

MOVING TRADITIONS

ROSH HODESH
It's a girl thing!
Empowerment of Jewish Teenagers

From Strength to Strength: Building the Bonds in Your Rosh Hodesh Group

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Agenda

- * Introductions and Background
- * Group Development
- * Group Games
- * Group Stages
- * Questions and Answers
- * Closing



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Background

Relational Aggression





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Group Development

Social learning and development takes place by observing others and the results of their actions which makes groups such an important part of adolescent development.

Creating cohesiveness in *Rosh Hodesh* groups is accomplished through bonding activities, team building, and creating safe space.



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Group Games

- * What are the general commonalities we share as a group?
- * What are some of our potentially Jewish commonalities?
- * What are some qualities that make you unique?

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Group Games:

Commonalities and Uniqueness within your *Rosh Hodesh* group

- Bring two large poster-board sheets. Let the girls know you will be brainstorming two lists with them. The first list will be about the things they have in common. Have each girl take a marker and sit around the poster. As they call out commonalities, ask for a different girl to write on the poster. You may start them with things such as ("we all are in sixth grade", "we all have hair on our heads", "we all live in Greater Philadelphia"). Then, ask them to think a little deeper about what connects them Jewishly. You may prompt them with suggesting "we will all become a bat mitzvah" or "we have all been to a Shabbat service".
- After the list has progressed, take out a second sheet and ask the girls to reflect on what is unique about each of them. Ask each girl to take a minute to think about what is unique about herself (you may offer the first one with a statement such as "I like peanut butter and honey sandwiches" or "my sister is my best friend"). Ask the girls to record their uniqueness on the poster at the same time then allow for the group to read them out loud.
- Close by discussing with the girls how special the time you have together is because you can draw from everyone's commonalities and the things that make us each unique. Let the girls know it is both of these things that makes the group stronger, richer, and so special and why you feel so privileged to have this time with them learning more about who they are themselves and how they are with each other as a group.

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Group Stages

- * **Forming:** foster group development by providing a safe space
- * **Storming:** testing boundaries of the group
- * **Norming:** group norms are more established
- * **Performing and Adjourning:** preparing for separation



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Q & A

What are some challenges you are facing regarding building group cohesiveness?



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Closing and Resources

- * **Great Group Games: 175 Boredom-Busting, Zero-Prep Team Builders for All Ages**
by Susan Ragsdale and Ann Saylor
- * **Team-Building Activities for Every Group**
by Alanna Jones
- * GroupGames.com
- * Greatgroupgames.com
- * Games4youthgroups.com
- * More group games on our website:
http://www.roshhodesh.org/login/index.php?option=com_content&task=view&id=52&Itemid=76
