

טֵבַע – Teva (Nature)

We have an opportunity to find *simcha*, joy, by experiencing the world around us. Rabbi Abraham Joshua Heschel uses the term *Radical Amazement*. He wrote, "Our goal should be to live life in radical amazement... get up in the morning and look at the world in a way that takes nothing for granted. Everything is phenomenal; everything is incredible; never treat life casually. To be spiritual is to be amazed."

One way we can find wonder in nature is by listening for things we may have missed when we were not paying as close attention. Try this *peulah* (activity) next time you go for a walk through the park, venture around your block, or take a hike.

פֵּעוּלָה: DEER EARS

Have you ever seen how a deer detects sound?

It instantly turns its head and points its big muscular ears like satellite dishes in the direction of the noise. Deer have an incredible sense of hearing, which allows them to detect the faintest of sounds. It's believed that a deer's sense of hearing is so fine-tuned that it can even determine precisely how far away a sound is.

Here's how you can tap into your own "deer ears."

First, cup your hands behind your ears. Notice how the sounds in front of you are amplified.

Next, cup your hands in the opposite direction so that they're over your ears. Notice how you can now hear things behind you a bit better.

Now, listen real carefully to the sounds all around you – what do you hear?



אָומָנות – Omanut (Fine Arts)

Joy can come from many things; seeing friends, eating tasty challah, or reminiscing about a good memory.

In this activity, we are using the idea that memories and pictures bring joy. We hope to bring a little bit of joy into your home with these awesome decorations!

פֵּעוּלָה: HANGING STICK FRAME

Start by clipping 2 clothespins to the top of your photo.

Center your stick above the photo, & on the inside of each clothespin (on the side facing you) place a dot of glue. Attach the pins to the stick.

Once the clothespins have dried and are attached to the stick remove the photo from the clothespins.

Now start wrapping! Cover the stick completely with different color patterns and thickness of string – feel free to mess around!

To secure the yarn or string, either tie them in a knot around the stick or glue the ends to the stick.

To hang your stick frame, using yarn or string, create a "hanger." Cut your yarn or string to the desired length and then attach it to the top of your stick using a knot or glue.

SUPPLIES:

- A stick from your backyard (slightly wider than the photo)
- COLORFUL YARN OR STRING
- SCISSORS
- PRINTED PHOTO FROM CAMP OR A PIECE OF ART
- SUPERGLUE
- 2 CLOTHESPINS (smaller is better)

יהדות – Yahadut (Judaism)

Did you know that it's a *mitzvah* (commandment) to say 100 *brachot* (blessings) each and every day?! Saying a *bracha* is one way that we can show our appreciation for the things in life that bring us joy. Grab your list, head out on a scavenger hunt, and get a jump start on your *bracha* count for the day!

פְּעֻלָּה: BRACHOT SCAVENGER HUNT

Every blessing begins the same way:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Baruch atah Adonai Eloheinu Melech ha'olam...

Blessed are You, Lord our God, King of the Universe...

■ After seeing a beautiful sunset say..

עוֹשֵׂה מַעֲשֵׂה בִּרְאשִׁית

Oseh ma'aseh bereshit
Source of creation.

■ Upon seeing a beautiful bird or animal say..

שֹׂפְכָה לֹו בְּעוֹלָמוֹ

She'kacha lo be'olamo
Who created this in our world.

■ Upon seeing the ocean or a large body of water say..

שֵׂעָשָׂה אֶת הַיָּם הַגָּדוֹל

She'asa et ha'yam ha'gadol
Creator of the great sea.

■ After smelling a fragrant flower say..

בוֹרֵא עֲשִׂבֵי בְּשָׁמִים

Boreh isvei besamim
Creator of fragrant plants.

יהדות – Yahadut (Judaism)

■ Upon hearing thunder say..

שִׂכְחוּ וְגִבּוֹרְתוֹ מְלֵא עוֹלָם

She'kocho u'gevurato maleh olam

Whose power and might fill the world.



■ Before eating something you grew in your garden say..

בוֹרֵא פְּרֵי הָאֲדָמָה

Boreh pri ha'adamah
Who creates fruit of the ground.

■ After trying a new food say..

שֶׁהֵחִינֵנוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ

לְזִמַּן הַזֶּה

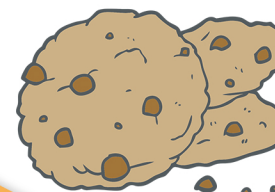
She'hechianu ve'kiamanu ve'higi-anu lazman ha'zeh

Who has granted us life, sustained us, and enabled us to reach this occasion.

■ Before you eat cake or cookies that you baked say..

בוֹרֵא מִיַּי מְזוֹנוֹת

Boreh minei mezonot
Who creates varieties of nourishment.

