



**BNEI AKIVA**

OF THE US AND CANADA



# Choveret Chinuch

Chodesh Cheshvan 5780

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Shalom Chaverim,

I hope everyone has had meaningful and enjoyable Chagim over the course of this past month!

The goal of the Choveret is to give Snifim some ideas and premade content for them to use as ideas for Snif Peulot.

Each year the Ideological Board picks a *Noseh* that allows Snifim to work within the same framework, achieving the ultimate goal of educating our Chanichim.

The *Noseh* that we have chosen for this year is “*Achrayut*,” translated means “Responsibility.” As individual members of Am Israel, we each have a responsibility to not only improve, but to constantly grow in our Torah learning, Middot, commitment to our nation and in our Avodat Hashem.

This month the Choveret reflects the first aspect of *Achrayut*, which is the responsibility we each have to bettering ourselves and constantly growing in our Middot. Each week a different Middah is reflected in the Peulot, allowing Chanichim and Tzevet to think about the Middot they value and want to grow in.

I encourage you all to always be in touch with myself with any comments or questions. If there is a Peulah that you created which worked really well or an event in your Galil that was very successful, I would love to hear about!

Just a reminder that our special Lech Lecha Snif is coming up on the Shabbat of November 8-9! We will be sending out a Peula next week and each Snif should have received their cups, if not, please be in touch with James at [jwilliams@bneiakiva.org](mailto:jwilliams@bneiakiva.org)

Behatzlacha! B’vircat Chaverim L’Torah V’Avodah,

Talya Saban, *Mazkira Artzi*

## **Peula #1**

### **Middah: Happiness**

#### **Trigger:**

- What we are doing in Snif this week: Middot
- What are Middot, and why are they important? (ask people, 3 to 4 volunteers)
- Introduction for Middah: What do you think the value of smiling is? What does happiness mean to you? (Take answers)
- Elaborate on your experience of how a smile may have changed your day, etc.

#### **Game #1: Make Me Laugh**

- Object of the game not to laugh or smile, going back and forth between 2 people and they have to say things to each other until the other laughs
- Split Chanichim in different groups

#### **Sikum:**

- Smiling is contagious, a smile can't exist by itself, when you smile another person smiles, likewise when one person complains the whole room gets down (good or bad vibes are contagious)

#### **Game #2: What Makes Me Happy**

- Object of the game is to go around in a circle using each letter of the alphabet has to say one thing that makes them happy using that letter- in order!

#### **Sikum:**

- We don't realize how many things really make us happy because we don't take the time to stop and think of how lucky we are because these things become so second nature to us. (We have and don't think about)

#### **Final Sikum:**

- We don't realize how much our mood and attitude can affect the people around us.
- Raise your hands: have you ever been put into a situation where you were really excited and one person started complaining it brought you down? OR raise your hand if you were having a bad day once, annoyed, and someone smiled at you and you felt obligated to smile back but it really did help?
- We don't realize how much of an affect we can have on the people around us good or bad, so we need to always be cautious and remember that smiling isn't just 43 muscles in your face, rather it could be the light in the room.
- And if you think you're unhappy, and things aren't going great, don't sit around and mope, you are responsible for your own happiness

## Peula #2

### Middah: Patience & Anger

#### Trigger:

- Everyone say one thing that makes them angry; do not use names, specific examples (do not offend anyone in the room)

#### OR

- Agree and Disagree
- Put up a thumbs up or a thumbs down depending on how you feel about the following questions

#### Questions:

1. Do you agree with the idea of being patient stops people from getting angry?
2. Do you think there are benefits to getting angry?
3. Do you believe that getting angry is a constructive way of dealing with a situation?
4. Would you consider yourself a patient person?

