

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

## Resiliency Workshops on January 18, 2011

On January 18, all Tichon Isaiah students will be placed in special interest workshops to help them build resiliency skills. Review the offerings below and let us know which special interest workshop is most appealing to you? In other words, what area would you like to learn more about to help you build your resiliency skills?

**Please mark your 1<sup>st</sup> and 2<sup>nd</sup> choices, in order of preference**

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| <p><b>THE ART AND HEALING POWER OF DRUMMING, <i>Facilitated by Cantor Lisa Doob and Comma Williams, M.Ed.</i></b></p> <p>"It's time to stop thinking of the drum as just a musical instrument. [Instead it is time to] start thinking of the drum as a recreational tool for every family, a wellness tool for every retiree, and an educational tool for every classroom" (Remo Belli). Using a variety of drums and percussion instruments, participants will have the opportunity to "lighten up and loosen up" so each person can discover their own personal rhythm. Participants will learn how to use drumming as a tool to help them be more resilient in their daily lives. Participants will leave lighter in spirit than when they arrived, guaranteed!</p>   |  |
| <p><b>CREATING RESILIENCE (THROUGH EXPRESSIVE ARTS), <i>Facilitated by Jacquie Serebrini-Kesner</i></b></p> <p>Tired of feeling like you're always being judged based on who people think you are rather than who you really are? Do you wish you had bounced back from that recent "dis" rather than falling into a hole of despair and self criticism? It's all about being resilient, feeling resilient and growing resilience. Through drama games and improvisation we will explore the many masks we all wear as we navigate through our daily lives. During the second half of the workshop we will create a visual representation of resiliency with mask making; a fun and creative way to express your striving, your fears, the person you are now and the person you might be hiding.</p>  |  |
| <p><b>BETTER THAN BLOGGING, <i>Facilitated by Rabbi Carey Brown</i></b></p> <p>Do you ever wish that you could share your feelings without judgment, talkback or interruption? Journaling offers an incredible way for us to express what we are feeling with honesty. Journaling allows us to clarify our thoughts and feelings, thereby gaining valuable self-knowledge. It's also a good problem-solving tool; oftentimes, we can hash out a problem and come up with solutions more easily on paper. Journaling is also a practice that can be intimidating when we just see a blank piece of paper or empty computer screen in front of us. Come learn about different journaling techniques like free-flow writing, prompt questions, and dream interpretation that will help you better understand yourself and your experiences.</p> |  |
| <p><b>THE BIG GAME, <i>Facilitated by Brett Lubarsky and Alicia McGee</i></b></p> <p><i>Are you part of a team? Do you feel the weight of your team on your shoulders? Do you feel like you push yourself to your physical limit? Do you ask yourself, can I do this? When should I speak up? How am I feeling?</i> While we encounter a wide variety of challenges throughout our lives, we don't always know how to navigate them or realize that we're not alone. Let's hit the pause button in our busy lives, and take some time to talk strategy! We'll work together in discussing the role fitness and wellness (both physical and emotional) plays in how we go about our daily activities, tackle challenges, and look at the roles we play as individuals, friends and teammates. Get ready to have some fun and feel good!</p>   |  |
| <p><b>FROM MATZAH BALLS TO MISO: FEEDING TO NOURISH YOUR WHOLE SELF, <i>Facilitated by Ilana Margalit</i></b></p> <p>How do we feed our bodies to nourish our deepest desires? How can we feed ourselves so that we grow into our strongest, healthiest, smartest selves? What sort of eating habits have we inherited from our parents, and are they working for us? In this interactive workshop we will explore why we eat the way we do--what about it serves us and what about it keeps us from being our best selves. We will create strategies to cope with the confusing messages society gives us about food, and we will learn ways to feed ourselves so that we feel clear, energetic and balanced.</p>   |  |
| <p><b>MIND POWER! JEWISH MEDITATION, <i>Facilitated by Seth Castleman</i></b></p> <p>Over-extended, stressed, anxious, or angry? Sound like you at least some of the time? Jewish texts and teachings guide us to a saner way of living in the world. Through various simple meditation techniques we can easily and quickly come back to a place of wholeness and holiness.</p>   |  |
| <p><b>WHO DO YOU THINK YOU ARE? <i>Facilitated by Meir Sherer and Elyse Simon</i></b></p> <p>Through personality tests (Meyers Briggs), discussion, reflection, and yoga, participants will be challenged to engage in a personal journey to become more self-aware. Participants will achieve a calmer mind and body by learning skills that will enable them to balance what is going on inside of them with what is happening around them. By using aspects of Kabbalah (Jewish mysticism) and environmental elements, participants will learn skills for finding balance in their daily lives.</p>   |  |

Please note that you are NOT signing up for your elective or seminar class.  
You are signing up for a one time special interest workshop that will take place on January 18.