

Sadie, Ori, and Nuggles Go to Camp

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How do you face something new?

Klal Yisrael

Sadie loves camp because it's full of fun and friends, but also because it's a place where everyone is Jewish and she doesn't "have to explain." This gives Sadie a special at-home feeling even when she's away from home. *Klal Yisrael* (Hebrew for "the community of Israel") is a phrase that expresses this feeling of belonging. All Jewish people, no matter where they live or how they practice, belong to the group designated as Klal Yisrael. It's a term that encompasses both the diversity and unity of the Jewish world. To learn more, visit pjlibrary.org/sadieoricamp.

Taking on New Experiences

At overnight camp Sadie and Ori are surrounded by Jewish people, perspectives, and practices, which feels familiar. But camp is also filled with new people and experiences. Navigating new experiences successfully fosters self-confidence, and sharing good times with other children builds a sense of solidarity, belonging, and identity that lasts a lifetime. Developing a strong sense of self helps children prepare to adapt to the changing circumstances they will face throughout their lives. Sadie is excited to tell Ori all about camp, but Ori's sense of belonging is gained through experience, not explanations.

Whatever Gets You Through the Night

Children can feel small in a big, complex world. Bedtime routines, with their certainty and familiar stories and songs, can calm children after a stimulating day. This is where stuffies like Nuggles come in. Stuffies, blankets, or other beloved items can help provide the sense of security children need to power through a challenging day — or to take on a big new experience like overnight camp. Some children find packing their own bag gives them a sense of control and predictability as well as a chance to talk through their fears and excitement as they prepare for a new experience.

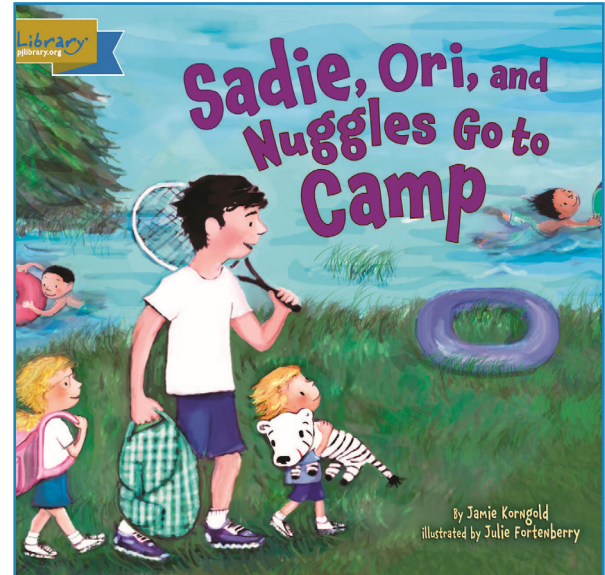
TALK IT OVER WITH YOUR KIDS

At bedtime, Ori loves to cuddle with Nuggles. What helps you fall asleep at night?

When have you been afraid others would make fun of you? What happened?

If you were going to overnight camp, what would you take with you?

What familiar activities would you do at camp? What new things would you try?



HANDS ON!

Make Sadie's Favorite Sundae

You don't have to go to camp to make Sadie's favorite camp treat — ice cream sundaes!

Ingredients

- 1 graham cracker
- 1 scoop vanilla ice cream
- 1 tablespoon hot fudge topping
- 1 tablespoon marshmallow topping
- 1 banana (or whatever garnish you like best)

Directions

Slice banana (kids can do this with a butter knife). Crush graham cracker with rolling pin or just a pair of clean hands. Place graham cracker crumbs in a small bowl. Place scoop of ice cream on top, then add the hot fudge and marshmallow topping. Garnish with banana slices — and/or whatever else you like: whipped cream, berries, chocolate chips, mint leaves, crushed pineapple, a maraschino cherry...anything goes!