

Parent Guide: you may say I'm a dreamer

Designed for children ages 13+ and an adult

This is an **Anytime Activity**, an activity framed with Jewish ideas and text, that you can pull up anytime and experience with your child(ren) in 60 minutes or less, created by the Center for Jewish Engagement and Learning. This **Anytime Activity** is all about concepts of **goal setting**. This parent guide provides a framework and tools to help you get the most out of this activity with your teen.

What will you need?

All of the text-based materials you need are included in the **Anytime Activity** via hyperlinks on the website.

How to use the Anytime Activity:

Find a good time to engage with your teen! Find a comfortable spot to sit together and open the **Anytime Activity**

Opening (less than one minute): Begin the activity by scrolling through the first few pages to set the tone for the activity.

David Milarch (5 minutes): Watch the video to learn about David Milarch's dream about trees. Then ask and discuss why David cares so deeply about the Redwood Forest and its trees? How do you think David turned his dream into something actionable?

Theodore Hetzl (10 minutes): Watch the video about Theodor Herzl, the founder of Zionism. Then discuss: what is Zionism? How did the Dreyfus affair affect Herzl's life? How was Herzl instrumental in the creation of the state of Israel even though the state was created 40 years after his death?

Herzl and Debbie Friedman (5 minutes): Read the quote from Theodore Herzl and listen to [Debbie Friedman's](#) take on his quote.

Check for Understanding (5 Minutes): Discuss the following questions to assess what your teen has learned or picked up on so far. What do you dream about? Have you ever thought about how you could turn your dreams into something real, like David Milarch or Theodore Herzl?

Dreamstorm (15 Minutes): Invite your teen to Dreamstorm. Encourage your teen to find a quiet plan with paper or post-it notes and their favorite writing utensil. Have them set a timer for 15 minutes and have them think about and write down all of the things they really want in life.

Smart Goals (30 Minutes): Encourage your teen to pick one of their dreams and create SMART goals for their dream. Then have them share their smart goals with you or a confidant and write down tangible steps to achieve their goals. They should also schedule deadlines for each of the steps, schedule the deadlines on their calendar, and find ways to hold themselves accountable or find an accountability buddy.

Treat Yo Self (5 Minutes): Enjoy this clip from [Parks and Recreation](#) and then decide on a few goodies you will Treat Yo Self with as you meet milestones for your goals.

How the State of Israel was born (5 Minutes): Conclude by re-reading the Theodore Hertzl quote and watching the video about how the State of Israel was born. Remember dreams can be turned into goals and ultimately into reality!

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From your fans at CJEL,

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