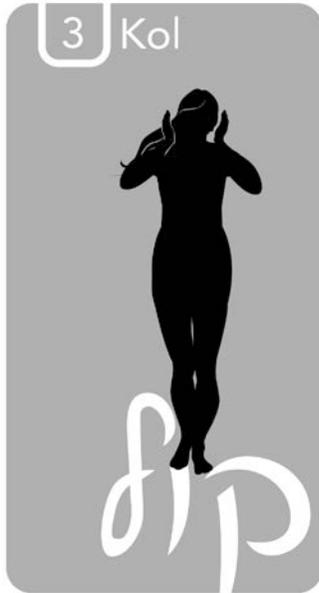


In the Kol Year...

...The theme of the Kol year is

“Journey Inward, Journey

Outward.” The girls are looking at themselves—getting to know in deeper ways the young woman they are becoming, and then “taking it out” into their lives and communities.



VOICE

Using a broad range of **enjoyable activities**, groups address **adolescent developmental issues** with rich Jewish content, while adding a *tikun olam* (**social justice**) component.

Girls are invited to take on **some rotating responsibility** for their group. The group creates a *Moonbook*—a monthly scrapbook to document their gatherings, fun and growth.

The year culminates with a self-designed and implemented **social action** or Mitzvah Project.

y Opening Month for New Groups

Welcoming the Group and the Moon

The Kol Opening Month is designed specifically for a group's initial meeting and introduces participants to the concept of **Rosh Hodesh** and of **Rosh Hodesh groups**. It creates a **comfortable and supportive environment** for future sharing and growth through personal introductions, the establishment of group expectations, and participation in a learning activity and **collaborative craft project**.

Opening and Warm-Up: Getting to know one another

Viewing the Moon: Group reflection and discussion

Creating Safe Space: Brainstorming and establishing group guidelines

Why Rosh Hodesh?: Group discussion of traditional, contemporary, and personal meanings of Rosh Hodesh

Creating Sacred Space: Design and creation of the Rosh Hodesh Cloth

Closing: Candles and blessing

y Opening Month for Continuing

Reconnecting Through Our Gifts and Blessings

In Kol, the girls' focus expands from **looking inward** to also include **looking out** at the world around them, recognizing that they can make personal contributions to solving problems and issues in their communities and in the world. With a link to the Elul and High Holy Day concept of *teshuvah* (return), Opening Month is designed to help each girl **reconnect** with the group and **return** to her best self. Each girl will become conscious of the gifts and blessings that she brings to the group through an experience of **personal expression** that is **first individual and then collaborative**.

The Circle Game: Re-establishing friendships through music

New Moon Features: Introducing the new features of the program year

Weave a Web: Reconnecting the group through a tossing game

Gifts and Goals: Collaborative embellishment of the Rosh Hodesh Cloth

y Tishrey

Who Am I? Where Am I Going?

In Tishrey Kol, we respond to a variety of questions that inspire **introspection** and promote **self-awareness**. Participants identify their passions and priorities and establish specific and realistic **goals** and **timelines**, and give expression to their guiding **mottos**.

Who Am I? An Introspective: Answering questions that promote self-awareness

If You Will It, It is Not Only a Dream: Setting goals and strategies in pairs

Make It Your Mission: Developing personal mottos

This is My Dream: Craft project concretizing personal mottos

y Heshvan

Legacies of Continuity and Change

In Heshvan Kol, we recognize the precious **legacies** preserved and handed down by our ancestors—legacies of both **continuity and change**. We share **ritual practices**, both old and new, that we find meaningful and create a personalized hamsa.

From Generation to Generation: Discussion of the legacy of our tradition with “show-and-tell” of ritual objects and practices

Enriching Ritual: Discussion of revived, transformed, and innovative ritual practices

Handing It to You: Creating *hamsas*

y Kislev

Deeper Than Skin-Deep

In Kol Kislev, we expand the girls’ concepts of **beauty and attractiveness** to characteristics “**below the surface**.” The girls **examine the destructive messages** of Beauty Industry advertising, and **develop strategies and affirmations** to inoculate themselves against negative body image messages.

