

a project of
The Shlichim Office,
Shlichos Division

a division of
Merkos L'Inyonei Chinuch



THE YOUTH & TEEN club Guide

THREE comprehensive
curriculums designed to
implement or enhance clubs for
children and teens!



***The Lubavitcher Rebbe,
during an address to graduates of Bais Rivkah
on the 20th of Sivan, 5744***

רואים במוחש שטבע הצמיחה והגידול בגוף האדם הוא- בעיקר- בשנות הנעורים, שאז מתפתח הגוף בקצב מהיר, משא"כ לאחר גיל הבגרות, בשנות העשרים והשלושים וכו' (עד מאה ועשרים שנה). ומזה מובן גם בנוגע לצמיחה וגידול במובן הרוחני- שבשנות הנעורים יש אפשרות לפעול גדולות ונפלאות מידי יום ביומו, יותר מאשר בשנות הבגרות, שגם אז צריכים תמיד להוסיף ולהעלות בקודש, אבל אין זה באותו קצב ובאותה מדה שניתן להגיע בשנות הנעורים (התוועדויות, כ' סיון תשד"מ, סעיף ה', עמ' 2002, בלתי מוגה)

We clearly see that the growth and development in the human body is- mainly- in the younger years, for that is when the body develops at a quick pace, which is not the case after the age of maturity, during the years of the 20's and 30's etc. (until 120 years).

And from this it is also understood, in relation to the growth and development in the spiritual sense- that in the youthful years there is greater possibility to accomplish great and wondrous things daily, more so than in the mature years. Although, even then we must constantly strive to increase and elevate in spirituality, nevertheless, it is not at the same [increased] pace and measure that one can accomplish in the youthful years.

(Hisvaduyos, 20th of Sivan, 5744, section 5, page 2002, unedited translation)

Contents

From the Rebbe	1
----------------	---

About the Youth Club	5
-----------------------------	---

The Chessed Club

About the Chessed Club	11
Chessed Resources	15

Chessed Club Meetings

"Pass A Smile"	19
"Meals on Wheels"	23
"Gifts for Hospitalized Children"	27
"Talent Show"	31
"Purim Masquerade Presentation"	35
"Visiting Old Age Home"	39
"Hospital Gowns for Sick Children"	43
"Children of Chernobyl"	45
"A Cookie Jar for Mom"	49
"Kids for Peace"	55
"Mitzvah Scavenger on Wheels"	59
"Picture Perfect Mitzvah Prance"	63
"Launching a Bowl-A-Thon"	65
"Bowl-A-Thon/Pesach Packages"	69
"Pre-Passover Car Wash"	73
"Kite Flying with Special-Needs Adults"	77
"Keeping our World Clean"	81
"Socks for Orphans in the Ukraine"	85

Youth Zone Meetings

"Rosh Hashana"	91
"Chanukah"	95
"Tu B'shvat"	101
"Tu B'shvat 2"	105
"Purim in the Palace"	107
"Purim"	111
"Pesach"	115
"Shavuos"	119
"Shavuos Around the World"	123
"Brachos and Gratitude"	127
"Israel"	135
"Jewish Birthdays"	137
"Kosher"	141
"Shabbos"	145

Youth Club Guide

Youth Zone 11

Outline	151
Sample Schedules	153

Teens

About the Teen Club	163
Long Term Projects	169

Teen Club Meetings

“Sukkos”	175
“Chanukah”	183
“Tu B’shvat”	197
“Purim”	207
“Pesach”	215
“Lag Ba’omer”	223
“Shavuos”	231
“Ahavas Yisrael”	245
“Beauty”	253
“Body and Soul”	265
“Israel”	273
“Jewish Birthdays”	283
“Keeping Kosher”	287
“Shabbos”	297
“Simcha”	305
“Time”	313
“Tolerance”	317
“The Last Meeting”	323

Appendix

About the Youth Club

The purpose of a youth club

A youth club is a children's program that instills Jewish values in a fun, interactive environment. It differs from a Hebrew School in that the focus is more on fun activities than classroom learning; the goal however, is much the same: immerse the children in a positive Jewish environment and give them an experience they will never forget. Because clubs and Hebrew schools cultivate different atmospheres, they can complement each other and attending one can encourage children to attend the other.

Different types of youth clubs

There are several types of youth clubs you can arrange; choose the one that best suits your community. Consider the practicality of each for your community and the availability of resources. You are not stuck with your choice forever; if a year of one seems enough, you can change to another style for the next year, or simply add another type of club to your schedule. Another option is to have different clubs for different ages, for example, a Youth Zone club for children ages 7 to 9 and a Chessed club for those 9 to 11.

