

A PROJECT OF



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13AM TRIBE

An Exclusive Coming-Of-Age Mitzvah League

PARENT'S HANDBOOK



**BC REGIONAL
HEBREW
SCHOOLS**

Welcome to BAM Tribe!

BAM Tribe is a dynamic youth program designed for boys and girls in Grade 6-8, focusing on character development, Jewish values, and personal growth. The program aims to empower young individuals as they prepare for their Bar or Bat Mitzvah and navigate the transitional period of early adolescence, enabling them to be a leader in their Jewish community and their community. BAM Tribe provides an engaging environment where participants can develop essential skills, explore Jewish identity, and contribute to their community.





Why BAM Tribe?

Your children have been attending Hebrew School for years. They continue coming back each year eager to learn more. Then the beginning of adolescence hits, and slowly the excitement wears off. These pre-teens start thinking deeper and questioning more, but at the same time they are looking for something new and fresh, something that speaks to them where they are currently- at the stage between childhood and teenagerhood.

This is where BAM Tribe comes in. A tailor-made program geared towards 10-13 year olds, BAM Tribe provides these pre-teens with an identity of their own. They are no longer children who are big but not big enough; they are becoming Bar/Bat Mitzvah and are beginning their journey towards adulthood. BAM Tribe aims to provide these youth with the skills needed along this journey, all through the lens of Torah and Judaism, while developing their valuable identity of their own.

Through Jewish education, skill-building activities, community engagement, and personal growth opportunities, BAM Tribe prepares participants for their Bar/Bat Mitzvah and equips them with a strong foundation for their future Jewish involvement and leadership.



How it Works

Program Structure
& Format



The BAM Tribe program is structured as a weekly ‘club’ where

participants learn, discuss, and practice practical hands-on skills.

Participants engage in comprehensive Jewish education, deepening their knowledge of Jewish traditions, mitzvot, customs, rituals, and values. Lessons and discussions explore topics such as Torah study, Jewish history, ethics, and the significance of becoming a “Mitzvah Master” (having full ownership of their Judaism).

Participants are given the opportunity to develop practical skills within the framework of Judaism. For example, they will have the opportunity to learn and practice First Aid while learning the Torah’s perspective on Pikuach Nefesh. The program also encourages and provides opportunities for active participation in community service projects and acts of kindness.

BAM Tribe also allows for participants to immerse themselves in Jewish culture, traditions, and heritage. Activities may include visits to Jewish museums, exploring Jewish music and art, celebrating Jewish holidays, and engaging with guest speakers who share their Jewish experiences.

Each lesson concludes with a challenge that each participant can take on to apply what they learned in their everyday lives. For each skill they’ve acquired, they earn BAM Badges.



Curriculum Outline

BAMmers embark on an enriching journey throughout the year, divided into four phases. Each phase offers unique opportunities for personal growth, exploration, and engagement with Jewish values and traditions. Together, these phases create a comprehensive and transformative experience for participants, allowing them to truly own their yiddishkeit.

1. Quests

During this initial phase, BAMmers embark on a series of quests that delve deep into their Jewish identity & purpose. They explore fundamental questions such as "Who am I as a Jew?" & "What is my unique place in the world?". Through meaningful discussions, introspection, & guided activities, BAMmers gain a deeper understanding of their Jewish heritage, personal values, & the role they can play in shaping their communities and the world.

Unit 1 - Me

Lesson 1	What is a Mitzvah?	BAMmers will learn what a Mitzvah is, how it strengthens our intrinsic connection to Hashem, and what becoming Bar/Bat Mitzvah means.
Lesson 2	Worldwide We	Each person is made up of their own unique talents and abilities, and together we make up a much greater whole. BAMmers will learn how each individual plays a role in a much bigger picture and the importance of Ahavat Yisrael.

Unit 2 - Who's On My Team?

Lesson 1	Our Parents & Elders	BAMmers will explore the value of respecting their elders and the Mitzvah of Kibbud Av Va'eim.
Lesson 2	Our Rabbis & Spiritual Leaders	BAMmers will learn the importance of 'Asei Lcha Rav,' and how our Rabbis are here to guide and support us.



2. Adventures

In the second phase, BAMmers embark on exciting adventures that allow them to put their Jewish values into action. They actively engage in acts of kindness, acquire practical skills, & immerse themselves in experiences that bring Jewish traditions to life. From learning first aid, culinary arts, navigating the synagogue, & conducting research, BAMmers acquire a diverse range of skills that enable them to actively contribute to their communities & practice Jewish rituals and traditions.

