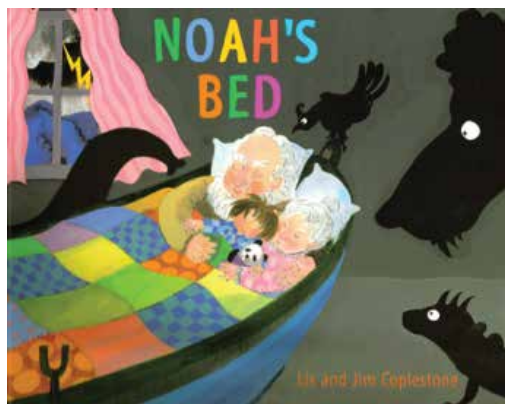




Global Day of Jewish Learning

Curriculum: Heroes and Villains, Saints and Fools



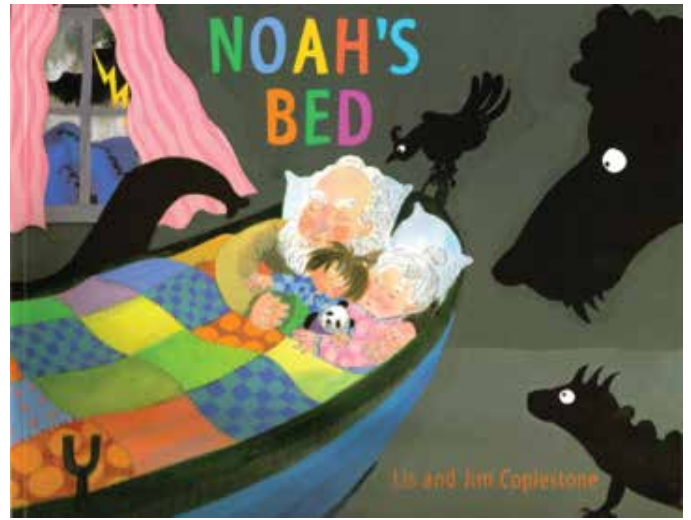
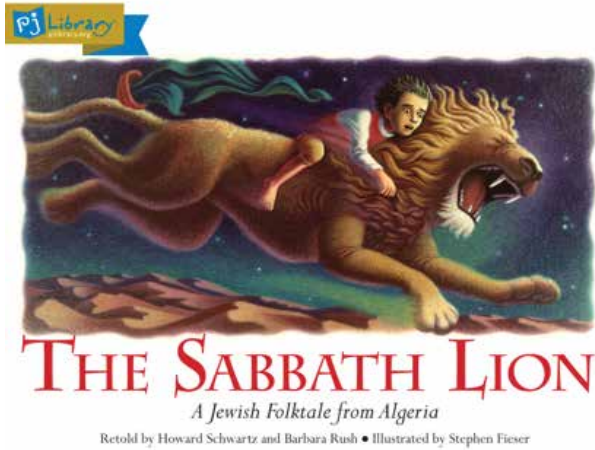
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A Project of the Aleph Society

Teaching it to our children means also making them partners in what is so very important.

— Rabbi Steinsaltz



PJ Library Curriculum

Ometz Lev—Courage

Two Book-Based Family Programs:

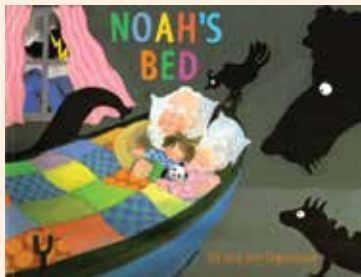
Noah's Bed

The Sabbath Lion



CENTRAL VALUE: *Ometz Lev*—Courage ➤ 2–6 year olds ➤ 75 minutes

Synopsis



This imaginative retelling of Noah's ark focuses on Eber, Noah's young (fictional) grandson, who assists Noah with the building and care of the ark. Once aboard the ark, Eber discovers that nighttime on the ark can be rather frightening. Scared by the darkness, the rumble of thunder and the howling of the wind, Eber quietly slips into his grandparents' bed. Eber, however, is not the only one who seeks refuge in Noah's bed. A host of other frightened animals sneak into the bed as well. As the bed grows more and more crowded, Noah becomes grumpier and grumpier until at last he demands that all of the animals (except Eber) return to their own beds to sleep.

GOALS

A major goal of this program is to help children develop new strategies for coping with fear and to help families gain an understanding of the Jewish value of courage—*ometz lev*—literally, a strong heart. By focusing on the courage that Noah and his family needed while aboard the ark, the program also familiarizes families with the Biblical story of Noah, emphasizing ways in which this ancient story continues to hold meaning and relevance today.