The youth program ideas are generally catered to both boys and girls, therefore the language usage in this book alternates between boys/girls, he/she etc.

Chessed Club

The **Chessed Club** is a club in which the goal and purpose is for the children to get together to do chesed and get involved in doing good deeds. This is a very universal concept in our day and age and many parents love having their children participate in a club which teaches such basic and important values. Each time the club meets there is a new opportunity for the children to help others and spread good to the world. The good deeds are done in a fun and exciting way and children love to participate and be a part of such a club.

Youth Zone

Youth Zone is a club which is more focused on teaching about upcoming Jewish holidays and fundamental concepts in Yiddishkeit. Through games, activities, craft projects, and/or food projects, the children learn about many Jewish concepts and ideas through hands-on experiences.

Youth Zone II

A third club, called **Youth Zone II** in this book, is similar to the second in its focus and style. However, it incorporates many trips and professional activities, so the planning is focused more on hiring professionals and reserving field trips. This club works well in communities where the parents are impressed only by outsourced activities.

Age of Members

When planning your club and choosing a style and a method for running the club, take into consideration the ages of the children you would like to target. It is difficult, for example, to run a club that is catered for five year olds and ten year olds simultaneously, as one age group will either feel lost or babied. It is there-

fore important to narrow down the age range and set your club for very specific ages. You can run the same club for younger and older kids, doing the same activities, but it will work better and may be more attractive for the children if the younger and older children are kept separate.

Appropriate ages to group together are usually 5-7 year olds, and 8-11 year olds.

Members vs. Non Members

When advertising and recruiting members to join the club there are three options you can offer:

Your club can be for members only. Parents pay one flat fee in the beginning of the year and that covers all the year's activities. If someone wants to join in the middle of the year, his parents must first sign him up and pay the fee.

The club can be for members and non-members. Children sign up in the beginning of the year for a small fee. Club membership then entitles them to reduced entrance fee for all club meetings, a special club package and a club uniform. Each meeting can then be attended by both members and non-members, with the non-members paying a slightly higher entrance fee.

The last option is to simply hold a youth club event once a month and invite all who are interested to attend.

Meeting Structure

Welcome

Introduce Shavuot through treasure hunt

Edible Shavuot Treats:

Har Sinai Cupcakes

Shavuot Cheesecake

Edible Flower Pots

Flowerpot Craft

Welcome

When the Jewish people received the Torah, they were in a hot, dry desert. Yet despite the dry weather, the mountain upon which the Torah was given, Mount Sinai, bloomed with many beautiful flowers. To remember this, we bring lots of flowers into our homes in honor of Shavous.

Another special thing that happened on Shavous, many years after the giving of the Torah, is that the first real king of the Jews, King David, was born. King David was the one who made the Jews a sovereign nation in the Land of Israel, he is also the ancestor of Moshiach, the one who will eventually take the Jews back to Israel. He also wrote the Tehillim and began building the Beit Hamikdash.

In order to remember the great miracles Hashem did for us and also the suffering we endured in Egypt, we have a seder every Pesach. Today, we'll be making some of the things that we use at the seder. We eat matzah because we left in great haste and the dough being carried on the backs of the Jews didn't have time to rise. We have a seder plate with various items to remind us of the story. At the seder itself, we recline on pillows to remind us that after all the suffering, we were finally liberated--and are now like kings ourselves, reclining at the seder table.

Activities

WELCOME TREASURE HUNT:
20 minutes.

Prepare: Photocopy the mini coloring book (appendix pages 29-30). (Each page of the coloring book will teach the children about a different custom or event that took place on Shavuot.) Purchase a cheap pack of crayons for each member. Put the coloring book, crayons and directions for the treasure hunt in a nice bag.

Activities Continued

SHAVUOS STATIONS

Divide the area where your club is taking place into stations. Each station will represent a different page of the coloring book. For example, a garden or the outdoors will represent the flower page; the kitchen for the dairy page; the main room, library or shul for receiving the Torah page.

Each group will move from station to station, at each place, they read and color the applicable page of the coloring book.

Suggestion: Using colored tape, make a trail for each group beginning in one station and following through to each of the stations. Each group's trail should be made from a different color tape or string. Arrange the trails of the different groups in different orders so that 2 groups are not in the same station at the same time

CREATE YOUR OWN HAR SINAI

Children will decorate cupcakes to resemble Har Sinai.