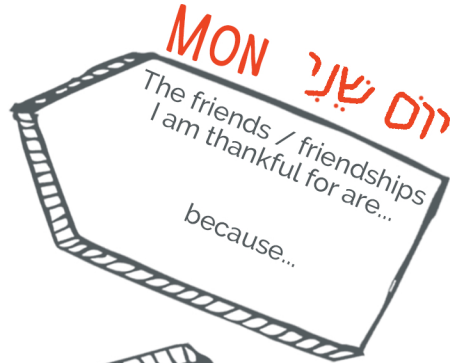


בריאות – *Briyut* (Health & Wellness)

Ever wonder if there is a way to bring more happiness into your life? Research shows that *hodaya*, gratitude, is strongly associated with feelings of *simcha*, joy. Gratitude enables us to feel better and allows us to more fully enjoy good experiences. It helps us build strong and meaningful relationships with family and friends, and better prepares us for challenging situations that come our way.

פעולה: GRATITUDE JOURNALING

With our busy schedules, it is important to take a step back and reflect on the things in our lives that we are truly grateful for and make us happy. This week let's practice gracious thinking with a daily gratitude prompt!

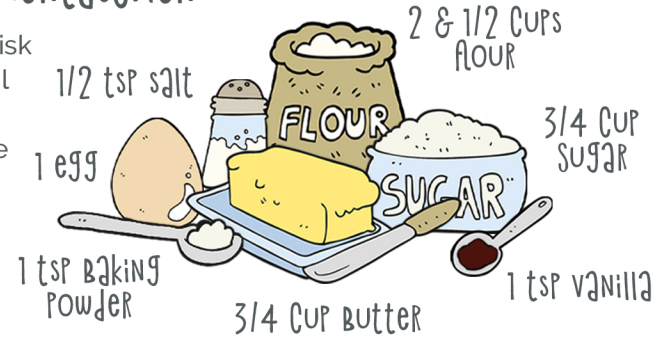


בישול – *Bishul* (Cooking)

Purim is a holiday filled with *simcha*! Well, who says that the joy we get from delicious Hamantaschen is limited to Purim – why not have Purim in the summer too? Bring a little *simcha* to your day with this yummy treat. Try this Hamantaschen recipe and experiment with the fillings. What creative fillings can you think of?

פעולה: BAKING HAMANTASCHEN

In a large glass bowl, whisk the butter and sugar until the mixture starts to become smooth. Add the egg and vanilla. Whisk again until creamy. While whisking, add the salt and baking powder. Gradually add the flour while mixing (you can use a wooden spoon now). When the dough looks crumbly, knead with your hands in the bowl until it looks consistent throughout. Form the dough into a block, wrap with plastic and place in the fridge for at least 2 hours. You can even leave it overnight.



Place the dough on a floured surface and roll out with a rolling pin. The dough will be difficult to roll out, so hit it with the pin and press with your fingers until it starts to flatten. Patch any cracks with your fingers. Roll the dough to 1/8 inch thickness. Using a cup, bowl, or a cookie cutter of 3-4 inch diameter, cut circles in the dough. Cover circles with a wet towel.

In each Hamantaschen, we need 1 teaspoon of filling. After scooping the filling into the center of the dough, it's time to fold. Make 3 folds, each one should cover 1/3 of the circle. If any cracks form, use your finger to mend them.

Place Hamantaschen on a greased baking tray and bake at 350°F / 175°C for around 25 minutes. They are done when the dough turns a slight golden brown.

פזיזר – Kosheir (Fitness)

Since 1956, the Eurovision broadcasting organization has held an annual international song competition called Eurovision. Originally participants represented only European countries, but since then Eurovision has expanded to include 52 countries.

פיעולה: Make YOUR OWN ISRAELI DANCE

Spend some time this week listening to Israeli music, and maybe even practice your dance moves for *Kayitz* 2021! Once you are warmed up, listen to what was going to be Israel's submission for Eurovision 2020 had it not been postponed – “*Feker Libi*” by Eden Alene.

Watch Eden perform “*Feker Libi*” here: cutt.ly/FekerLibi

Your *etgar*, or challenge, is to create your own dance for Eden's Eurovision 2020 song, record a video of the dance, and send it back to Ramah. You never know – your dance might just be *the* big hit of *Kayitz* 2021!

Major bonus points if you teach your dance to your family or friends!

Video submission information:

1. Sign into Google using a Gmail or Google account.
2. Upload your video here: cutt.ly/RockiesGalim.
3. Please name your video filename as follows...
 - A. For Galim *chanichim* (campers) – Galim_Alli.M.
 - B. For Rockies *chalutzim* (campers) – Rockies_Julia.C.