Plan in Advance



Prepare for "Matching Animal Pairs" Activity

MATERIALS NEEDED

- Matching pairs of animals (sample templates at end of program)
- Copies of family questionnaire (see end of program)
- Pencils to enable participants to fill out their family questionnaire
- Popsicle sticks or tongue depressors



ADVANCED PREPARATIONS

- Use glue or a glue gun to attach a popsicle stick to the back of each animal.
- Optional—attach a copy of family questionnaire to the back of each animal.
- Place one of the pair animals in front of a chair at a table. Do not put an animal at every chair. The animals indicate where the entire family will sit; each animal designates seating for 2 or more people.
- Optional—to enable animals "to stand", cut a slit in the bottom of a paper cup, invert the cup, and poke the animal's stick into the cup.



Prepare "Animal Lotto" Game

MATERIALS NEEDED

- Lotto Game boards (templates at end of program)
- Scissors for cutting and preparing individual lotto picture cards
- Plastic ziploc bags for holding game boards, cards, and game instructions

ADVANCE PREPARATIONS

- Make copies of Animal Lotto game boards
- Cut up several copies of the game board into small, individual animal cards
- Pack 2 lotto game boards, 16 individual cards (that match the game board) plus a few extra cards, and game rules into a ziploc bag



Prepare Storytelling Props

MATERIALS NEEDED

- Blanket, preferably a colorful quilt
- Extra copy of the book



ADVANCE PREPARATIONS

- Cut out pictures of a few animal pairs
- Cut out images of Noah, Eber, and Grandma Nora



Prepare Courage Plaques (Door signs or Light-switch covers)

MATERIALS NEEDED

- Craft foam
- Glow-in-the-dark stickers
- Animal stickers
- Ometz Lev labels (see end of program)
- Glue sticks
- Tacky glue
- Double-sided tape
- Small strips of paper
- Pens
- Markers (optional)



ADVANCE PREPARATIONS

► Light-switch cover

- Cut foam into 3.5"x5" rectangle
- Cut out a small rectangular opening, approximately ¾"x1" (size of a light switch) in the middle of the foam square using scissors or a craft knife
- Attach 2 pieces of double-sided tape to back of light switch cover
- Cut a heart shape from a different colored piece of foam
- Attach *ometz lev* label to heart using glue stick or tacky glue
- Create a heart pocket—spread tacky glue on sides and bottom point of the heart, press the sides inward to form a slight bulge or pocket



► Door plaque

- Cut out a 6"x3.5" rectangular piece of foam
- Attach double-sided tape to back of plaque
- Cut a heart shape from different colored piece of foam and follow instructions above to create a heart pocket

Introduce with activities

Intro / Family Pairing



Intro Words

Today we're going to read a book about a man named Noah and his grandson, Eber. Noah is an important man who appears in the Torah (the first five books of the Bible). The Torah tells us that God spoke to Noah and told him that a big rain storm would soon cover the earth. In order to keep his family and the animals of the world safe and dry, Noah followed God's instructions and built an ark. Do you know what an ark is? (It's a very large boat.) Once Noah finished the ark, God asked him to bring 2 of every type of animal onto the ark. The book that we're going to read today, **Noah's Bed**, describes how Noah's grandson, Eber, helps his grandfather build and care for the animals aboard the ark. Eber loves being aboard the ark during the day, but at night he finds the ark very scary.

Before we begin our story and learn what Eber does when he's feeling frightened at night, I'd like to see if you can act just like Eber acts at the beginning of our story. Can you help Noah gather the animals together? How many of each type of animal does Noah need? If I give you one animal, can you find its partner? Once you've located your matching animal, sit down and meet the family who is seated next to you. Please use the family questionnaire (on the back of your animal or in front of your seat at the table) to learn more about your table-mates.

DIRECTIONS

1. Distribute one animal per family.
2. Ask children to search on top of the tables and find the animal that matches the animal they are holding.
3. Ask families to sit in the seats that are near their matching animal.
4. Ask families to pair up with the family that is seated next to them (on their right side).
5. Families take turns asking questions, sharing answers, and jotting down notes on their family questionnaires.

Animal Lotto

Intro Words

Now that you've completed your questionnaire and found out a little about the family that's sitting next to you, it's time to play one more animal matching game. This game is called Animal Lotto. The big sheet is the game board, with pictures of many animals. In order to board the ark, the animals on your game board need to find a mate or partner. Pair up with the family sitting next to you and take turns flipping over cards to find matches. This game works best when played in pairs. There is an instruction card included with the Lotto set at your table. Have fun! Helpers will be coming around to answer any of your game questions.

