advocate of peace.

Noah:

My name is Chana Senesh. I was one of 37 Hungarian Jews who lived in the British Mandate for Palestine (now Israel), who were trained by the British army to parachute into Yugoslavia during the Second World War in order to help save the Jews living in Hungary during the Holocaust. I was arrested at the Hungarian border, imprisoned and tortured, but I refused to reveal details of my mission. I was eventually brought to court and executed for helping the Jews.

Noa:

My name is Judah Maccabee. I was in the land of Israel under Greek rule, along with thousands of other Jews. Life under Greek rule was rough because we couldn't publicly practice our Judaism. We used to study torah in secret places, and if the Greeks came by to see what we were doing, we hid our Judaic books and took out dreidels and began playing with them. Eventually, the rule was so bad that I, along with a couple members of my family and friends, led a rebellion against the Greeks. We succeeded, and because of our victory we celebrate Hanukah every year.

Today every member of the eidah has the opportunity to transform himself/herself into a hero. We will be spreading out a collection of cards, each with the biography of a Jewish hero (Leaders of Modern Israel). Take a few minutes to find a hero that you can identify with, and an idea of who you would strive to emulate. After you select your hero, look around the room and find the other members of your aidah who also selected this individual.

At the end, the eidah will get a chance to share which heroes they are hoping to emulate through their superhero persona, and why, and each person will have an opportunity to explain what superpower they gave themselves, and how that superpower can be used for *gmilut hasadim*, acts of lovingkindness for others in their community and around the world.

- Each chanich will receive a cloth cape and fabric markers to make their capes. The chanichim will be instructed to pick 1 shape from the list below that will determine their "superpower". They should also incorporate their shape into the cape design. They can wear the capes all day and they will be used for Peulat Erev later in the night. It is important for Tzevet to make sure chanichim are not drawing anything inappropriate.
- Chanichim will share which Jewish leader they chose to emulate at the end of the activity along with

Superpower	Shape
Creativity	Square
Courage	Circle
Wisdom	Triangle
Compassion	Heart
Leadership	Arrow
Social Responsibility	Diamond

We were a little surprised at how engaged the kids got into the activities. Really great to use the "Naschon Project Modern Israel Leaders Cards" as a way to split up groups.

4:15-4:45pm Mensche Relay Race/Obstacle Course

- Each chanich will have a partner within their group with whom they will perform different “mensch-like” tasks to complete the obstacle course
- Counselors will help and guide partners and ensure chanichim are working together in an equal partnership
- Stations will be set up around the soccer field

Station 1: Cleaning up trash: one partner will pick up the piece of trash and throw it away while the other holds the trash can for their partner

Station 2: One partner will put a jacket/coat over the shoulders of their partner as an act of loving kindness, simulation of helping those in need

Station 3: Partners will help “old people” cross the street (aka soccer field). Counselors will serve as the “old people” at this station.... PLEASE WALK SLOW!

Station 4: Bikkur Cholim, visiting the sick. One partner will tell a short story to their “sick partner” to cheer them up and heal them of all illness!

This station was a little tough to track because they would just laugh at anything.

Station 5: Chanichim will verbally repeat the mitzvot they just performed during the relay race/obstacle course and list three reasons as to why those mitzvot are important.

- After completing station 5, the pair of chanichim will run and high-five the next pair on their team who will then complete the same series of obstacles. The first team to have all of their members sufficiently complete the course, and be seated quietly, will win the game.

4:45-5:30pm Discussion Groups (immediately following relay race)

Groups will then sit together and read a story relating to one of the mitzvot exhibited in the obstacle (or another key mitzvah in Judaism) and have a short discussion about the importance of that mitzvah. Group leaders should draw connections between the short stories and acts seen in the obstacle course if applicable.

*Groups will rotate and discuss each story

Justin: Group 1: Feeding the Hungry

There was a wealthy man named Jacob who lived in poor Jewish community in Tzfat. This community was dedicated to serving God, but because the community was so poor, they couldn't afford to feed themselves. Jacob learned from his Rabbi that in ancient times, it was seen as an act of loving kindness to bring loaves of bread to the temple in Jerusalem as an offering to God. Jacob loved this idea so much that he decided each week that he would also bring loaves of bread to his synagogue. The next day he put the loaves of bread into the ark with the hope of not seeing them the next day, a sign of God's acceptance of his offering. That night, the poor synagogue janitor was cleaning, and stopped before the ark to pray to God: “I am a poor man with a family to feed, please God, provide my family with food”. Upon finishing his prayer, the janitor smelled something from the ark; the loaves of bread which Jacob had placed there earlier! He grabbed the loaves and thanked God before returning home. Jacob The next week, while Jacob went back to see if his offering was accepted, and he bumped into the Rabbi, who said: “What are you doing?” He responded, “I was checking to make sure that God accepted my

loaves of bread, and he did!" The Rabbi responded, "Foolish Jacob, God doesn't eat bread like people do! Today, we pray instead of offering food." Jacob was confused; the bread was gone, and if God didn't take it, who did? As the Rabbi and Jacob were talking, they heard a door, and ran to hide behind the ark to see who was taking the food. They saw the poor janitor praise God for the bread he received last week, and hoped he would again receive bread to feed his poor family. Jacob understood that his offering of the bread to the janitor was indeed an act of God, despite the fact that God was not involved; all human beings can perform acts of loving kindness, no matter who they are.

