

# A Ritual Toolkit for Navigating Joy and Challenge

These are elements to keep on hand that can help you respond thoughtfully and with ease to moments of challenge and joy.

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# Stones

## Solidity, Strength, Weight



### Suggested rituals:

- Use paint pens to decorate them
- Create a memory rock garden after a loss
- Teach about *mussar* and give the students a list of *middot*. Invite students to write a strength on one side of the rock, and an area for growth on the other. Take a picture of the stones all together as they are drying. When you share with your students, invite them to share where their stone lives in their rooms.
- For an ambiguous or intangible loss, invite the student to carry the stone with them for 7 days or 30 days, mirroring *shiva* and *sheloshim*. Afterward, they can bury the rock.
- Invite students to hold the stones during the memorial service of *Yizkor*. They can share the names of the people who died while holding their stones.
- Teach about the idea of God as *tzur Yisrael*, a rock of Israel.
- Teach about Jacob dreaming of the ladder with his head on a stone.

# Seed Paper

## Growth, Becoming



### Suggested rituals:

- Write a letter about something that you're feeling, and plant it instead of letting those emotions sit. Watch something beautiful grow from your experience.
- Write a letter to someone who died, plant it, and care for the flowers that bloom.
- Write a hope, wish, or goal on the paper and plant it. As you care for the flowers that grow, reflect on your own progress and celebrate it.
- Write blessings for the flowers and your own growth in the flower pot.

# Havdalah Ritual Items

## Transitions, Release, Complexity



### Suggested rituals:

- Use to help students express complex emotions.
- Use to navigate a separation: leaving something behind, while carrying the sweet memories with you. This is great for graduation.

# Dissolving paper

## Letting Go

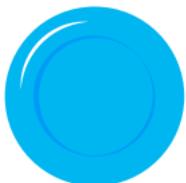


### Suggested rituals:

- Write anything you want to let go of, place it in water, then watch it disappear.
- Share a teaching about the sacred waters of the *mikvah* as a space where we dissolve cell by cell, and emerge reborn.

# Dollar Store plates

## Brokenness, Wholeness, Renewing



### Suggested rituals:

- Use paint pens to write things that make you angry, or feelings coming up around a specific situation. Wrap in two pillowcases. Smash the plate with a hammer.
- Teach about Moses shattering the two *luchot*, the tablets of the Ten Commandments, as an expression of intense emotion.
- Use the plate pieces to make a mosaic that represents something new.