DIRECTIONS

Follow directions on lotto instruction card.

Read the story

Hints for Sharing the Book



Props

Consider using props to tell the story. When working with a small group, the children can take turns hiding the animals under the quilt.

Introductory Remarks

Everyone did a wonderful job finding matching pairs of animals today. Like Eber, Noah's grandson, you would have been a big help to Noah while he was building the ark. **Noah's Bed**, the book that we're going to read, describes what happened once Noah and all of the animals were aboard the ark. What do you think it was like on the ark? How might it have sounded on the ark? How might it have smelled? What was it like for the animals when the rain fell, the thunder rumbled, and the wind whooshed outside? Let's read our book and find out what Eber and the animals did when they felt frightened aboard the ark.

Read the book

POST-READING OMETZ LEV—COURAGE DISCUSSION:

- Did Eber like being on the ark? What parts of the ark do you think he liked? What parts did he dislike?
- Eber felt frightened and scared at bedtime. What did he do that helped him feel better?
- Was going into his grandparents' bed a good idea? What other solutions could he have tried?
- Eber was frightened of the storm and of the dark. Can you describe some things that frighten you? Earlier today, you interviewed your partners and found out about the things that scare them. What kinds of things are your partners afraid of?

- It's not fun to feel scared. In Judaism we're told that when we feel afraid we should try to have courage. The Hebrew word for courage is *ometz lev*, which means a strong heart.
- How can a person strengthen his or her heart and begin to feel brave? What do you do when you feel scared? What helps to lessen your fears? (Describe a time when you were afraid. What did you do to help yourself feel better?)
- Did you learn any good courage tips from your partner? Can you describe something that your partner told you that helped him or her feel less afraid?

Follow Up activities and resources

Creating Courage Plaques

Intro Words

Eber and the animals on the ark were frightened at bedtime. Sometimes bedtime can feel a little scary. Today we're going to make something that you can hang in your room that might give you a little extra courage at bedtime. For this project you'll need to decide whether you'd like to make a light switch cover or a sign to hang on your door. Because this project uses glow-in-the-dark stickers, your light switch cover or door plaque will give off a little extra light at bedtime. Perhaps this light will help you feel a little braver at bedtime.

You'll notice that each plaque and light switch cover contains a heart with some writing on it. Does anyone know what the writing says? It says "ometz lev" which means "strong heart". Although it may look as if the heart is glued to the foam, it really isn't. Each heart forms a little pocket—a pocket that's just the right size for holding notes. In a few minutes, we'll pass out some small strips of paper. On these papers I'd like you to write down some actions that you might want to try (or perhaps already do) in order to help your heart feel stronger when you're afraid. At home, you can have fun adding notes to your heart pocket each time you discover new ways to calm your fears.

DIRECTIONS

1. Using stickers and markers, decorate plaques and door signs.
2. On the strips of paper, the children can write (or have their parents write for them) a strategy that they use for quieting fears.

Singing Songs

Courage Songs

One way to feel braver is to sing. Let's all sing some songs together to boost our courage and strengthen our hearts! A selection of songs to boost courage can be found on the following page.

Noah's Ark Songs

For the children who participate in this program who are very young, we've included a selection of more traditional Noah's Ark songs.

Courage Songs

KOL HAOLAM KULO GESHER TSAR ME'OD

*Kol Ha'olam kulo gesher tsar me'od,
gesher tsar me'od, gesher tsar me'od.
Kol Ha'olam kulo gesher tsar me'od,
gesher tsar me'od.
Veha'ikar, veha'ikar, lo lefached, lo
lefached klal.
Veha'ikar, veha'ikar, lo lefached klal.*

The whole world is a very narrow bridge,
a very narrow bridge, a very narrow bridge.
The whole world is a very narrow bridge,
a very narrow bridge.
And the main thing to recall, is to have
no, have no fear at all.
And the main thing to recall, is have
no fear at all.

Listen to campers at Eden Village Camp sing:
[youtube.com/watch?v=ZPEGEB72cEk](https://www.youtube.com/watch?v=ZPEGEB72cEk)

I WHISTLE A HAPPY TUNE

Whenever I feel afraid
I hold my head erect
And whistle a happy tune
So no one will suspect I'm afraid

While shivering in my shoes
I strike a careless pose
And whistle a happy tune
And no one ever knows I'm afraid

The result of this deception
Is very strange to tell
For when I fool the people
I fear I fool myself as well

I whistle a happy tune
And every single time
The happiness in the tune
Convinces me that I'm not afraid

Make believe you're brave
And the trick will take you far
You may be as brave
As you make believe you are
You may be as brave
As you make believe you are