*(\*\*Think of 4 more if doing this)*

#### Game #1: Headband Game

- Get the Chanichim lined up, each with a partner, have both partners have cards and let them have a conversation for at least 4 minutes (*if it's going longer, let them continue*)
- Everyone has a card on their head with a description of how the person speaking to them should communicate with them (i.e. "Talk to me like I don't speak English")

1. Talk to me like I don't speak English
2. Talk to me like I have something in my nose
3. Talk to me like I am a baby
4. Every time I make eye contact with you, start staring at the sky
5. Every time I say the word "and" jump up and down
6. Talk to me like you have somewhere else important to be
7. Talk to me like you have to go to the bathroom
8. Talk to me as slowly as you can
9. Look at my feet when you speak to me
10. Don't use words that have the letter "E" in it
11. Talk to me like I did the most annoying thing to you 5 seconds earlier
12. Talk to me like I smell awful
13. Interrupt me in between every other word I say

14. Start touching my face when I talk
15. Talk to me like you don't understand what I'm saying
16. Smile at everything I say, even if it's a question
17. Talk to me like I'm Zack Efron
18. Scream every time I open up my mouth
19. Sing when I start talking
20. Play Peek a Boo with me while I talk

### **Game #2: Mouth Stuff**

- The Chanichim should try to read the sentence on the paper with 2 Laffy Taffy's in their mouths.
- Have the group try to guess what they're saying and make them keep repeating it until someone can guess the entire sentence.
- Have everyone go once at least

### **Game #3: Color Scheme**

- You will have 6 papers with colours written on them but the colours will be written in different colours (i.e. the word RED will be written in blue)
- Have them read the colour first and then the colour its written in
- Madrichim should be holding up the paper and then the kids will take turns reading off
- Shouldn't go more than 5-8 minutes, let each Chanich go once or twice

### **Final Sikum:**

*(Do not read off these points, have a conversation about them but these are key points you should be focusing on, feel free to add in your own)*

- Always take a second to stop and understand a situation before you react angrily
- You get to choose how to approach a situation
- Remember to be patient with others
- Sometimes things (like some of the games we've played) can make us so annoyed because people are just taking forever to speak or being annoying, or doing weird things (try adding in your own examples of annoying things) but we need to be patient with others and try our best to not get angry
- Getting angry only affects us, it's never pleasant to feel

### **Supplies:**

- Papers with sentences
- Headband game cards
- Papers with colors on it

## Peula #3

### Middah: Kindness

#### Trigger:

- Scatter papers on the floor with people
  - Mom
  - Dad
  - Sister
  - Brother
  - Best friend
  - Bunk Mate
  - Counsellor
  - Teachers
  - Friend
  
- Everyone is sitting in a big circle and everyone has to get up and pick up a piece of paper and then they have to say one nice thing about that person

#### Sikum:

- It's so easy to recognize good things about someone when were asked to do it (how often do we recognize how amazing our moms are)
- We all have the ability to say good things about one and other but we feel like we don't have to and shouldn't even. Why? When we highlight someone else's good qualities we recognize that we're not perfect (Yosef davening).
- Stop focussing on others bad qualities, instead of pointing them out, focus on yourself and see what you can work on (you notice someone is rude, don't call them out on it, see if you can work on it)// when you recognize someone's good qualities, use that as a motivator to work on your own (i.e. someone is so giving, so you can work on it too!)

#### Game #1: Compliments Bang

- Regular game of Bang but instead of saying the word "bang" you say a compliment to the person you're shooting

#### Sikum:

- Did you guys find it easy to say compliments?
- Was it hard because you were put on the spot, or because you really had to think to think of something good to say?
- How do you feel when someone says something nice to you?

### **Game #2: The Moon Is**

- Take any object and have everyone pass it around and say “the moon is \_\_\_\_\_”
- They can literally say anything (i.e. The moon is blue; the moon is happy, etc.)
- The trick to end the game is that when they pass it to the next person the person they`re passing it to needs to say thank you.