Set out bowls of icing or cake frosting for the children to use to decorate their cupcakes. The children should beautify their plain cupcake to resemble Har Sinai. Frost the cupcakes and decorate with mini candies and Mini Bite flower cookies. Use chocolate covered square wafer or a Mini Bite wafer as the Luchos.

Supplies Needed:

A cupcake per child
Frosting, or icing - make different colors by adding food coloring.
Mini candies, sprinkles, and chocolate chips, mini flowered cookies
Square wafer, or mini wafer for the luchos.
Plastic plates, bowls, knives, spoons, and tablecloth

Explain to the children that the Torah was given on a plain mountain. Hashem made flowers and grass grow on the mountain in order to beautify it for the honor of the Torah.

EDIBLE FLOWER POT

Supplies Needed:

Small ceramic/plastic flower pots (one for each child)
Cookie crumbs or whole cookies for the children to crumble
Gummy worms
Stryofoam
Skewers
Fruit leather or fruit by the foot

As it is a custom on Shavuot to beautify our home and synagogue with flowers, the children will make their own edible flower arrangement.

Activities Continued

Put a piece of Styrofoam at the bottom of the flowerpot then fill the with cookies crumbs. Create fruit rollup roses by attaching the Fruit by the Foot to the top of the skewer and wrapping it around and around itself to resemble a rose. Stick the flower skewer into the cookie crumbs and decorate the "dirt" of the flowerpot with gummy worms or other small candies.

Note: If you are using fruit leather which, when unrolled is a circle shape, cut it into a spiral and then proceed as above.

CHEESECAKE

Make a no-bake cheesecake.

FLOWER PENS

Make flower pens in honor of Shavuot. See Teens Tu B'shvat.

FLOWER VASE

Make a vase for Shavuot flowers.

Create an attractive vase by decorating a glass pot using modge podge and tissue paper.

Using the modge-podge, adhere the tissue paper all over the vase. When the vase is covered with tissue paper, paint a layer of modge-modge over the entire vase. Allow the vase to dry.

Supplies

Needed:

Small glass vase (one for each child)

Cut-up tissue paper

Modge podge

Paintbrushes

WIRED FLOWERS DIPPED INTO PAINT.

See Teens Tu B'shvat

Objective

The teens will understand the importance of Eretz Yisrael and gain a love for our land.

Sayings & Invitations

Eyes of G-d are upon her from the beginning of the year till the end.

Discover Israel

Israel- the land of Peace not Pieces

Theme Activity / Discussion

Show the Video "Peace Upon the Land"

Produced by JEM 718-774-6000

This forty-five minute video shows the miraculous victories of the various wars in Israel and other miracles that have occurred in Israel in the 20th century. Choose excerpts to show. Also included is the Lubavitcher Rebbe's views on the peace process.

Show the Video "Relentless"

Produced by Honest Reporting-: 212 354 7677 - 63 West 38th Street. Suite 1104, New York, NY 11018

When requesting the video, explain that it is for small screening or private use.

This is an hour long video that exposes the Arab media and the reality of the situation in the Middle East. The video describes each peace agreement between the Israelis and the Palestinians and who kept their side of the agreement.

Video cost: \$24.95 plus an additional five dollars for shipping and handling.

Show the Video "Creating Peace: One Quilt at a Time"

Produced by MATCKH: Mollymres@aol.com or www.matckh.org

A 17 minute video presentation, which presents an in-depth look at the results of the anti-Jewish, anti-Israel Palestinian educational curriculum.

Discussion: The media often portrays Israel as the villain obstructing the Palestinians quest for statehood. The truth is just the contrary. In truth, this latest international campaign against Israel is another phase in the history of anti-Semitism. We have to recognize it for what it is and stand up for the truth: Israel belongs to us, it was given to us by G-d and honestly won in bloody wars. For more information on this, see TruePeace.org.

Theme Activity

Sources

Discussion: Look into the Torah to see the promise of Hashem to the Avos regarding Eretz Yisroel.

Some sources are:

Bereishis: 15: 18-21

Bereishis: 28: 13-15

Israeli Speaker

Ask an Israeli member of your community to speak briefly about Israel. If you cannot find an Israeli, try to get someone who has lived in Israel or is closely connected to the country.

Map of Israel

This is best as an opening activity about Israel.

Display map of the Middle East or of the world. Show Israel's size as compared to her neighbors. Discuss the importance of holding onto every inch of our land. Discuss the military advantage of securing the borders.

Pin the City on the Map

This game is an interesting way to begin the discussion about Israel's four holy cities.

