

The 'TOMOR' Method

TARGET GROUP

- Who are you running your peula for – age? number of chanichim? etc
- Are you running your peula on camp or at club – how would this make a difference?

OBJECTIVES

- Setting aims for your peula – what do you want participants to get out of it?
- Make these as specific as possible!
- E.g. in a peula on Israel one of the aims might be getting the chanichim to learn the names of the major cities in Israel

METHODS

- The method refers to what techniques you'll use to run your peula – what activities will you run in order to get across your objectives? The methods will form the basis of your peula, which is split into 3 different parts:

Trigger:

- A trigger is a short activity at the beginning of your peula that introduces and leads into the rest of the activity
- The trigger should grab people's attention and set the tone for the rest of the programme! Make your triggers as mind-blowing and exciting as possible – if you don't grab people's attention right at the beginning they may not concentrate for the rest of the programme!
- Although your trigger should introduce your programme, the way it does this doesn't always have to be obvious – it should give your chanichim something to think about and get them wondering about the rest of the peula!

Main Body:

- The main body will form the bulk of your peula and is where all the main activities take place
- Breaking your peula into a number of different tasks is a great way of keeping people entertained and exploring lots of different ideas
- Be as creative and interactive as possible – you can never make a peula too exciting or inspirational!

Sikkum:

- The sikkum is the closing activity of your peula
- Sometimes you might want to get everyone back together and sometimes this is best done in small groups
- The trigger is a chance for you to tie your peula together and leave the chanichim with a lasting message
- Your sikkum can take the form of a discussion, another activity or can just be a chance for you to address the whole group

OPERATION

- This refers to things you'll need to think about in order to run your peula successfully
- E.g. How many madrichim will you need? What time of day are you running your peula in? Where do you want to run it and how many rooms will you need? How many madrichim do you want to run each individual task and who will they be? What resources do you need?
- Remember to print out copies of your peulot and a briefing sheet to give to your madrichim!

REVIEW

- It's always a good idea to look back at your peulot after you have run them – in what ways can they be improved? Did you get your aims across? Was it exciting both for the participants and the madrichim running it?
- Giving and receiving feedback is an essential part of running a peula – what do you want to say to the madrichim running your peula? What ideas can they give you about how your peula could have run better? Do your madrichim feel like they were briefed well enough?
- Keep your peulot in a safe place once you have written them – they may well come in handy in the future!