כבוד (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?