

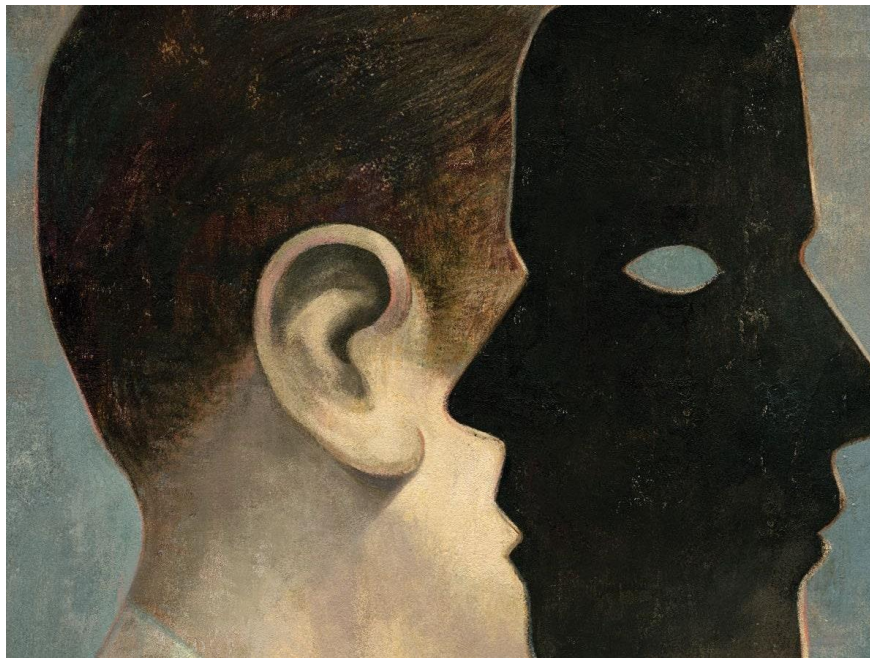
Hadracha Choveret



תנועת בני עקיבא
BNEI AKIVA UK

BNEI AKIVA'S WEEKLY EDUCATIONAL HANDBOOK FOR MADRICHIM

Noach: HUMANS ARE AWFUL(?)



Concrete Concepts:

1. Humanity was created with a tendency towards physicality – known as the “**yetzer harah**” – the ‘bad inclination’.
2. This means **mixed messages** and complicated decisions in life.
3. Judaism ultimately views the Yetzer Harah as having a **positive role**.

Bnei Akiva Svivot 5782: Madrichim Pack

Dear Madrichim.

We hope your first week of Sviva went well! If you found yourself struggling with any elements of hadracha – don't worry! Your Senior Tzevet and Adi have plenty of resources to help – just ask 😊

This week's choveret is on somewhat of a contrary topic to last week's. It's an opportunity to give over one of Judaism's most valuable lessons to your chanichim – that we have negative mind patterns to conquer. Not all thoughts and inclinations are good – in fact, some of them can be quite misleading and one of the toughest battles we will all fight in life will be inside our own heads. Distinguishing good thoughts from bad ones.

Year 6 and up will be able to easily relate to the concept. For younger chanichim you probably want to go for the more 'primary school-y' definition of the yetzer harah and yetzer tov (just avoid angels and devils on shoulders please!)

Remember we're here to support you in whatever way we can! Adi can be contacted at svivot@bauk.org or 0208 209 1319 ext. 4, and the Chinuch team (Josh Daniel and Dania Mann-Wineberg) can be contacted at chinuch@bauk.org or 0208 209 1319 ext. 5.

Adi Abeles and Josh Daniel
Svivot & Hadracha and Chinuch

Week 2: HUMANS ARE AWFUL(?)

