



Young Limmud Programme for 5-13 years old

1.30pm-5.30pm, Terrace Bar

Time*	The Session
Session 1: 1.30pm (For all ages)	Singing and Games with Jon Freedman
Session 2: 2.10pm (For all ages)	Mussar for Children: being a good person the Jewish way with Monique Mayer
Session 3: 2.40pm Recommended session to ages up to 7 years old	Dance, Move, Connect with Sam Baum Sam will lead young children and their parents/carers through partner work for a session of fun dance and movement, influenced by the Contakids method. Contakids was developed by Itay Yatuv, an Israeli contemporary dancer who wished to explore contact improvisation with his own children. It works with the idea of using physical contact to develop a deeper and enjoyable form of communication between parents/carers and their children. By working with body movements, the child can enhance their motor skills and self-confidence, while the parents/carers get to develop and nurture a bond of trust with their children.
Recommended session for ages 8 years+	A Thousand Year Light' with Dovi Weider How did the Menorah become the ultimate Jewish symbol, found in every Jewish home and every synagogue? How did the Menorah roll into the emblem of Israel? And why does it appear in its Roman version and not its Jewish one? In this session, we will take a journey behind one of the most significant Jewish symbols.
Break: 3.20pm	Refreshment Break for all Limmud Bristol SW Attendees
Session 4: 3.40pm (For all ages)	Dance Circles with Ruth Stone.
Session 5: 4.10pm (For all ages)	The Golem: Using Clay and Jewish Folk Stories to Explore our Shared Experiences in the World , with Jess Baum Jess is an artist, potter, wellbeing arts facilitator, and trainee art psychotherapist. She will lead people on a journey through the traditional Jewish and contemporary stories around the Golem, a mystical clay figure that comes alive to be helpful to its maker and community... which can sometimes go wrong! Think Jewish Frankenstein meets super-hero. We'll use air drying clay and armatures to create our own golems and discuss if and why we would need help from a magical figure made of adamah (earth) for today's societal problems.
Session 6: 4.50pm (For all ages)	Bible stories and crafts with Zoe Smith

**Through the afternoon, there will be mini breaks with drinks and snacks available for all Young Limmud participants.*