The Eye of the Beholder: Group discussion defining ‘beauty’

The Eye of the Storm: Exploring media messages from the “Beauty Industry” and their impact on self-perception

The "I's" have it: Creating Affirmation Cards to inoculate against negative self-images

I Commit to Me: Using a checklist to learn about and commit to actions refocusing on healthy self-image

y Tevet

Taking Care of Ourselves

In Tevet, we explore **physical and emotional stress** in teenager’s lives—the causes, effects, and potential antidotes. We highlight **physical and emotional self-care** as a sacred responsibility, and present several simple **tools** that teens can use in their daily lives to take care of their bodies, hearts, and minds.

Circling the Drain: Group discussion regarding physical stress

Stress Interrupted: Guided Journaling on controlling physical stress

What, Me Worry?: Group discussion, active quiz and skits on controlling emotional stress

Laughter is the Best Medicine: Playful group stress reducers

y Shevat

Holy Selves, Wholeness in Relationships

In Shevat, girls will learn that seeing ourselves as **whole** and **holy** helps us to enter into **positive relationships**. Girls will understand from a Jewish perspective what qualities we most value in healthy relationships—both **friendships** and **romances**.

“Go Fish” for the Right Relationship: A card matching game to choose the best qualities in girl relationships and romantic relationships

Dear (R)Abby: Applying ancient principles to modern relationship dilemmas through small-group problem solving

y Adar

Understanding Relationships

Throughout the Purim story, truth is hidden just below the surface. Girls will become aware of the **characteristics of unhealthy relationships** and recognize the potential for intimate relationships to be fraught with **emotional, physical and sexual abuse**. They will also learn the skill of **“I-Statements,”** the importance of **seeking adult assistance** for those in abusive relationships, and techniques for **helping a friend get help**.

It Isn’t Romantic—Identifying Signs of Unhealthy Relationships: Hevruta reading and discussing first-person narratives in modern Megillot

Megillah of Safety—Warning Signs: Creating a framework for what we have learned

The “I’s” Have It: Learning and practicing the skill of I-Statements

Help Get Help: Learning how to effectively connect those in abusive relationships with personal and national resources

y Nisan

Making Change Happen

Girls will gain insight into the complex issues of **social injustice** through a board game that explores systemic problems encountered by individuals in poverty. They will learn about a variety of **types of social activism** and **Jewish women activists** who employed them, and create a composite portrait of an activist, into whose shoes they can step.

Fair Game?: Playing a board game that simulates the problems of someone born in poverty

Which Mitzvah?: Identifying a community problem and a Mitzvah Project to address it

y Iyar

Girls United

In Iyar, we explore ways in which people utilize their potential for **positive impact**, and seek to inspire the girls to use their own abilities to address issues in their **communities**. A group of girls in a poverty-stricken part of Kenya are presented as a model for peer intervention to improve a community. The girls access their own potential for impact as they **plan their group Mitzvah Project**, which they will execute in next month’s gathering.

The Girls of Binti Pamoja: Paired review and discussion of the Binti Pamoja newsletter

God is in the Details: Guided discussion and planning of the group Mitzvah Project

y Sivan

Intention in Action

Sivan's gathering is devoted to the execution of the group's **Mitzvah Project**, framed by an introduction to **kavannot** and, afterwards, **reflections** on the experience.

Directed Intention: Discussion and brief meditation on kavannot

Mitzvah Project: Execution of the project designed and organized by the girls in previous gatherings

Directed Reflection: Reflection on and integration of the experience of working on the mitzvah project together

y Closing Month

Changed Agents of Change

In this Closing Month, we **reflect** on the ways we have **observed** Rosh Hodesh and considered the overall themes of **taking care of ourselves and others** this year. We generate ideas for summer practices of Rosh Hodesh and care-taking. The group creates a composite **portrait of a social activist**, using the actions of Jewish women as models. We **celebrate the group** with a potluck party and use the closing circle to **say goodbye**.

Moon Reflections: Reflecting on the value of Rosh Hodesh

Changed Agents: A game and reflections on themes of self-care

Agents of Change: An art activity using Jewish women as role models

Celebration: A potluck meal with symbolic foods

Closing: Blessings/Memories