While shivering in my shoes
I strike a careless pose
And whistle a happy tune
And no one ever knows I'm afraid

The result of this deception
Is very strange to tell
For when I fool the people
I fear I fool myself as well

I whistle a happy tune
And every single time
The happiness in the tune
Convinces me that I'm not afraid

Make believe you're brave
And the trick will take you far
You may be as brave
As you make believe you are

Listen to Julie Andrews sing: [http://www.
songlyrics.com/king-i-i-whistle-a-happy-tune-
lyrics/#3B8S4c7KuLrplhSx.99](http://www.songlyrics.com/king-i-i-whistle-a-happy-tune-lyrics/#3B8S4c7KuLrplhSx.99)

Listen to the song in Hebrew:
[youtube.com/watch?v=0T9AeD1rQ5Q](https://www.youtube.com/watch?v=0T9AeD1rQ5Q)

Noah's Ark Songs

THE ANIMALS GO MARCHING

(Traditional with special lyrics)

The animals go marching two by two!
Hurrah! Hurrah!
The animals go marching two by two!
Hurrah! Hurrah!
The animals marching two by two!
Old Noah stops to tie his shoe
And they all go marching down into the ark
To get out of the rain. Boom! Boom! Boom!

TWO BY TWO

(To the tune of "Skip to My Lou", Words by Lisa Litman.)

Clap your hands, two by two,
Clap your hands, two by two,
Clap your hands, two by two,
When Noah built the ark, YAHOO!
(Really throw your arms up and let loose!)

Hop like a bunny, two by two.
Hop like a bunny, two by two,
Hop like a bunny, two by two,
When Noah built the ark, YAHOO!

Brainstorm ideas for additional verses. Examples:

- Roar like a lion, two by two...
- Stretch your necks (giraffe), two by two...

FIVE LITTLE MONKEYS

Five little monkeys jumping on the bed
One fell off and bumped his head
Mama called the doctor,
And the doctor said
No more monkeys jumping on the bed

RISE AND SHINE (TRADITIONAL AMERICAN FOLK SONG)

Chorus:

Rise and shine and
Give God your glory, glory (3x)
Children of the Lord

The Lord said to Noah
There's gonna be a flood, flood (2x)
Get those children out of the muddy, muddy
Children of the Lord (Chorus)

So Noah, he built him
He built him an arky, arky (2x)
Made it out of hickory barky, barky
Children of the Lord (Chorus)

The animals they came on
They came on by twosie, twosies (2x)
Elephants and kangaroosies-roosies
Children of the Lord (Chorus)

It rained and it poured for forty daysies
daysies (2x)
Drove those animals nearly crazy, crazy
Children of the Lord (Chorus)

The sun came out and
Dried up the landy, landy (2x)
Everything was fine and dandy, dandy
Children of the Lord (Chorus)

The animals they came off
They came off by twosie, twosies (2x)
Started life a newsy, newsy, newsy
Children of the Lord (Chorus)

Resources for parents, teachers, families

NURTURING THE FAMILY

After the program, contact the families and thank them for coming. If you took pictures, send a few to the families.

Check out other PJ Library books that exemplify themes associated with the value of *Ometz Lev*: PJ Library books of courage.

Check out the PJ Library Blog Post: Courageous Children and the Value of *Ometz Lev*.

Instructions for Animal Lotto

Object of the Game: To be the first player to completely fill one's Lotto card

Note: This game works best with 2 players

1. Each player receives one large Lotto board.
2. Arrange small individual picture cards in a pile, with the pictures facing down. This is the draw pile.
3. Player 1 picks a card from the draw pile. Player 1 matches the draw card with a picture on Player 1's Lotto board. (A match is made by placing the small draw card on top of its identical image on the lotto board).
4. Play moves on to Player 2. Player 2 picks a card from the draw pile and matches it to the appropriate picture on Player 2's lotto board.
5. If a player picks a card that has already been matched, the card is placed face-up next to the draw pile in a discard pile.
6. The first person who is able to cover every image on the lotto board with a matching image from the draw pile shouts "Lotto" and wins the game.