Intro Video:

<https://youtu.be/kA7QmRyPi1I>

Concrete Concept 1 – The Yetzer Harah:

**Discussion Point 1: What did the generation of Noach do to be considered so evil?
What causes people to act in bad ways?**

In this week's parsha, post-flood, God guides us through the answer to this question in the form of a shocking realisation:

"Never again will I doom the earth because of humanity, since the inclinations of the human heart are evil from his youth; nor will I ever again destroy every living being, as I have done." (Bereishit 8:21)

Hashem seems to recognise some inherent negativeness in humanity. The commentaries understand this 'negativeness' as our tendency towards physicality and all things bad – our 'yetzer harah.' The pasuk isn't saying that all children are secretly evil (!) but it certainly assumes that under bar/bat mitzvah we find it difficult to strive for anything particularly morally virtuous (i.e beyond physical needs). Check out this midrash:



“They say that for the first thirteen years [of a person’s life] the Evil Urge is greater than the Good Urge. There in his mother’s womb, a person’s Evil Urge grows with him. [After they emerge into the world,] he starts breaking the Sabbath, and nothing is there to stop him... After 13 years, the good urge is born.”

Discussion Point 2: Based on this how old is your Yetzer Harah at this point? How old is your Yetzer Tov? Mathematically, how will this change as you get older?

This is part of the reason the battle against the yetzer harah is so difficult. Our negative mind patterns are often stronger than our positive ones. The ability to distinguish and choose the good from the bad is our biggest mission and challenge in life.

One righteous man found men returning from war with much spoil.. He said to them: “you have returned from the small war, but the great war awaits you.” (Orchos Tzadikim, Shaar Ha’gaavah)

“Ben Zoma said: Who is truly strong? One who conquers his Yetzer (negative mind patterns).” – Avot 4:1

Discussion point 3: What might your chanichims’ preconceived notions be about strength and who is truly strong? What games/demonstrations could you use to counteract these?

Concrete Concept 2 – Mixed Messages:



Each of our lives is filled with difficult choices. By consistently making the right ones we uncover better versions of ourselves. But how can we know right from wrong? Which thoughts are good and which are bad?

There is a Gemara (Sukkah 52a) that says there are 7 names for the Yetzer Harah each coined by a different character in Tanach (Moshe, David,

Shlomo....etc). The 7th and final name (by Yoel) is called "Tzfon" - hidden one. For the Yetzer Harah is hidden in the heart of man.

This Gemara teaches us that the negative mind patterns associated with the Yetzer harah aren't always obvious. They can be different for each person and disguised in the most innocent of thoughts and actions.

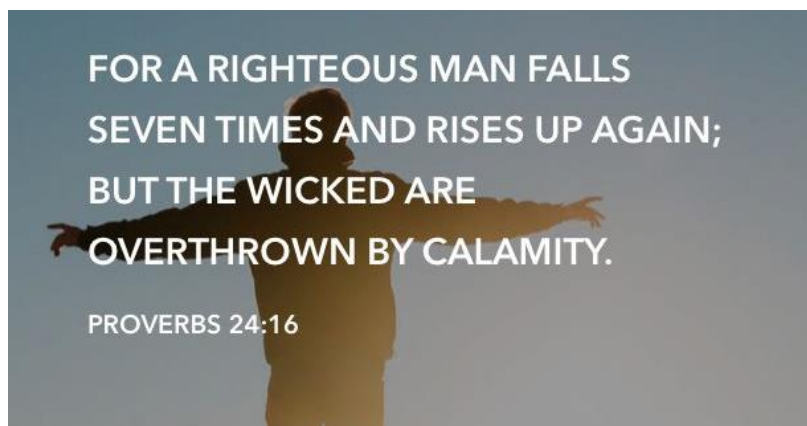
Distinguishing good from bad in our heads can actually be fairly difficult. That's why we have Torah and God's insight into the human mind to teach us which mind patterns are positive!

Discussion point 4: What creative ways could we convey this concrete concept to chanichim? What mixed messages will some of your chanichim encounter in their own lives?

Discussion point 5: There is the idea that whenever we have negative thoughts in our mind we use the first person "I" and whenever we have positive thoughts we use the second person "you". What do you think this shows?

Concrete Concept 3 – The Yetzer Harah's positive role:

There is a very confusing midrash in which it is posited that Hashem called the yetzer harah "very good." One way in which this can be understood is that all negative desires can be channelled positively. For example, arrogance is negative but self confidence is good! But even more significantly, it is the yetzer harah and our negative desires that **allows us to strive to be better!** It actually ends up being what makes us **awesome**. This is expressed beautifully by Shlomo in Mishlei (proverbs):



This message takes us full circle back to what Parshat Noach is all about. Yes humans may have a yetzer harah and make mistakes. But God has constructed our world where mistakes can be made so long as you take measures to fix them and start again. After 10 generations of wickedness, the flood wipes the mistakes of the world clean and Noach and his family are given the opportunity to begin again.