### **Game #3: Problem Game**

- What are some small problems that people run into in school, camp or at home? (WIFI, walking, sunscreen is oily)
- Anyone that gave a problem stand up and do a freeze frame of your problem (i.e. Problem= bugs, freeze frame= itching his arm)
- You can` t sit down until the other people to solve that persons problem
- People volunteer to solve your problems

### **Sikum:**

- Turn yourself into a resource for people to turn to when they`re hurt
- This is a small community, together we can solve the bigger problems
- There is more than one way to do something
- Be the type of person who can always encourage and help another person

### **Game #4: Facial Expression Game**

- 4 volunteers will come up and have 4 different facial expressions: Happy, Sad, Disgust, Angry
- They are all going to say the same sentence: *I just had fun and you`re the best*
- They are all going to say it with their facial expression and the emotion that comes with it

### **Final Sikum:**

- What you say goes beyond your words
- It`s not just about what you say, it`s about how you say it
- Compliments are good but if you don`t include all that extra stuff like body language, etc. Then you could be doing more harm than good
- ***Pirkei Avot:*** You should greet every person with a smile; Its not just the smile its the whole package! Don`t just give a facial expression, mean what you say!
- The actual words you say mean the least, it`s about body language and what you mean

## Peula #4

### Middah: Lashon Hara

#### Introduction:

Ask: We know Lashon Hara is bad, but why do we keep saying it?

1. Feels natural
2. It's fun
3. Entertaining
4. Need advice
5. Need to get off chest
6. Human nature
7. Bored with life
8. Don't realize
9. Conversation starter

- Preface to Chanichim: The goal isn't to teach you guys that Lashon Hara is bad, you all know it's bad, what we're trying to teach you guys is to become more aware of what you're saying so we can try our hardest not to say it.

#### Trigger: Broken Telephone

- Split the room into two groups and play 3 rounds of broken telephone
- Have 3 competitions and whichever teams message is the most like the original, they win

#### Sikum:

- Messages get distorted
- It's so easy to say something to someone and then before you know it completely gets taken out of context and you've started a rumour that everyone will be talking about
- We think telling one person one thing is okay but before you know it you've embarrassed and changed people's opinions about this one person

#### Game #1: Peer Pressure Game

- Have one person leave the room and everyone in the room needs to decide on an action that the person who left the room has to rein act when they come back. (i.e. Person A leaves the room and the room decides that they need to be an airplane as the action, Person A needs to try doing different motions to get to the action that the group picked out.)
- You indicate them getting closer or farther by clapping and booing

**Sikum:**

- How easily do we let the people around us define what we should do or say
- We know that something is wrong sometimes but we let other people tell us it's okay because we don't want to be left out
- Ask them: Are there things you've done that you knew were wrong but did anyways because you didn't want to be left out? (Initiate a discussion if you have time)
- Don't justify your actions because your friends are telling you it's okay (when you start questioning whether its right or its wrong it will most always be wrong)

**Game #2: Fee Fi Fo Fum**

- 4 councillors are going to be the volunteers
- Have the campers read out the most likely list
- Ask the campers: What is okay and not okay about this game? Where would the problems be?

***Some ideas for discussion:***

- It's all fun and games in this type of setting but when we start making our own assumptions about people and making jokes, we can really hurt someone.
- Sometimes we justify talking about people if they're around, but that is still not okay
- These were funny "Most Likely's" but imagine if they were rude and offensive ones, how would they (the Madrichim who volunteered) feel, how would you feel?
- Not using someone's name doesn't make it okay
- Even when you get peoples permission (like the Madrichim) someone might feel awkward and not want to be the person who's not chill with people joking about them:  
*Ask: How many of you felt uncomfortable because someone made a joke about you and you just laughed it off?*

*\*\*\*Don't use these discussion points right away, have Chanichim give out some ideas first*

**Game #3: Word Association**

- Get into a circle, have everyone turn and face the person next to them (everyone has a partner) and on 3 they have to each say a word that pops into their head, if they get the same word, they "win". After the first pair goes, the next pair has to say 2 words that relates to the words previously said.

