



ShabbaTTogether

One Thing I Wish You Knew

Inclusion Begins With Listening

AT HOME GUIDE

ShabbaTTogether 2022

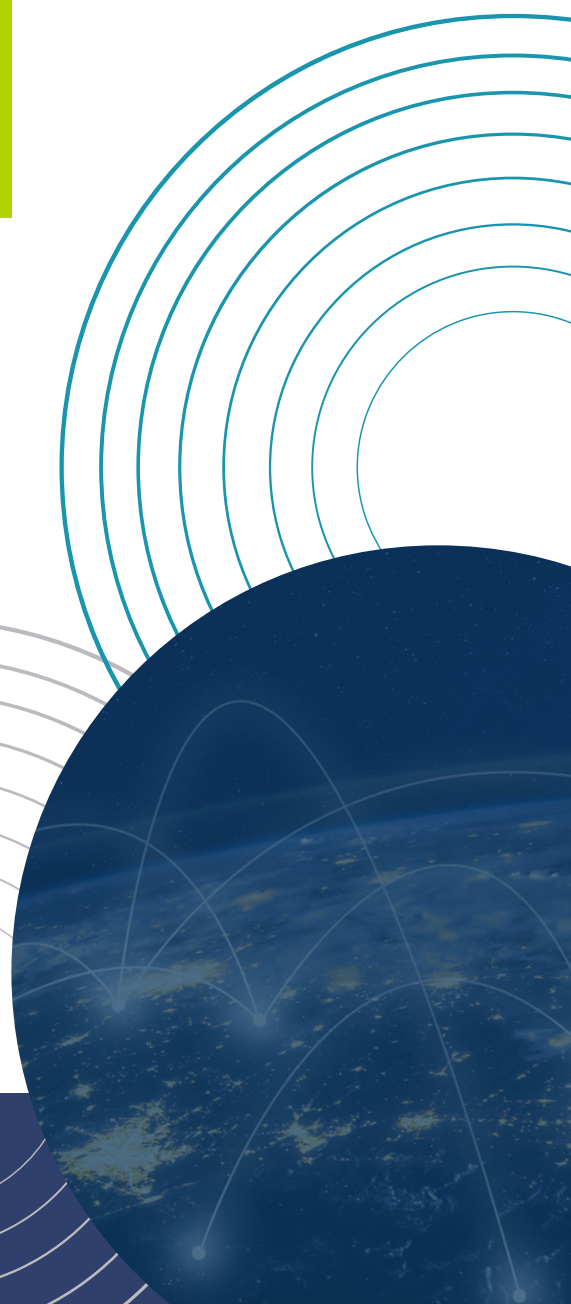
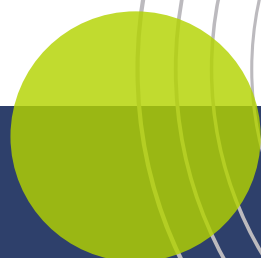
February 18 -19, 2022

Adar 1 17-18, 5782

ShabbaTTogether is a project of The Chabad Inclusion Network, sponsored by Friendship Circle International and Machne Israel.



ChabadInclusion





Hosting a One Thing I Wish You Knew event is an opportunity to help individuals and communities overcome stigmas related to mental health and to share the teachings of The Lubavitcher Rebbe of blessed memory, who encouraged individuals to remember that within each person is a soul, and that that soul is equal and worthy of boundless love. It was the Rebbe's belief that none of us are complete unless all of us are included.



The very fact that you are here, in this place, at this time and with these opportunities available to you, means that there is something to be done - something that only you can do, something of utmost importance to G-d.

[The Rebbe]

PURPOSE OF ONE THING I WISH YOU KNEW PROGRAM

The 4th annual ShabbaTTogether is a global weekend of disability and mental health inclusion taking place on 6 continents and coinciding with Jewish Disability Inclusion and Awareness Month (JDAIM) in February.

Empowering individuals through listening to their struggles is the first step in creating a community where truly everyone belongs. By becoming more inclusive of individual community members, we can foster a sense of belonging, and better fulfill the mission of fostering an environment where every individual is welcome to grow, learn, and experience Judaism at their own level and pace.

With the pandemic continuing to affect individuals and communities throughout the world, it is appropriate for ShabbaTTogether to focus on inclusion with the One Thing I Wish You Knew program.

This program will highlight the power and vulnerability of telling the people in our lives what we wish they knew about our journeys. While our struggles are often difficult to put into words, revealing them can be empowering. By sharing our challenges, we can avoid isolation, connect with others, and discover hidden strengths.

Parents can facilitate One Thing I Wish You Knew at home by:



Designating an appropriate time when all family members will be available.



Preparing disclosures of personal struggles that are non-triggering and age-appropriate for their children.



Encouraging children to disclose personal struggles.



Taking care to validate individual family members without criticism or judgment.



Facilitating conversation and making time for further exploration.



Following up with individual children at appropriate times.



Fostering an ongoing environment of disclosure, validation, and open communication.



NEVER HAVE I EVER GAME INSTRUCTIONS

“Never Have I Ever” is a fun game that can demonstrate how family members might be more similar than they know and encourages listening to one another.



GAME INSTRUCTIONS

- Instruct everyone to sit in a circle.
- To start each round, each player holds out all ten fingers and places them on the floor.
- Go around the circle and one at a time, each person announces a feeling that they have never experienced, beginning the sentence with the phrase “Never have I ever...” For example, a person could say, “Never have I ever been afraid.”
- For each statement that is said, all the other players drop a finger if they have experienced that feeling. So, if three other people have felt afraid before, those three people must put down a finger, leaving them with nine fingers.
- The goal is to stay in the game the longest (to be the last person with fingers remaining).
- To win, it’s a good strategy to reveal feelings that most people have experienced, but you haven’t.

