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Year-Round
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Camp Harlam | Tikkun Middot | Guide for Staff

שמחה (Seemcha) - Finding Joy | (From the root Sameach - Happy like Chag Sameach)

Quote to foster understanding:

“Who is rich? One who is happy with what you have” - Pirke Avot

Joy comes from within and how we respond to what is going on around us.

Situations in which this middah might be appropriate:

- Being at Camp and not pressures of school/Home
- Song Session
- Being with Friends
- Being in Nature
- Wearing Costumes
- Getting a compliment
- Listening to uplifting music
- Smiling /laughing

Reinforcing example:

Counselor in response to seeing a big smile, or a statement from the camper of, “I love this!” or “I’m so happy!”, says, “You’re experiencing *Seemcha* – the Joy of life – enjoy it and keep it up!”

Redirecting example

Camper says, “I’ll be happy when this is over.”; “I’ll be happy when I get a goal.”; “I’ll be happy when I”

Counselor says, “Let’s focus on what is happening right now. It’s *about Seemcha* finding joy in everything we do. We really do have control over how we feel about things”.

How to use *Simcha* in a sentence:

We can experience *Seemcha* in every situation – we just have to choose to focus on all that is good.

Get your *Seemcha* on! (to express have fun!)

There so many opportunities to find *Seemcha* at camp.

What will help you find *Seemcha*?

אַחֲרֵיט (Achreyut) - Thinking about Others | (From the root Acher/Other)

Quote to foster understanding:

“Whoever destroys a soul, it is as if that person has destroyed the entire world, whoever saves a soul, it is as if that person has saved the entire world. - Talmud

Being attentive to others feelings and needs is what fosters the growth of relationships and friendship.

Situations in which this middah might be appropriate:

- During a Game/activity (letting everyone play)
- Sloppy area
- Bad behavior/language (affects everyone)
- Being late
- In the cabin before bed (being noisy while others are tired)

Reinforcing example:

Counselor in response to seeing a camper go out of his or her way to include another camper in something, especially if might cause the first camper some discomfort or (for example) to lose the game etc., says, “Great act of *Achreyut*. Thank you for your help making sure everyone is included.”



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Redirecting example

When a camper’s negative behavior impacts the groups/cabins/team’s ability to have fun/learn/achieve etc., Counselor says, “I understand that this is hard for you/ not where you want to be right now/ not what you want to do right now/ and we can talk about that later. Please though take a moment to recognize you’re your behavior/actions are affecting everyone. Please try and practice a little *Achreyut*, and pay attention to how others are feeling. Thank you.”

How to use *Achreyut* in a sentence:

We practice *Achreyut* in the cabin when we respects everyone’s space and property.
We practice *Achreyut*, when we clean up after ourselves in the bathroom, and by limiting the time of showers so that everyone can get ready on time.
Have fun today! Put *Achreyut* in your head and take good care of each other.

נִצְיָחֹן (Nitzachon) - Pushing through a challenge | (Related to struggling, victory, conquering)

Quotes to foster understanding:

Just as the olive yields oil only when it is pounded so to our greatest potentials are yielded only under the pressure of adversity - Talmud

and/or **“It’s not that I’m so smart, it’s just that I stay with problems longer.”** -Albert Einstein; That is, never give up – the goal is not in achieving but in trying consistently with your best effort. Don’t give up. Anything worth doing takes work.

Situations in which this middah might be appropriate:

- Ropes/Challenge course
- Any Challenging activity
- A program or activity that is perceived as a deficit

Reinforcing example:

Counselor in response to seeing a camper try their best, working hard, showing marked improvement over time in an activity/skill/or even behavior, says, “Now that *Nitzachon* – keep pushing! Great work!”

Redirecting example

Camper says, “I hate this, I’m not good at this..”; Counselor says, “Let’s push that aside and give it a try. Let’s work on *Nitzachon*, it’s hard but there is no reason not to try it. You might have fun/ get better with practice etc.”

How to use *Nitzachon* in a sentence:

You can do this! Find your *Nitzachon* and push through!
Camp gives us a safe place to practice *Nitzachon*. We can try anything we want in a supportive and non-judgmental environment.

How can you achieve *Nitzachon*?

רַחֲמִים (Rachamim) - Acting with your heart | (From the root rechem/ womb - acting like someone is your family, forgiving them, always loving them and caring for them, compassion)

Quotes to foster understanding:

This is what God said to Israel: My children what do I seek from you? I seek no more than that you love one another, and honor one another, and that you have awe for one another. Midrash (Tanna de Bei Eliyahu Rabbah 26:6)

That is the way we treat people and the way we talk to them really matters. We have the ability to choose to treat people with kindness and compassion.