**Sikum:**

- We may hear something about someone, or see someone doing something and add on what we think or how we feel about what they did or said. We treat our opinions as fact

and we often completely distort a message that we end up spreading a horrible rumour/lie about someone just because we felt the need to share.

- Don't spread one thing because you heard something else
- Messages get distorted

**Closing Idea:**

- Get one volunteer, give them the toothpaste and see how quickly they can squeeze it out of the tube, have everyone cheer for them
- Give them 1 minute to try to put everything back in the tube

**Sikum:**

- We let whatever we want to say about people come out of our mouths, whether we know it's good or bad. But do we ever think about what happens after?
- Once something is said, it's gone, someone knows it and it will stay out there forever
- When you speak or listen to LH you are putting yourself in a position to decide whether a person is good or bad, who are you to do that?
- You all know Lashon hara is bad so now let's work together to try to eliminate it
- Hand out rubber bands*
- Every time you say something about someone, switch the rubber band to the other hand.
- It will serve as a reminder to try to not speak LH
- Don't try to stop doing it all at once, take on a small challenge a day, one hour every day try not to speak it. (Start small, get bigger)

**Supplies:**

- Most Likely List
- Fee Fi Fo Fum Signs
- Rubber Bands
- Toothpaste

## Fee Fi Fo Fum

### Most likely to....

1. Be a teacher
2. To run Hebrew school
3. have 8 kids
4. get married at 18
5. get put in jail by accident
6. own a farm
7. get married to someone from Moshava #madeatmosh
8. become a billionaire
9. be on a reality TV show
10. be a gang member
11. be a stand up comedian
12. be an escaped prisoner
13. be on Broadway
14. be a famous actor
15. fart in a full elevator
16. go on the wrong way escalator
17. forget their wedding anniversary
18. get kicked out of a theatre for talking
19. have a secret identity
20. have the weirdest/coolest secret talent
21. laugh at the most inappropriate time
22. accidentally call 911
23. sleep through the day by accident
24. stalk their celebrity crush
25. get out of a speeding ticket
26. word for NASA

## Peula #5

Middah: Teamwork

### Trigger: Agree or Disagree Line

- Set the room up so everyone is standing on one side of the room.
- Ask questions that people can either say Agree, Disagree, No Opinion
- Ask them with every question to move to a different side of the room with their opinion

Questions: "I believe that..."

1. Vegetables should be served at every meal
2. Basketball is the best sport
3. Bathrooms should not be in the bunks
4. Tests are essential for school
5. Peulot should be mandatory
6. I should only respect my councillors if they respect me
7. Every kid should be allowed to have their phones in camp
8. Learning about Middot is a worthwhile lesson to learn
9. Nuts shouldn't be banned everywhere since not everybody is allergic

*\*Think of more relatable ones to your own Chanichim*

### Sikum:

- You have something in common with everybody and even though sometimes you don't, we need to learn how to work with everybody
  - We can make a community of people wherever we go
  - Ask: How many people knew their entire bunk before they got to camp? Isn't it crazy that you start off as strangers and they end up being the closest people in your life
  - We need to learn how to be a team
  - Up until this point you've all been working on Middot and how to better ourselves as people. It's incredible and amazing but now that we know the Middot and we've learnt them, we need to start practicing them.
- Split your Chanichim into smaller groups if they are in a group bigger than 10 kids

### Game #1: Conga Line Sit

- Have the girls and boys separated into 2 teams
- The only instruction you give is that they all have to sit on each other at the same time in the circle formation
- Have them figure it out how to do it by themselves