Questions for discussion:

1. What can you learn from the story?
2. What is the *gmilat chesed*?
3. Why is this important to Judaism

Gabe: Group 2: Visiting the Sick

Rabbi Jonah once got sick and Rabbi Carole announced to the community that their dear friend was ill. She requested that everyone in the community go to visit Rabbi Jonah, because it was quite lonely to have to sit in your bed on your own for days at a time. Their visits could even help to heal Rabbi Jonah. However, even after announcing to the community that they should visit, only Rabbi Carole went to visit the poor, sick Rabbi Jonah. Because of Rabbi Carole's visit to Rabbi Jonah, Rabbi Jonah was cured from his illness. The next week at a the communal gathering for Shabbat services, Rabbi Carole greeted Rabbi Jonah back, but said to the rest of the people: "It is said that when one visits the sick, he helps to make him better. However, when one does not visit the sick, it is as if you are causing them to die. None of you visited Rabbi Jonah, but because I visited him I helped to lift his sickness. Let it be a lesson that you all should visit the ill, and help them to recover.

Questions for discussion:

1. What can you learn from the story?
2. What is the *gmilat chesed*?
3. Why is this important to Judaism

Ellie: Group 3: Welcoming Strangers into One's Home

There was a man who was throwing a party. He instructed his servants to invite his friend Kamtza. His servants made a mistake, and accidentally invited the host's enemy, Bar Kamtza. When Bar Kamtza arrived at the party, the host was furious. He told his servants to throw Bar Kamtza out of the party and onto the street. Bar Kamtza was very embarrassed; he begged the host to allow him to stay, and even offered to pay for his meal. The host refused, and repeated again that Bar Kamtza MUST leave. Bar Kamtza again begged the host to stay and not make a scene that would embarrass Bar Kamtza forever. The host refused a third time, and Bar Kamtza even offered to pay for the whole party in exchange for him to be able to stay at the party and not be shamed, but the host still said no. Bar Kamtza was totally humiliated. He looked around and saw a room full of friends, and at the head table were all of the important Rabbis of his community. No one said a thing. The party went on. Bar Kamtza was so angry that he went to the government to complain about the Jews, and thus Jerusalem was destroyed.

Questions for discussion:

1. What can you learn from the story?
2. What is the *gmilat chesed*?
3. Why is this important to Judaism

Abby: Group 4: Freeing the Captives

One of the first things that Israel did when it became a state was gather the “exiled people” from Middle Eastern Muslim countries. The biggest group of Jews that came into Israel was from Yemen, about 49,000 people. Yemen was dangerous for Jews in the early 1950’s, and most of Yemenite-Jewish community secretly flew from Yemen to Israel with the help of both British and American airplanes in an operation called Magic Carpet. All of the volunteers who were helping did so in secret, risking their lives to help end the suffering of their fellow Jews in a foreign country. The operation was extremely successful, and helped to move Jews from Yemen to Israel over the course of a year, ultimately allowed them to settle into their Jewish homeland and live freely.

Questions for discussion:

1. What can you learn from the story?
2. What is the gmilat chesed?
3. Why is this important to Judaism?

Ari: Group 5: Honoring Your Mother and Father

There once was an old man who went to live with his son and his son’s family. The old man’s hands trembled, his eyesight was blurred and he was shaky when he walked. The family ate together, but the grandfather’s trembling hands and bad sight made it hard for him to eat, causing milk to spill and peas to roll onto the floor. The old man’s son and daughter-in-law were annoyed with the constant mess, and decided that the grandfather would eat alone in the corner. He was forced to use a wooden bowl because he had broken so many dishes. Sometimes the family would look over and tears in the grandfather’s eyes, but still only yelled at him for spilling instead of saying something nice. The grandchild watched everything happening in silence. One night before dinner, the father noticed his son playing with wood scraps on the floor, and asked what he was making. The child answered, “I’m making a bowl for you and Mama to eat your food in when I grow up.” The boy smiled and continued to work. The parents were speechless; they started to cry because they felt so terrible about how they had treated the grandfather. That night, the father took the old man’s hand and led him back to the dinner table, and he ate every meal from then on with the whole family. No one said a word about the spilled milk or the rolling peas again.

Questions for discussion:

1. What can you learn from the story?
2. What is the gmilat chesed?
3. Why is this important to Judaism?

8:15-9:00 Radio Schlep

Radio schlep is a game where kids compete against each other as cabins, listening into the radio and running to the station from their cabins to complete the task/bring an item. For Yom Superhero, the kids must be wearing the costumes they made in the morning, complete with cape and mask. Noah, Noa, and Ben are in the radio room, calling off tasks for the superheroes to complete. One of us will stand outside the radio station and tallying who reaches the station first, or if it is a presentation who made the best performance. The tasks might ask them to bring someone with a certain ability, or a specific item. A representative must then run the task to the station, where they present it. Cabins are given points based on who reached the station first or how well they performed the task.

For tasks 1, 3, 6, 8 first to reach the station wins the bid. 2, 4-5, 7, 9-13 are tallied based on best presentation. Representative has to be wearing their cape to get credit. Cannot be the same representative twice in a row.

Tasks:

1. Bring an item you'd use to signal for a superhero (walky talky, flashlight, etc.)
2. Super intelligence: Send someone who can name our entire tzevet (madrichim and mitzaim).
3. Bring an item a superhero might use to capture a villain (laundry bag)
4. Strength: send one person who can do 10 pushups, and 10 jumping jacks.
5. Send someone with the best superhero hairstyle
6. Social responsibility: Come with an item that would help you win alufay ashpah.
7. Super sound: Send someone who can sing the aidah song the best.
8. Bring an object that will help you in a zombie apocalypse.
9. Bring an object you could base an entire superhero movie around.
10. Send someone with a special talent.
11. Send someone in a full superhero costume (cape, mask, and full outfit).
12. Send someone with the best impersonation of Batman
13. Send someone who can perform a skit of something an everyday hero would do.

Only did about eight of these but it still went very well.

After the activity, over the radio announce that the final challenge is for the entire cabin to reach the (insert building here) and sit quietly in an aidah circle.