

SUGGESTIONS ON HOW TO BE A FANTASTIC MADRICH/A THIS SUMMER

- I. **Know your campers!** By knowing your chanichim you are able to understand them better. By understanding the chanichim, you are eliminating many situations which might require discipline. When you get to know your campers at a deeper level they will only develop more respect for you as their madrich/a. Remember, the respect they have for you is only yours to lose.
- II. **Dugma Ishit.** Set an example for your chanichim by acting in the way you want them and others at camp to behave. Your chanichim look up to you and want to copy your actions, so by being that example, your chanichim will learn from your actions. Remember, that when you act in a way the chanichim are uncomfortable with, they can only lose respect for you.
- III. **Supportive attitude towards the rest of the tzevet:** Never forget – a tzevet, a team, a collective supervisory body! Even though the pressures and tensions of camp living may erupt occasionally, and even though we may at times feel resentful towards another member of the tzevet, whether a madrich/a, a merakez/et or the Camper Care Director, it behooves us to work together and strive for cooperation among ourselves. REMEMBER: Each of us is doing the best s/he can at each given moment. Bad days, a hard-to-handle chanich/a, too little sleep, may turn even the most gentle of us into a seeming monster at times. However, it will go a lot further to try and understand each other and give each other space and support than it will to explode and alienate ourselves from each other. When conflicts do arise between members of the tzevet, there are other tzevet members who can help resolve these conflicts. Utilize the supervisors whenever these sorts of problems crop up...no conflict is unresolvable.
- IV. **Focus on the behavior and not on the child!** Every child is inherently good, and we do not want to only think about the child by their annoying or troubled behaviors. When dealing with any situation, focus on the reasons behind the behaviors and not on your frustrations with the child.

Take care of yourself: When you take care of your own physical, emotional, and spiritual needs you are better equipped to take care of these needs for others. You will have more energy and more patience to deal with issues as they come up and you will have a better experience this summer making your chanichim's experience also a better one! Remember that if you are not able to keep a positive face and just need a break, communicate with your co-madrichim.