- **How to do it (DO NOT TELL THEM):** The way to properly do it is to put your toes to the person in front of you heels, so everyone should be touching and very close, and you all have to go down at the same time and then everyone will be sitting on everyone's knees.
- You can give hints like: try a conga line formation, try walking, try counting down, etc. but the ultimate point is to let them figure it out
- Do not give it away at the end of the game, the group that solves it will be showing how they did it at the end

### **Game #3: Number Shout**

- You have to count from 1-20 with the entire group, without two people shouting at the same time
- Every time the group messes up, they start again

### **Sikum:**

- Like every week you were split into completely random groups, but see how much more you had to become closer with this group
- When you work together with a group of people and you try to solve problems or experience something with them, you automatically become closer
- It gets frustrating to be with people, yes, but that's the test that are Middot come into help us pass

### **Closing Game: Blind Obstacle Course**

(This needs to be set up before, doesn't need to be crazy difficult, but use your imagination and see where you can go with it!)

- Three volunteers, one to be blind folded, one to be tied to the other volunteer (three legged race)
- There's obstacles on the way down the path and they need maneuver through it
- There will be crates they need to jump over, walk around, etc.
- Three teams will be completing the same race, the first person done, wins.

### **Sikum:**

- We need to remember that as much as we work on ourselves, we need to take the ideas and bring them to other people
- We need to understand the value in working with other people and always applying the lessons we learn into our daily life

**Supplies:** Random materials for obstacle course, 2 balls for imaginary pass

## Peula #6

### Middah: Qualities in a Leader

#### Trigger:

- For 5 weeks we've been learning about Middot, Middot are what make you up as a person, last week we spoke about creating a community wherever we go, and this week (the last week) I want to speak about how we all have the ability to be a leader but we need to ask ourselves, what type of leader do we want to be?
- We all have role models in our life; whether it's a family member, a friend, a counsellor, or anyone else- but do we ever stop and think why?
- We have all these people who inspire us, but are any of them the same? (Explanation: 2 people you look up to, they aren't the same person at all, what qualities about them do you look up to?) Ex. Siblings
- There is no 1 type of leader! Everyone can be a leader, but what you have to decide is whether you'll make a good impact on the people around you a bad one. (its good or bad- that choice is yours)

#### Game #1: Colored Papers

- Cut up 3 different piles of pieces of papers. Read every scenario and give answers according to the colors. When your Chanichim pick an answer, have them get up and take that piece of paper.

Blue: Modest, Quiet, Actions speak louder than words

Green: Confident, Take charge

Red: Delegating, Good at asking for help

Scenarios:

***\*These are heavily camp based examples, I suggest you all make up your own scenarios that your Chanichim may find applicable to their lives.***

1. You see your councillor trying to get everyone to shiur which is starting in 5 minutes, their co is on a day off and no one is getting out of bed, what do you do?

Blue: You get up and walk over to the Beit Midrash so he has one less kid to worry about

Green: Get out of bed and start helping them bring your friends

Red: Go to the Beit Midrash and grab your shiur teacher to help your counsellor out

2. No one is doing toranut after lunch, you want to enjoy your menucha already but everyone is just sitting around, what do you do?

Blue: Pick up a broom and start doing it by yourself and hope people will join in

Green: Start handing out brooms and dustpans so people will start working

Red: Call over Chagit and your councilors from outside so they can make the rest of the bunk work too

3. Its Friday night shmira so no councillors are in the bunk, you're falling asleep when you hear one kid say something really mean to another person in the bunk, what do you do?

Blue: Stay quiet and wait till the next morning so you can see how the person is doing

Green: Call out the bully and make him apologize

Red: Pretend to go to the bathroom but really run to the migrash so you can go get shmira to deal with it

4. You're in the sports field because you have volleyball but 5 people from your bunk are already on the basketball court, you notice that the other half of the bunk is sad because they wanted to play volleyball, what do you do?

