

# BRINGING THE RAMAH SPARK

HERE ARE A FEW WAYS TO BRING THE MAGIC OF RAMAH TO YOUR HOME THIS KAYITZ

## CAMP CLASSICS & PEULOT

Create a LUZ (calendar) with your family of all the things you want to do this summer!

Choose a recipe from our Bishul Ba'Bayit cookbook and cook together as a family

Go on a symbolic "tiyul" as a family - Go on a hike, make banana boats, sleep in the backyard/living room. Ask your child what ways they want to challenge themselves this summer

Have a "Yom Doar" (Mail Day) - Write letters to camp friends and family!

Have a "Leil Hofa'ah" (Performance Night)- Watch a musical, or a movie, or have a family talent show.

Do some classic camp bunk activities: make a family music video, scavenger hunt, trash-bag fashion show, sock dodge-ball

GET OUTSIDE and play gaga, basketball, frisbee golf

## CAMP MEALS

Celebrate camp by making classic camp meals:

Sunday Breakfast- Bagels

Tuesday Dinner - BBQ and eat outside!

Friday Lunch - Build your own Buritto

Shabbat Dinner - Challah (make your own using camp's recipe!), chicken soup, chicken, potatoes, edamame

Shabbat Breakfast - Frosted flakes, chocolate muffins, deviled eggs

Seudat Shlishit (Saturday night dinner) - Spaghetti

## CAMP RITUALS

Choose a BOKER TOV song, and play it each morning in the summer to get the day started on the right foot.

Recite Bracha Achrona (find on our spotify!) or Birkat Hamazon after meals. Have your child teach you the HAND MOTIONS.

Harga'ah (הרגעה) Bedtime rituals - pick a book to read a part of each night, reflect on the day and week with roses & rosebuds, say the SHEMA together before bed

Milat HaYom - Hebrew Word of the Day - Pick a hebrew word to use throughout the day/week and incorporate camp classics - chadar, breicha, peulot, etc.

Choose a Midah (Jewish value) together as a family that you want to focus on during the summer

Celebrate Shabbat in a different way than the year - Choose a Shabbat to all wear WHITE to Shabbat dinner in honor of White Shabbat; disconnect from electronics, read outside, play board games, play sports, or take a nap

Do Havdallah as a family and end Shabbat with rikkud!

Check out our Ramah Spotify and listen to Ramah classics