Unit 3 - Community Contributors Adventure

Lesson 1	First Aid	BAMmers will explore how valued human life is in Torah. They will learn concepts such as how saving a life is as though saving a whole world, and how saving a life is doche Shabbos.
Lesson 2	Tzedakah	BAMmers will learn about what the Mitzvah of Tzedakah actually is and will be introduced to the concept of how there can be spiritual Tzedakah too, not just physical.
Lesson 3	Spiritual Tzedakah	BAMmers will explore Tzedakah on a more sophisticated level. Tzedakah isn't just putting coins into a charity box, it can be spiritual help too.
Lesson 4	Marketing	BAMmers will recognize how as capable, unique individuals, each of us has something to share, and we have to share our strengths with the world!

Unit 4 - Home & Personal Adventures

Lesson 1	Shabbat	BAMmers will learn how Shabbos is a most precious gift. They will come to understand the value of disconnecting to focus inwards and be encouraged to 'deplug' for some time.
Lesson 2	Culinary Arts	BAMmers will learn cooking and baking skills through the focus of preparing for "Shabbat in an Hour".
Lesson 3	Nikayon	BAMmers will explore the value of Seder Vnikayon and how we have to present ourselves in a dignified manner, representing our inner worth.
Lesson 4	Money Management	BAMmers will learn money management and budgeting skills while exploring the Torah concept of Ba'al Tashchis and Ma'aser.
Lesson 5	Gratitude	The importance of being thankful for what we have. BAMmers will learn how Judaism focuses on gratitude through learning about Modeh Ani, Tefillah, and Brachot.

Unit 5 - Jewish Places Adventures

Lesson 1	Jewish Museum	BAMmers will explore how Judaism has survived through the ages. The Torah we have is the same as always, and so are our traditions that have been passed down throughout the generations.
Lesson 2	Synagogue	A Shul is a holy place where we feel more connected to Hashem's presence. BAMmers will learn about the importance of acting with kavod/respect in a shul, how to navigate shul and davening, and using a siddur and chumash.
Lesson 3	Jewish Scribe	How are Torah scrolls, Mezuzahs, and Tefillin made? BAMmers will learn about a sofer's job and the fine details that go into making these holy objects.
Lesson 4	Kosher Supermarket	BAMmers will learn about Kashrus and Brachos, and how the food Hashem gave us is meant to be elevated.



3. Overcoming Obstacles

In the third phase, BAMmers confront & overcome obstacles & challenges that may arise on their journey. Exploring the realities of anti-Semitism, they develop resilience in the face of adversity and learn how to debate and champion Jewish causes, such as Holocaust & the Jewish right to Israel. By navigating these challenges & learning how to debate, BAMmers strengthen their character, & deepen their commitment to their Jewish identity.

Unit 4: Anti-Semitism

Lesson 1	Holocaust	BAMmers will learn about Jewish strength and resilience during the Holocaust. They will explore how this relates to us today and how Yiddishkeit lives on - Am Yisrael Chai.
Lesson 2	Israel's Right to Existence	BAMmers will learn how Eretz Yisrael is our home and has belonged to us always, all the way back since Hashem promised it to Avraham Avinu.
Lesson 3	Debate	BAMmers will explore how debate is used throughout Torah. They will learn how to properly debate and debate Jewish concepts and causes.



4. Celebration

In the final phase of BAM Scouts, BAMmers celebrate their accomplishments, share experiences, & reflect on personal growth. They research a Jewish hero or their family, & explore their role in world completion. The journey culminates with a grand banquet, where BAMmers, their families, & the community come together to honor the achievements of the Scouts. This phase marks a meaningful transition as BAMmers continue their mitzvah journey, equipped with valuable tools & experiences of becoming a Bar/Bat Mitzvah.

Unit 4: Anti-Semitism

Lesson 1	Research and Report	BAMmers will learn the importance of Mesorah and recognize how each one of us is a link in a chain connecting us all the way back to our Avot and Imahot. They will learn how to research and create a report on their family or a Jewish hero.
Lesson 2	It's Your World, Change It!	In this final lesson, BAMmers will learn about our ultimate goal-Moshiach, and how each one of us can play a part in bringing the world to Geulah.