



ASK HERZL

Learning About Camping Prep for People with Disabilities

Based Upon the Work of Alissa Hartnig, JNF Israel Programs Admissions Director

By the end of the program, students should...

- Be able to distinguish different kinds of disabilities
- Connect their understanding of Jewish values with inclusion
- Understand how everyday tasks are harder for those with disabilities
- Learn how organizations like LOTEM and JNF improve the lives of Israelis with disabilities
- Understand how some are born into situations that alter their lives
- Think of ways to make their own communities more inclusive and accepting

Materials Needed:

- Skittles
- M&M's
- Raisins
- Craisins
- Plastic bags for trail mix
- Blindfolds
- Tent
- Tape
- Socks
- English instructions
- Jargon instructions

Outline:

One of the ways JNF helps people in Israel is through our work with disabilities. What kinds of disabilities do you know about?

Physical, mental, emotional, intellectual. These distinctions are really important because sometimes there is a disability that we can see with our eyes, but there are things called blind disabilities that impact someone just as much as a physical disability, yet we can't see it. It really important to be able to distinguish these as we talk about disabilities today.

Today's activity will simulate a family in Israel preparing to go out to enjoy nature understanding that various members of their family may suffer from one or more disabilities.



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Why is inclusion a Jewish value?

- What does inclusion mean to you?
- Is there a time you have ever been excluded because you are Jewish?
- Is there a time that Jewish people have been excluded from society?
- What are some other groups of identities that have been excluded from society?

We as Jewish people are obliged to help those, who, like us, have been deemed “different.”

We can see examples of this throughout Jewish history!

- Ask students for examples of times in the Torah that people helped those who are different.
 - o Abraham welcomes visitors, loving they neighbor, negative responses to tricking the blind (Issac)
 - o Talk how tzdekah is about helping people, not giving money.

1. Responsibility to help the weak, the vulnerable and the helpless:

“Do not curse the deaf nor put stumbling blocks before the blind.” Leviticus (19:14)

2. Human differences are holy:

“Humans stamp out many coins with one mold, and they are all alike; God stamped each person with the seal of Adam, and not one of them is alike. Therefore, each and every person is obliged to say, ‘For my sake the world was created.’” Mishnah Sanhedrin 4:5

3. To work and to guard:

“God placed humans in the Garden of Eden to work it and to guard it.” Genesis 2:15

“To work and to guard” means caring for the Earth - protecting Nature, not polluting, or wasting resources. Taking this concept one step further, we must respect, and recognize the value of, every living creature.

What is JNF and LOTEM?

LOTTEM provides the opportunity for people in Israel with physical, mental, emotional, and intellectual disabilities to get outside and experience the beautiful nature of Israel.

- These include individuals with visual and hearing impairments, physical, intellectual, and emotional challenges and children on the autism spectrum.

How many of you ever play outside? Go to camp during the summer and play? Go hiking with your families?



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LOTEM provides those kinds of outdoor experiences to Israelis who have physical, mental, and intellectual disabilities. Just like in various parts of the U.S., the outdoors is a really big part of society and LOTEM allows people to get outside with their peers.

Blindness

Today we are going to be getting ready to go camping. Has anyone been camping before? The first thing we are going to do is prepare our trail mix!

Activity: Students will be blindfolded and will be given a bag with skittles, M&M's, raisins, and craisins. They will then have to sort out all the M&M's and raisins to leave only the skittles and craisins.

Questions:

- Was it hard to do this without being able to see?
- What other senses did you have to rely on to get this done? Taste? Touch? Smell?
- Talk about sensory deprivation.

Assembling Food for the Trip

It's time for us to make our meals! We are going to do this with a simulation to mirror some of the physical impacts of having cerebral palsy. What do you all know about cerebral palsy?

Cerebral Palsy is considered a neurological disorder caused by a non-progressive brain injury or malformation that occurs while the child's brain is under development. Cerebral Palsy primarily affects body movement and muscle coordination.

The brain damage is caused by brain injury or abnormal development of the brain that occurs while a child's brain is still developing — before birth, during birth, or immediately after birth.

Cerebral Palsy affects body movement, muscle control, muscle coordination, muscle tone, reflex, posture, and balance. It can also impact fine motor skills, gross motor skills, and oral motor functioning.

Have the students divide into pairs. Have them tie one hand of each pair together behind their backs. Without speaking, they must make jelly sandwiches in an assembly line.

The first pair will open the bread and jelly containers.



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The second pair will “set up” the sandwich to be made.
The third pair will spread the jelly on the bread.
The fourth pair will put together the bread and wrap the sandwiches.
The fifth pair will have to put all completed sandwiches into a container.

This mirrors those who have cerebral palsy and those who might not always have full control or even access to their bodies.

Questions:

- Describe your experience having to assemble the food without being able to use both hands?
- What were some ways that you accomplished your goal?
- What are some other activities every day that would be hard to do without the full use of your hands?

Getting to the Campsite

- Students will then be given instructions on how to get to the “campsite.”
 - One group will have instructions with English, the other with jargon English to mirror the impact of dyslexia.

Dyslexia is a language-based learning disability. Dyslexia refers to a cluster of symptoms, that result in people having difficulties with specific language skills, particularly reading. Students with dyslexia often experience difficulties with both oral and written other language skills, such as writing and pronouncing words.

Questions:

- Can both groups share a bit about their experience? Which team had it easier? How did it feel to win/lose?
- What can we do to help people who may have blind disabilities that we can't always see?
- How did this compare to the first activity? Both are disabilities but did you notice anything similar or different?
- What would it be like having to go to school or have a bnai mitzvah if everything looked like this?



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Non-Jargon

- Take a left out of the youth lounge
- Head to end of hallway
- Turn left to stairs
- Walk down 7 stairs
- Walk down 15 stairs
- Turn right
- At first door take a left
- Walk to glass doors
- open door and take a right
- at hallway take right
- Stop at Judaica shop and count kippot
- Turn around and walk to stairs
- Walk up 15 stairs
- Stop at window to see if it's raining
- Walk up 7 stairs
- Turn Left
- Walk back to youth lounge
- Turn left to enter the room

Dyslexia simulation

- Ekak a left tout fa ythoue luumje
- Head to the end of the fallway
- Nurt felt te staiars
- Klaw down 7 staiars
- Klaw doyc 15 stairs
- Nurt right
- At thirst dood talk felt
- Klaw to jlase doods
- Open dood and talk a right
- At fallway teek fight
- pop at Judaic shup and count kijjot
- Nurt around and walk to staiars
- Klew up 15 stairs
- Stoop at findow to cei if sits raiming
- Kalw of 7 staiars
- Nurt left
- Claw back to ythoue luumje
- Kurt felt to entfer tye wook

End of Program: Wrap Up

Today we learned how hard it can be to go camping if you have physical, mental, or intellectual disabilities. But the cool part about this program is that there are people and organizations out there who work to help give people with disabilities the chance to get outside.

So today, you are all going to go home with JNF Blue Boxes to take home and donate tzedekah to LOTEM.

- What did we learn about JNF? LOTEM?



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