Peula Ideas

Games to do with concrete concept 1:

- **Unfair tug of war:** First play tug of war five people against one. When the team of 5 win give them a load of sweets. Everyone will say its not fair, they shouldn't get that many sweets. They should argue that the harder the struggle the more reward you should get! (**Saul Bishop, Rosh @ Salford**)
- **Where strength is not the answer:** A riddle/puzzle where strength is not the answer. E.g tell them they need to get a ball into a mug as quickly as possible and mark out a line on the ground you tell them to stand behind. The chanichim will try really hard to get the ball in but in reality you never told them they needed to remain behind the line. The solution comes not through strength but through intellect and thinking outside the box. Similarly you could challenge them to "hold up" a heavy bottle of water as long as possible with the thinking outside the box solutions being to balance it on their head. This leads into the discussion of how true strength is not just physical...etc

Games to do with concrete concept 2:

- **Rope naming:** Pass the rope from activity above around the room with everyone taking turns being creative and saying the craziest thing it could be. The idea here is that the Yetzer Harah isn't necessarily one thing or one idea in our mind, rather it morphs and adapts to trick us to the extent that we don't even realise its our yetzer harah and think its just us (**Saul Bishop, Rosh @ Salford**).
- **Bomb Maze:** Set out a grid of papers. Underneath some of them are 'bombs'. A chanich has to try and navigate the maze. Split the rest of the chanichim into two teams and show them all where the bombs are. One team's aim is to get the chanich across safely. The other chanich is to get the chanich to step on a bomb. The chanich does not know which team is which. Use the game to explain how sometimes we don't know which thoughts in our mind come from the yetzer harah and the yetzer tov.
- **Trapped:** Get the chanichim to complete any activity – e.g filling up a tube with water when it has holes in it, building a wall out of cardboard boxes...etc but secretly tell one chanich that he/she is there to sabotage the task. Get them to vote at the end on who was the saboteger. Explain how the yetzer harah is constantly trying to sabotage us but we don't always realise it!

Games to do with concrete concept 3:

- **Count to 10:** Simple one – count to 20 as a group but no two of you can say the same thing at the same time. Demonstrates how we can learn from mistakes.
- **The righteous fall seven times:** A type of riddle/game where the chanichim don't know the correct way to win. In the end the way to win is by losing 7 times over.

Random Games Corner

Over here each you'll find random games that we've compiled from the days of old. The titles are a bit weird and they're mostly just for fun but you never know when they might connect to an educational message!

BACK TO BACK TAG

TYPE: Active Play in a large area One player is chosen to be "it." He/she remains "it" until they tag another player who then becomes "it." In this variation of tag, the players can be "safe" only when they stand back to back with another player. No two players may stand back to back for more than five seconds. A time limit is set, and whoever is "it" when the time limit expires, loses. Variation: Instead of only one "it," all of the players who are tagged remain "it" and can tag other players. The last player to remain untagged at the end of the game wins.

CAT AND MOUSE

TYPE: Active Play in a circle Two players are chosen. One to be the "Mouse" and the other to be the "Cat". All of the other players join hands in a circle. The cat stands outside the circle and the mouse inside. The cat must "catch" (tag) the mouse. The rest of the players help or hinder the cat by raising or lowering their arms. The cat and mouse can run in and out of the circle, under the other players arms. When the mouse is caught (tagged), two other players are chosen. Variation: Add a time limit. If the mouse is caught within the time limit, the cat wins and continues to play with a different mouse. If the mouse is not caught, the cat is replaced and the mouse continues to play.

COPY CAT

TYPE: Active Play in two parallel lines The players are divided into two teams. Each team sits opposite of each other. Team A starts. The first player on Team A does a movement of some kind. The first player on Team B must immediately do the opposite movement. If an opposite movement is impossible, do the movement with the opposite hand etc. Then the second player on Team B does a movement and the second player on Team A must immediately do the opposite movement. The play continues with the teams changing off who goes first. The first team to hesitate or make a mistake loses. Variation: Keep score and the first team to make five mistakes loses. Note: Specify that the movements made must also have an opposite movement possible.