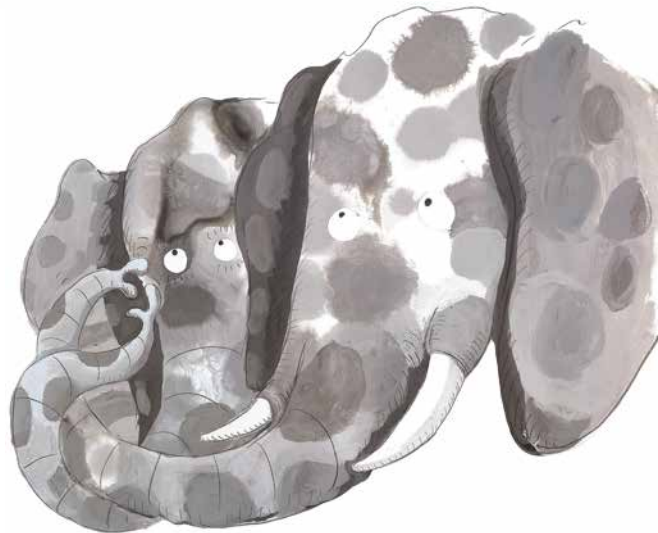
Variations for younger children:

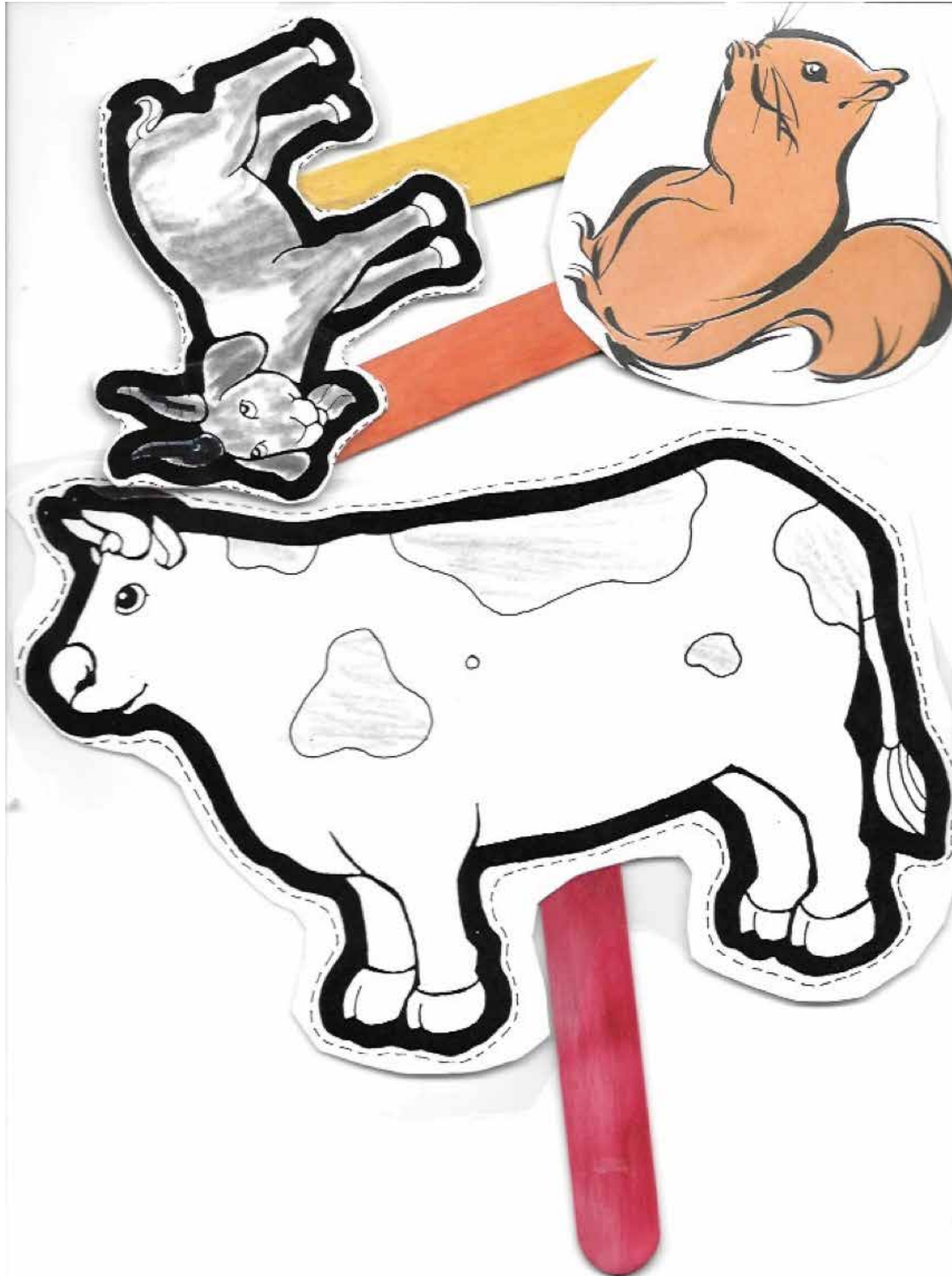
The game is not played competitively. Instead children are given one card at a time and are asked to place their small card on top of the matching picture on the lotto card. When every space on the lotto card has been covered with a matching picture the game ends and play can begin again.