Blue: Start the game of volleyball anyways with the rest of the bunk that wants to play and hope the others will see and join

Green: Start telling people in your bunk that you wanted to play volleyball and you can't play with only 3 people

Red: Go tell sports staff that it's your turn to play volleyball and they can't play if they let them play basketball

5. Everyone is sitting on the floor eating snacks during menucha and you notice one person is sitting out, what do you do?

Blue: Get up and sit with the person sitting out and hope people will join

Green: Call them over to the circle and have people open up the sitting space

Red: Whisper to another friend in the circle to help call the other person over so it doesn't seem awkward.

**Sikum:**

- There is no right or wrong answer for any of these questions, that's the secret, there is no ideal type of leader, there are people who choose to have a good impact on the people around them and people who choose to have a bad one.

**Game #1: Motion Leader/ Indian Chief**

- One person leaves the room and the whole room follows one person who is doing the motions and the person who leaves has to guess who is leading the motions
- Play 3-4 rounds of this
- Switch up the people leaving and the people leading the motions

**Sikum:**

- Be a role model
- Your actions speak louder than words
- You don't need to order people around to make a point or teach a lesson

**Game #2: "Make the Scene"**

- Have one person volunteer to be the director and have 3 people volunteer to be the puppets
- Have the director make a scene by ordering the other 3 people around
- Ex. A basketball game: The director can make one volunteer in a shooting competition and then the other volunteer playing defense and then the other volunteer as a cheering fan
- They can make noise in the scene
- The people not playing can only guess at the end what scene the director was trying to create

**Sikum:**

- A leader with confidence is good, but there is a fine line between confidence and arrogance
- In every group someone takes charge which is a good thing but there is a difference between a leader and a control freak

- Someone ordering everyone around isn't a leader, someone who helps and participates is a leader

### **Game #3: 3 Legged Race**

- Have 2 people pair up and have a 3 legged race
- Have 3-4 races depending on timing

### **Sikum:**

- You can't do anything alone
- No good leader can do anything without the help of others
- Humility is the ability to acknowledge that you can't do everything alone and that relying on others can benefit only to you

### **Final Sikum:**

- There is no one type of leader, everyone can be a leader
- Each of you may have chosen different colors and it goes to show that no leader can be successful with only one colour/ one quality.
- You need all these qualities and more and when you have those then you make the decision for yourself: Will I make a good or bad impact on the people around me, because the choice is up to you.

### **Supplies:**

1. Bandanas/ ties for the 3 legged race
2. Beads, string, key chains, papers

Talk to me like I  
don't speak English

Talk to me like I  
have something in  
my nose

Talk to me like I am  
a baby

Every time I make eye  
contact with you, start  
staring at the sky

Every time I say the word  
“*and*” jump up and down

Talk to me like you have  
somewhere else  
important to be

Talk to me like you  
have to go to the  
bathroom

Talk to me as  
slowly as you can

Look at my feet  
when you speak to  
me

Don't use words  
that have the letter  
"E" in it

Talk to me like I did the  
most annoying thing to you  
5 seconds earlier

Talk to me like I  
smell awful

Interrupt me in between  
every other word I say

Start touching my  
face when I talk

Talk to me like you don't  
understand what I'm  
saying

Smile at everything I say,  
even if it's a question

Talk to me like I'm  
Zack Efron

Scream every time  
I open up my  
mouth

Sing when I start  
talking

Play Peek a Boo with me  
while I talk

Today my ice  
cream melted  
before my  
counsellor gave  
me it at  
Shekem.

I love Friday in  
camp so much  
because pasta  
is my favourite  
meal.

Yesterday I  
slipped and fell  
in a puddle of  
mud because it  
rained so much  
last night.

Colour war was  
the best two  
days in camp  
even though it  
rained.

Thank goodness I  
like basketball,  
because  
otherwise I would  
have nothing to  
do in the sports  
field.

Agam is my  
favourite peula  
because I like  
getting flipped on  
tubes.

I love when my I  
get food from my  
Madrichim when  
they go on their  
days off.