You will need:

Large map of Israel

Icon cards

Prepare: 1. Create small cards with icons or symbols of the four holy cities of Eretz Yisrael: Yerushalayim - kotel; Chevron - Mi-aras Hamachpeleh; Teveria - Lake Kinneret; Tzfas - mountains. Prepare a set of all four cards for each teen.

2. Highlight the four holy cities on the map of Israel.

Activity: Identify the location of the four holy cities. Distribute the cards. Ask the teens to write their names on the front of each card. Blindfold them one by one and ask them to try to place the cities on the correct location on the map, in the same way as Pin the Tail on the Donkey.

Discussion: Eretz Yisrael is a unique country. It is very small, smaller than the state of New Jersey, yet it contains an incredible amount of holiness. While all of Eretz Yisrael is holy, there are four cities that are especially holy. Yerushayim is the city where the Shechina (Divine Presence) was centered and where the two Batei Mikdash stood. It was the capital of Israel, and center of Jewish life in ancient times. Chevron is the burial place of the forefathers and mothers of Judaism. Teveria is the city where most of Talmud Yerushalmi was composed after the destruction of the second Bet Hamikdash. Tzfas is famous for its holy mystics who taught the secrets of the Torah.

Supporting Handouts

"A Candle for Truth" A beautiful article that describes our responsibility to fight the misconceptions about Israel. See appendix pages 87-90

"The Neighborhood Bully" A poem by Bob Dylan that describes how the Jewish nation is called the bully, when just the opposite is the case. See appendix pages 91-92

"Eternity of the Jews" Describes the miraculous perseverance of the Jews despite persecution thru the ages. See appendix pages 93-95

www.truepeace.org

www.hebron.org.il

Resources: Eyes Upon the Land published by Sichos in English, a compilation of all the Rebbe's sichos about Israel.

Activities

Make Falafel

Enjoy a typical Israeli snack.

The teens can follow the recipe, mixing the ingredients and forming the falafel balls. Are you including a recipe? Drop the balls into a pot of hot oil until golden brown. Remove the falafel balls from the oil and drain. Serve with humus, vegetables and pita bread.

Jewish Twister

When playing this active game, the teens will learn about Israel.

Prepare: Paste Israeli pictures and symbols onto the circles of a standard twister mat. You can separate the pictures into categories, such as Israeli foods or fruits of the land; cities and landmarks; Israeli words; and holy sites. Place a different category into each of the colored rows.

Activity: Play twister using a spinner or calling out different Israeli places or pictures on the twister board.

Syllable Game

In a fun and exciting way, the teens will learn some basic Hebrew words.

You will need:

Chart paper or chalkboard

Index cards

Reaching Out

Letters to Prime Minister

The teens can send letters to the prime minister of Israel to show support and encouragement to continue to stand up against world pressure:

Email: pm_eng@pmo.gov.il.

Mailing address: The Office of the Prime Minister Ariel Sharon - Kiryat Ben-Gurion - Jerusalem -Israel;

Office phone: 972-2-67055510

Fax: 972-2-566-48386705415

Letters to President of USA

The teens can write letters to the president of the USA asking for continued support for Israel.

E-mail: president@whitehouse.gov

President -The White House -1600 Pennsylvania Avenue NW -Washington, DC 20500

Packages for Israeli Soldiers

The teens can prepare packages for Israeli soldiers. Include kosher chocolates, candies and a letter of encouragement and thanks to the soldier. These packages can be delivered to the soldiers by someone in your community who is traveling to Israel or you can send them to Chaver L'chayal who will send the packages for you.

Chaver L'Chayal

This is an Atlanta-based program that encourages Jewish students to write letters to the brave "chayalim" serving active duty on Israel's borders.

To participate, write a letter that begins with "Dear Soldier." Let him/her know that you support their efforts to protect and defend Israel. Let them know you care, and how much Israel means to Jews worldwide. Buy a couple bags of kosher chocolate or other kosher candy. Put the letter and the candy into a one-gallon Zip Lock bag.

Contacts:

Hadara Ishak (hadaragoldy@aol.com) 770-690-9330

Sharon Levison (imasharoni@aol.com) 404-256-9617

Chaver L'Chayal (Friend of the Soldier) 4618 Chattahoochee Crossing, Marietta, GA 30067

Packages for Terror Victims

www.chabadvictimsofterror.com, Mr. Jay Litvin runs the program, you can contact him at jay@chabad.org.il

His mailing address:

Victims of Terror and their Families
co Tzeirei Chabad

P.O.B. 14, Kfar Chabad 72915 Israel

Israeli E-Mail Pen Pals

www.walkforisrael.com -help@walkforisrael.com- 877-812-7162. *Ask for their pins and signs.*