

# JSU CLUB ACTIVITY



## #TBT- TU BISHVAT TUESDAY

<b>Time needed</b>	30 – 60 minutes
<b>Age range</b>	Any teen
<b>Background of teen</b>	Any background can participate in this club, no previous knowledge needed
<b>Set up</b>	Groups of 5

### Goals:

To think about tangible and growth oriented goals and a considered follow up plan.

### Relevance:

It is really important for teens to take the time to be self-reflective and have time to make goals and consider how growth oriented they are. This club can be done any time but it also has specific connection to the message of Tu Bishvat.

### Active Learning:

Watch the Ted talk about Cesar Kuriyama who took small videos of his life to make a project of memories and special moment over the years. Consider what this taught him, what this can teach us and how watching things back can encourage us to make goals and see life more clearly. You may wish to watch a small part rather than the whole thing.

[http://www.ted.com/talks/cesar\\_kuriyama\\_one\\_second\\_every\\_day#t-104621](http://www.ted.com/talks/cesar_kuriyama_one_second_every_day#t-104621)

Introduce the message of Tu Bishvat being a special Rosh Hashanah for trees. We can take time to consider what we have achieved since our RH. This RH can focus on reflection, planting and growth and consider what we do on a regular basis to facilitate that growth.

### Supplies needed:

1. Planting pots
2. Soil
3. Bean sprouts
4. Mini watering cans
5. Sharpies or puff paints
6. Copies of facilitation questions for group discussions
7. Video

### Step by step planning:

<b>Time</b>	<b>Facilitator Activity</b>	<b>Teen activity</b>
6 minutes	Show the video – or explain it	Watch the video
2 minutes	Introduce Tu Bishvat as Rosh Hashana- using source material	

5 minutes	Group discussion questions- split teens into groups ideally not with friends.	Each group discusses with discussion prompts (use facilitation questions)
10 minutes	Planting activity	Write goals on pot and then plant the bean sprouts, then write how goals are achieved on watering can.
5 minutes	Wrap up message	

### Facilitation Questions:

1. What was inspiring about the video for you?
2. Why is it important to have goals?
3. What are your goals?

### Wrap up message and Torah thought:

Bring the group back together; ask for volunteers to share their goals that they wrote on their pots and to share their how to get there ideas on their watering can. Mention the idea of goals being important but the watering can and how to get to those goals is equally important.

Mishna Rosh Hashana Chapter 1	משנה מסכת ראש השנה פרק א
<p>MISHNA I</p> <p>There are four New Year days, The first of Nissan is New Year for (the ascension of) Kings and for (the regular rotation of) festivals; the first of Elul is New Year for the cattle-tithe, The first of Tishri is New Year's day, for ordinary years, and for sabbatic years 3 and jubilees; and also for the planting of trees 4 and for herbs. On the first day of Shevat is the New Year for trees, according to the school of Shammai; but the school of Hillel says it is on the fifteenth of the same month.</p>	<p>משנה א</p> <p>ארבעה ראשי שנים הם באחד בניסן ראש השנה למלכים ולרגלים באחד באלול ראש השנה למעשר בהמה רבי אלעזר ורבי שמעון אומרים באחד בתשרי באחד בתשרי ראש השנה לשנים ולשמיטין וליובלות לנטיעה ולירקות באחד בשבט ראש השנה לאילן כדברי בית שמאי בית הלל אומרים בחמשה עשר בו</p>

Mishna Pirkei Avos: Chapter 2	משנה מסכת אבות פרק ב
<p>MISHNA 1</p> <p>Rabbi (Yehuda the Prince) was in the habit of saying: "In choosing the right path, see that it is one which is honorable to you and without offence to others. Be as scrupulous about the lightest command as about the weightiest, for no man knows the result of his actions. Weigh the present temporal disadvantages of a dutiful course against the reward of the future, and the present desirable fruits of a sinful deed against the injury to thine immortal soul. In general, consider three things and you will never fall into sin: remember that there is above you an all-seeing eye, an all-hearing ear, and a <b>record of all your actions.</b>"</p>	<p>משנה א</p> <p>רבי אומר איזוהי דרך ישרה שיבור לו האדם כל שהיא תפארת לעושה ותפארת לו מן האדם והוי זהיר במצוה קלה כבחמורה שאין אתה יודע מתן שכרן של מצות והוי מחשב הפסד מצוה כנגד שכרה ושכר עבירה כנגד הפסדה והסתכל בשלשה דברים ואי אתה בא לידי עבירה דע מה למעלה ממך עין רואה ואוזן שומעת וכל מעשיך בספר נכתבין</p>

### Follow up from this club:

Around Pesach time, bring the group back and ask them to bring a picture or even bring the plant itself and discuss the actual and metaphorical growth that this plant was supposed to inspire.