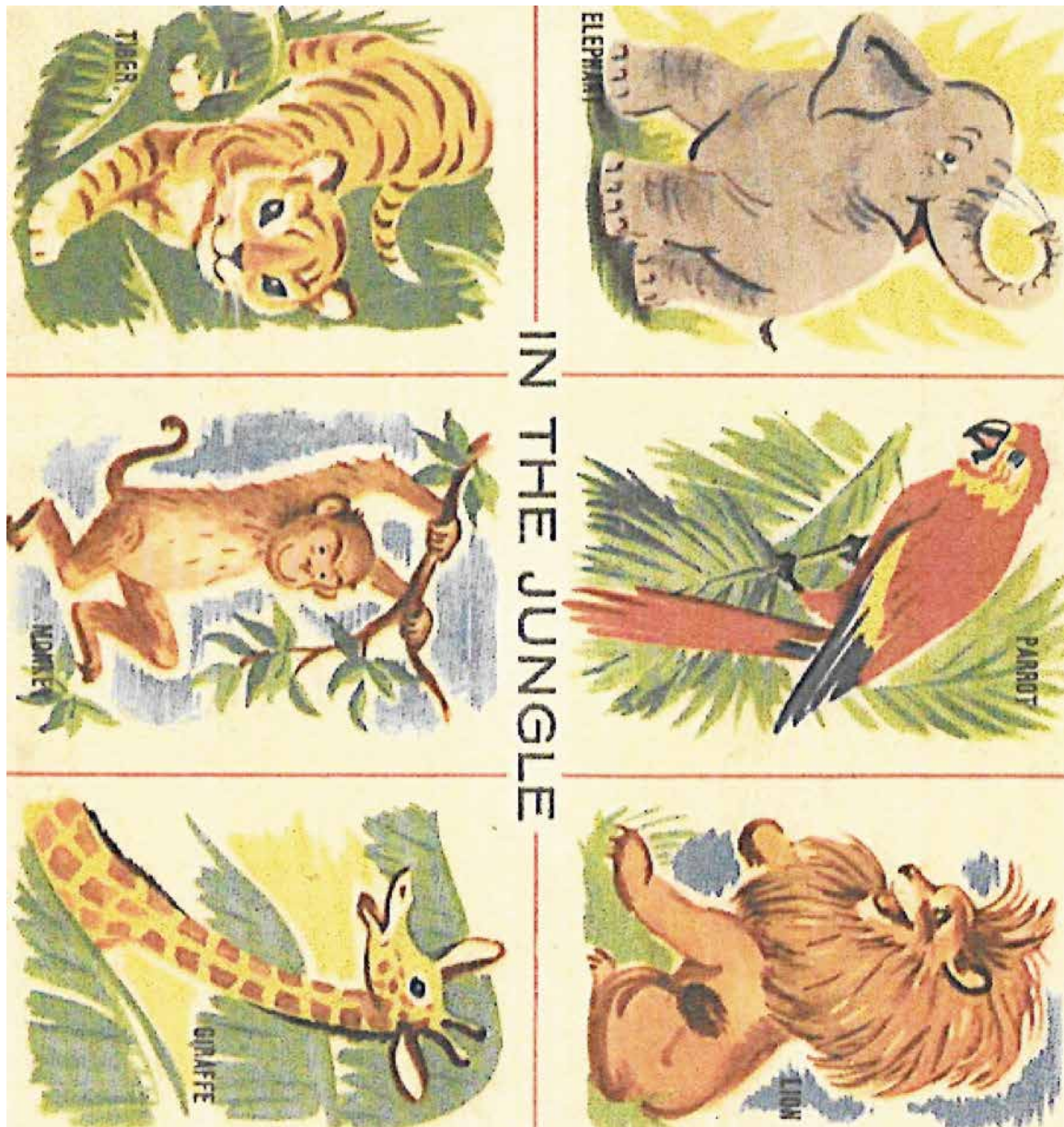
FAMILY INTERVIEW QUESTIONS

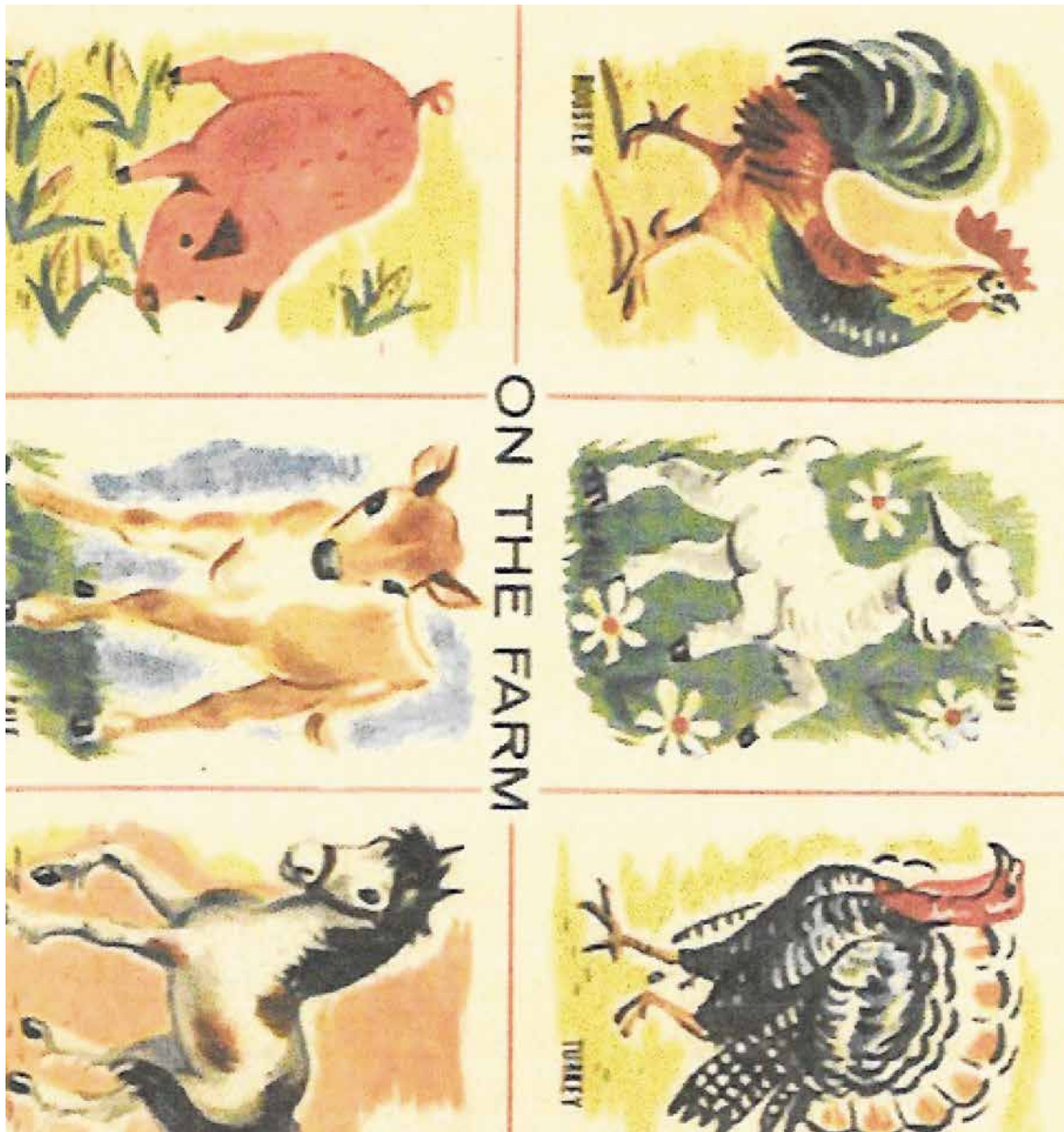
My new friend's name (s): _____
My friend's favorite animal and why: _____
Something my friend was afraid of in the past: _____
Something that helped my friend feel less afraid: _____





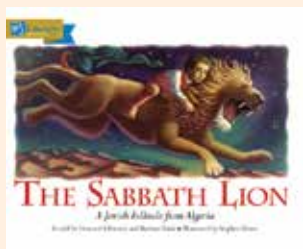






CENTRAL VALUE: *Ometz Lev*—Courage ➤ 5–8 year olds ➤ 45–60 minutes

Synopsis



Determined to obtain the inheritance money that has been left to his family, 10 year old Yosef joins a caravan and sets out on a long trek across the desert to Cairo, where he will receive the money. Because their family observes the Sabbath, Yosef's mother pays extra money to ensure that the caravan will not travel on Shabbat. Despite Yosef's mother's arrangements, the caravan leader refuses to stop on Shabbat. Unwilling to violate the laws of Shabbat, Yosef courageously decides that he will part ways with the caravan and remain in the desert by himself for the duration of Shabbat. Frightened and alone, Yosef tries to calm his fears by engaging in his regular Shabbat rituals. Not only do these rituals calm him, but they attract the attention of a gentle lion who carefully watches over Yosef, guarding him from the beginning of Shabbat to its very end.

