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Approaching Transitions: Ending our Year with Positivity, Reflection, and Ritual

Follow-up Coffee Conversation

Welcome! Please introduce yourself in the chat box by sharing your name, organization, and location.
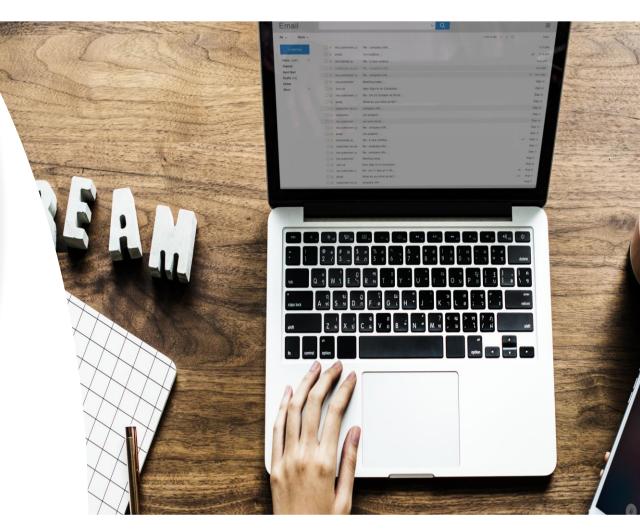
Rituals- The Big Idea

By creating *rituals* to mark, spotlight, and celebrate transitions we imbue these moments with significance and importance. These rituals help us better appreciate and savor transitions which ultimately help us thrive and flourish.

Agenda for Today:

1. **Rituals imbue transitions with meaning**

2. **Communal Conversation and Processing of Webinar**

- **What transitions do you mark?**
- **What are the goals of these rituals?**
- **How can you reimagine rituals & transitions for your virtual space?**

3. **Practical adaptable ideas for rituals**

What are the elements we can imbue important Rituals with to mark our Transitions?

❑ **Meaning and Purpose**

❑ **Accomplishment/ Celebration**

❑ **Acknowledgement- You are important**

❑ **Interconnectivity**

❑ **Transcendence- you are part of something larger - our family, our community**

❑ **Reflection**

❑ **Closure**

The 4 Pillars of Meaning by Emily Esfahani Smith

A different way to look at what Rituals and Transitions Provide:

1. Belonging
2. Purpose
3. Transcendence - gratitude, meditation, brachot/prayer
4. Story Telling- the stories you tell about yourself – Interview your parents, grandparents…

Take-aways from "Approaching Transitions: Ending our Year with Positivity, Reflection, and Ritual"

➢ **What stood out for you from the presentations?**

➢ **What is a question you have?**

➢ **What is something you are still thinking about?**

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Thinking about the Why and the How

- What are the transitions you typically mark at the end of the year?

- What are the goals or functions of the rituals you create and use?

- How do you maintain these goals and functions as you adapt the rituals to a virtual world?

What Rituals do We Have for Students? Parents? Teachers?

- What have you already done or are currently working on that you think might be helpful to others?

- What are some of the elements that make this a powerful ritual?

- How do you acknowledge the extraordinary efforts of your staff? The Education Director? Teachers? Madrichim? Support Staff? (e.g. gift cards, flowers, personal notes)

Accomplishment

- **Awards ceremony for all-**

- **Self-reflection- One thing I am proud of from this year....**

- **One thing I am proud that we were able to do...**

Interconnectivity

- Students show appreciation to other students.

- Students brainstorm list: Together (as a class group) we...

- As a group, we are proud of...

Acknowledgement

Personal notes to each learner
Strength spotting
Virtual Yearbook- Google docs for each person
If it were not for you...we would not ...
I am amazed by your (character strength)
Your superpower_____helped us.....
Together we....

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Reflection

01

Sentence Starters

School was fun this year because....

I really like the time we...

Remember when we..

A Zoom class highlight was..

Thank you for....

A time I used my superpower of .....to be the best ME!

02

Lists

Top best things about our Dalet year/class.

Ten Best Torah Stories

Ten Best Songs

Ten Best Hebrew phrases

10 best prayers

03

Photos/Snapshots Time Capsule

What photos and artifacts would we put in to tell the story of this year?

Before BC and AC?

What will give the unique flavor of our class? Favorite jokes?

04

Capturing Reflections (e.g. padlet)

What does this Tefillah teach us about the Jewish view of God?

Making Personal Meaning- the most important thing I learned...

The coolest Jewish moment I had...

My favorite tefillah is...I have used it in these times...

Something I would like to learn more or do more next year...

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Celebration

What can you bring to create a great atmosphere? Party decorations? Fun food to eat? Something symbolic of our togetherness to hold up in screen shots? Hold up your glass and make some toasts.

Next Steps:

Thinking about what you heard at this coffee chat and at the webinar, what do you hope to try?

Please write your idea in the chat box.

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