

המחש (Seemcha) - Finding Joy

(From the root Sameach - Happy like Chag Sameach)

Quote to foster understanding:

“Who is rich? One who is happy with what you have” - Pirke Avot

Joy comes from within and how we respond to what is going on around us.

Situations in which this middah might be appropriate:

Being at Camp and

Not school/Home

Song Session

Being with Friends

Being in Nature

Wearing Costumes

Getting a compliment

Listening to Uplifting
music

Smiling /laughing

Reinforcing example:

Counselor in response to seeing a big smile, or a statement from the camper of, “I love this!” or “I’m so happy!”, says, “You’re experiencing *Seemcha* – the Joy of life – enjoy it and keep it up!”

Redirecting example

Camper says, “I’ll be happy when this is over.”; “I’ll be happy when I get a goal.”; “I’ll be happy when I”

Counselor says, “Let’s focus on what is happening right now. It’s *about Seemcha* finding joy in everything we do. We really do have control over how we feel about things.

How to use *Simcha* in a sentence:

We can experience *Seemcha* in every situation – we just have to choose to focus on all that is good.

Get your *Seemcha* on! (to express have fun!)

There so many opportunities to find *Seemcha* at camp.

What will help you find *Seemcha*?