CHARADES

TYPE: Moderate One player is chosen by the leader. The leader gives them something to act out (i.e. movie title, book title, etc.). The player must act it out without the use of words. The game ends when the players guess what is being acted out. Hint: To make the game more competitive, whoever guesses correctly gets one point. The player with the most points wins. Variation: Instead of the leader giving something to act out, let the players themselves provide it. But, this variation can only be used with older groups

CONDUCTOR

TYPE: Moderate Players sit in a circle The players are divided into four teams. Each team must shout a word when the leader (conductor) points to them. The first group must shout "Chinga," the second group "PaNa-Ma," the third group "Vy-Did-He-Do," and the fourth group "Ehh . . . Boom"! This game is dependent on the leader for they must create a rhythm by combining the different shouts using a "beat." Hint: For best results, each team should have at least fifteen to twenty players. Variation: If a group hesitates from making a sound when pointed to, they lose one point. The group with the highest number of points wins.

ACTING IT OUT

TYPE: Quiet Four players are chosen; all but one are sent out of the room. The leader then acts out a short skit (thirty to sixty seconds) in pantomime. A second player is brought back and the player who remained in the room must act out the same skit that the leader had done. The next player is brought in and the second player acts out the skit that he saw the first player do. The last player is brought back in and he watches the third person act out the skit and finally he acts out the skit for everyone. After they finish, ask each player (#4 first, then #3, #2, and then #1) what they were acting out and then ask what he acted out.

ADVANCED QUESTION FOOTBALL (would need some adapting for British football)

TYPE: Quiet Eleven chairs and an object are needed The group is divided into two teams. The "ball" (any object) is put on the 20 yard line and a team is given four downs (questions) to advance the team's goal line (80 yards away). Each time, before a question is asked, the first team must choose either to run, punt, or pass. If they choose to run and answer the question correctly, the ball advances 5 yards. If they choose to pass or punt, they state the number of yards they wish to go. If the question is answered correctly, the ball advances that distance. If it is answered incorrectly, the other team may take over the ball (intercept it) merely by answering the question correctly. If ten yards are gained by a team within four downs, they can use another four down to try to make a touchdown. Six points are scored for every crossing of the goal (touchdown). One point is given for an additional question answered correctly after a touchdown.

IMITATING PEOPLE

TYPE: Mixer The first player must stand up and imitate one of the other players until the other players guess who they are imitating. The first player to guess who it is gets one point. Then the second player has a chance to imitate another player, etc. The first player to get X number of points wins. Hint: Be careful to tell the players they will be disqualified for insulting any player while imitating them. Variation: Have the players imitate a famous person.

INTRODUCTORY CONCENTRATION

TYPE: Mixer The leader begins by saying: "My name is ____"; then they should tell one further thing to identify themselves; where they lives, where they works, etc. They then selects a new leader by asking his name and presenting them to the group. This second leader says: "I was introduced by ____ who lives (or works) _____, my name is _____ and I (information about self) and I wish to introduce _____." When a leader fails to give the proper sequence of names and correct information he is "out."

ANKLE RELAY

TYPE: Relay Play with each team in its own line The group is divided into teams. Each team then lines up, each in its own line. At the signal, the first player from each team must run to the other side of the room and back while holding on to his ankles. Then the second players do this and so on. The first team to finish wins.

BLINDFOLDED PILLOW FIGHT

TYPE: Shtick Two blindfolds and two pillows are needed Two players are chosen. Each is blindfolded and given a pillow. They are then spun around and told that the first player to hit the other three times wins. Whoever loses is then replaced by another player who is also blindfolded. Play is repeated, but this time whoever loses is replaced by someone who is not blindfolded! See how long it takes them to figure it out! Hint: Specify to the last player not to hit too hard.

COW'S TAIL

TYPE: Shtick The leader goes around asking questions, but the players must always answer: "A cow's tail." Example: "What did you eat for breakfast?" -- "A cow's tail." "Describe Jack's hairstyle." "A cow's tail." Any player who smiles is out.