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Situations in which this middah might be appropriate:

- Fights and disagreements between campers
- When someone is having a bad day
- When someone is having trouble caring about the feelings of someone else
- When you see someone who is upset

Reinforcing example:

Counselor in response to seeing a camper comfort someone else, say a kind word, pay a compliment etc., says, "That showed great *Rachamim*. Good job taking care of our camp family."

Redirecting example

Camper says, (to another camper), "I'll never forgive you." or "I can't stand how they are sad all the time." Or "I don't care that they are upset." Counselor says, "That not the way we treat family, and we are family here at camp. We all make mistakes, Find your *Rachamim* and let's work together to get through this."

How to use *Rachamim* in a sentence:

Treat each other with *Rachamim* today.

We show *Rachamim* when we take care of each other.

Camp is a place filled with *Rachamim* -we take care of everyone.

Where is your *rachamim*?

עצמי בִּיטחון (Bitachon Atzmi) - Confidence, Independence | (Related to security - Bitachon)

Quotes to foster understanding:

"If you will it, it is no dream" - Hertzl

"If I am not for myself, who will be for me, If I am only for myself, what am I? If not now

when?" We believe in you and so should you! Camp gives us incredible opportunities to gain confidence and do more and more things for ourselves.

Situations in which this middah might be appropriate:

- Personal Hygiene
- Participating in services
- Helping someone to realize how good they are at something
- The developments of clicks
- Campers with a unique identity or sense of style or interests

Reinforcing example:

Counselor in response to seeing a camper take good care of their things and themselves, doing something without being asked, having the confidence to try something different or new, says, "Great *Bitachon Atzmi* , I love how confident you are!/ your ability to do this by yourself is amazing"

Redirecting example

Camper says, "I'm scared....I can't". Counselor says, "I believe in you. I stand with you as you try.... We will work on your *Bitachon Atzmi* together.



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How to use *Bitachon Atzmi* in a sentence:

Believe in yourself, Find your *Bitachon Atzmi* and make us proud!

Camp gives us the perfect place to work on our individual *Bitachon Atzmi*. We want to see who you are and hear what you want to be!

How can you find *Bitachon Atzmi*?

תִּפְאֶרֶת (Tiferet) - Finding Inner Beauty and Balance | (Related to beauty/splendor)

Quotes to foster understanding:

Do not look at the container, rather what is in it - Pirke Avot

At camp we want to focus on the type of person you are on the inside. We don't want to over emphasis looks, clothing etc.

Situations in which this middah might be appropriate:

- Having difficulty finding clothes that fit (especially during programming that involves clothes)
- A camper who is worried about how they look, or overly fixated on a particular body part/flaw

Reinforcing example:

Counselor in response to seeing a camper feel better about how they look, or deciding to wear something more comfortable or practical over something that looks good, etc., says, "Way to focus on your *Tiferet*, it what on the inside that matters.

Redirecting example

Right before Shabbat a camper says, "I look so horrible in white." Counselor says ... at camp we all wear white so we can focus on the inside not the outside. It's about *Tiferet*, finding inner beauty.

How to use *Tiferet* in a sentence:

We can find *tiferet* when we look on the inside not focus on the outside.

I love camp because it helps me focus on finding *tiferet*, I don't need to think about what I wear, I get to think about who I am.

Can you see your *Tiferet*?

בִּינָה (Binah) - Seeking meaning | (Related to l'havin, to understand, to discern)

Quotes to foster understanding:

Who is wise? One who learns from all people - Pirke Avot

Situations in which this midah might be appropriate:

- New Campers
- New activities
- J-life
- T'fillah/ Birkat Hamazon
- Song Session



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Reinforcing example:

Counselor in response to seeing a camper engaged in a J-life program, Learning a new skill, seeing understanding in the eyes or face of a camper for the first time regarding anything, says, "Now that's using your *Binah!* – learn everywhere!"

Redirecting example

Camper says, "I already know this,"

Counselor says, "There is always more to learn. Show your *Binah* by helping others maybe you will learn something by teaching?"

Camper says, "Why do we have to learn this...,"

You can find *Binah* in everything, Let's talk about what this means (or doesn't) mean to you.

How to use *Binah* in a sentence:

How are you going to increase your *Binah* (or how did you increase your *Binah*) today? What did you learn? What did you figure out?

There are so many ways to gain *Binah* at Camp. We can find meaning almost anywhere.

There should be *Binah* behind everything that we do. We need to understand why we do somethings and not others.

Have you found *Binahh*?