

Sakatimba – Practice for madrichim for the Machaneh

Goal: physical practice of some of the sakatimba components.

How does it work?

1. Start with a group exercise – 8 mins
2. Then exercises in 4 grouplets – 40 mins
3. Summary exercise – 2

50 minutes total

Methods:

1. Have a warmup exercise:

All of the madrichim stand in a circle, and each madrich gets a sentence from one of the peulot in the seminar. One by one each madrich will say the sentence they received, to the person on their right. Each time the madrich must say the sentence in a different tone/volume/intonation than his predecessor.

2. Split them into 4 grouplets.

Each grouplet gets a set of exercises for four out of the sakatimba components: Voice (Kol), movement (Tnua), look (Mabat), and hands (Yadaim).

In every exercise there is 1 or 2 participants and the rest of the madrichim watch. After the exercise the viewers give short feedback to the participant and answer one or two questions that are attached to the exercise cards.

Instruct the madrichim to choose participants that feel that this component is harder for them.

Walk around the grouplets, make sure they are managing the exercises and treating them seriously.

3. After everyone is finished return to a standing circle. Ask a few of the madrichim to share their insight about their ability to use the sakatimba components.

Instruct the madrichim to stand in two rows, one in front of the other, with some distance between the, Now the madrichim must each walk to the front and enact a situation where they need to use the Sakatimba components - firing up the chanichim for winning a habolympics competition/safety instructions for lighting a bonfire/explaining how to play king elephant and so on. (it'll look like the madrichim are weird and talking to themselves, but that's ok...)

Sum up the workshop with praise and encouragement for the madrichim on their ability to face the task of leading the chanichim. (hadrachacha).

Sviva

Environment

Kol

Voice

Tnua

Movement

Yadaim

Hands

Mabat

Look

Bitui

Expression

Hitlahavut

Excitement

Voice

This exercise has 3 participants. Each one receives a part of a story. They must tell the story continuously while using different intonations – quiet, dramatic, excited.

Questions for the viewers:

- Which part of the story was more captivating?
- In what ways do we need to use our voice during camp?

Movement

This exercise requires 2 participants. They must explain to the viewers about the empowerment circle twice, when each time the situation is different:

1. The peula is inside a room in the ken, to the kvutseh the madricha is leading.
2. The peula is on day 5 of machaneh after lunch.

For the viewers:

- In which of the situations did I understand the concept better?
- In what ways will we need to use “movement” on machaneh?

Hands

This exercise is for 2 participants, each gets a situation:

1. The madricha is in the first sicha of a seminar with her chanichim, she explains what she expects of them and what is going to happen in the upcoming days. She explains when her hands are behind her back and someone else does her hand gestures for her.
2. The madricha teaches her chanichim a chant with no hand movements at all.

For the viewers:

- What is the message that is sent when using our hands?
- When do hands get in our way?

Look (and a bit of voice..)

This exercise has 4 participants.

One madrich reads the song “Firework”. 3 madrichim ask parts of the discussion. Each question is asked differently:

- What does it mean that we are each special and different? How does this pay out in real life? – **ask the question while looking at the floor, and do not look at the chanichim’s eyes.**
- Do you agree with this statement? Why? – **ask the question while looking directly at a specific chanich**
- If every person is special in this world, can we treat everyone the same? Is it possible to treat someone else in the same way we treat ourselves? – **ask the question while looking at all of the chanichim, even when someone starts answering.**

For the viewers:

- How did you feel during the discussion?
- What did I understand about myself in regards to the way the madrich lead the discussion?

"Firework"

Katty perry

Do you ever feel like a plastic bag
Drifting through the wind, wanting to
start again?

Do you ever feel, feel so paper thin
Like a house of cards, one blow from
caving in?

Do you ever feel already buried deep six
feet under?

Screams but no one seems to hear a
thing

Do you know that there's still a chance
for you

'Cause there's a spark in you?

You just gotta ignite the light and let it
shine

Just own the night like the 4th of July

'Cause, baby, you're a firework
Come on, show 'em what you're worth
Make 'em go, "Aah, aah, aah"
As you shoot across the sky-y-y

Baby, you're a firework
Come on, let your colours burst
Make 'em go, "Aah, aah, aah"
You're gonna leave 'em all in awe, awe,
awe

You don't have to feel like a wasted
space
You're original, cannot be replaced
If you only knew what the future holds
After a hurricane comes a rainbow

Maybe a reason why all the doors are
closed
So you could open one that leads you to
the perfect road
Like a lightning bolt, your heart will glow
And when it's time you'll know

'Cause, baby, you're a firework
Come on, show 'em what you're worth
Make 'em go, "Aah, aah, aah"
As you shoot across the sky-y-y

Baby, you're a firework
Come on, let your colours burst
Make 'em go, "Aah, aah, aah"
You're gonna leave 'em all in awe,
awe, awe

Boom, boom, boom
Even brighter than the moon, moon,
moon
It's always been inside of you, you,
you
And now it's time to let it through-
ough-ough

'Cause, baby, you're a firework
Come on, show 'em what you're worth
Make 'em go, "Aah, aah, aah"
As you shoot across the sky-y-y

Baby, you're a firework
Come on, let your colours burst
Make 'em go, "Aah, aah, aah"
You're gonna leave 'em all in awe,
awe, awe

Boom, boom, boom
Even brighter than the moon, moon,
moon
Boom, boom, boom
Even brighter than the moon, moon,
moon