GOALS

This program is designed to help children expand their strategies for coping with fear and to help families gain an understanding of the Jewish value of courage—*ometz lev* (literally translated as “strength of heart”). To help participants acquire a realistic view of courage and bravery, the program also strives to assure participants that feeling frightened is a normal emotion that affects all of us at one time or another in life. To highlight the Middle Eastern source of this folktale, families are introduced to the Sephardic custom of wearing a Hamsa or hanging one in the house as a protective measure.

Plan in Advance

NOTE TO FACILITATOR

We suggest preparing one of the drums or the medal, as well as the Hamsa, in advance to show as an example.

Prepare Courage Drum or Medal (3 options)

Balloon Courage Drum



MATERIALS NEEDED

- Large (28 oz.) empty aluminum cans or any other cylinder-shaped container (i.e. oatmeal container, peanut butter jar, plastic planting pot)
- Large (8–10 in. diameter) deflated balloons
- Stickers
- Decorative or colorful duct tape (pre-cut into strips and attached to the edge of a table or chair for easy use)
- Masking tape
- Small pieces of paper or craft foam cut into shorter and longer strips

- *Ometz lev*—Courage labels (see end of program)
- Glue and q-tips and/or glue sticks

ADVANCE PREPARATIONS

- Clean containers.
- Cut off lower portion of balloon and pre-stretch balloon (optional).
- Stretch balloon over top of container.
- Apply masking tape to edge where balloon and container meet. Tape one half of the balloon to container, leaving an opening to enable children to insert notes into their drums before closing.

Masking Tape Courage Drum



MATERIALS NEEDED

- Assorted coffee cans, quart sized yogurt containers, cocoa tins, etc.
- Construction paper of a size that can wrap around the cans
- Masking tape, packing tape, or duct tape
- Scissors
- Crayons or markers
- Paper glue
- *Ometz lev*—Courage labels (see end of program)

Courage Medal



MATERIALS NEEDED

- Craft foam, cut into 2" and 4" circles
- Pipe cleaners
- Googly eyes
- Smaller foam circles and shapes to be used for decorating medals
- Glue
- String, ribbon or lace
- Pony beads (optional)
- Small pieces of paper cut into shorter and longer strips
- *Ometz lev*—Courage label (see end of program)

ADVANCE PREPARATIONS

- Use 2 of the larger foam circles to create a "pocket" by spreading glue around one half to three quarters of the edges of both circles. Place one circle on top of the other so that the glued surfaces face each other and stick together.
- Punch a hole in the unglued top of one of the circles.

Hamsa Necklace / Door Plaque



MATERIALS NEEDED

- Wooden Hamsas (2" necklace or 6" plaque)
- Glue
- Collage materials: gem stones, glitter, ribbon, lace
- Markers
- String and beads (for necklaces)
- Spray paint (optional)
- Ometz lev—Courage label (see end of program)

ADVANCED PREPARATIONS

- Order and purchase wooden Hamsas:
 - <http://www.tjssc.com/p-1218-20-small-wooden-hamsa-2-tall-in-bag.aspx>
 - <http://www.tjssc.com/p-1219-10-large-hamsa-6-tall-in-bag.aspx>
- Spray paint Hamsas (optional)

Introduce with activities

Introductory Words

Today we're going to read a book about a boy named Yosef who spends a night in the desert all by himself. Being alone in the desert is pretty scary. When we read our book, we'll discover how Yosef finds his courage and we'll talk about things that each of us can do to build up our own courage. Right now, we're going to do a craft project that may help give us courage whenever we feel afraid.



BALLOON DRUM DIRECTIONS

1. Use stickers, markers, and adhesive strips or duct tape to decorate drum.
2. Leave the top of drum partially opened.
3. Glue ometz lev label to drum.



MASKING TAPE / DUCT TAPE DRUM DIRECTIONS

1. Cover the open top of container with overlapping strips of tape.
2. Leave a small section of the drum top without tape to enable children to insert notes later in the program.
3. Measure and cut a piece of construction paper to wrap around the body of the can with enough overlap to be able to glue or tape it in place after it is decorated.
4. Decorate the paper; glue and or tape it around the can.
5. Glue ometz lev label to drum.





COURAGE MEDAL DIRECTIONS

1. Glue googly eyes, pipe cleaners, other small pieces of craft foam to decorate your medal. (Optional: create an animal face)
2. Glue *ometz lev* label to medal.
3. String pony beads onto the medal's ribbon or string "chain" (optional).

Read the story

Introductory Remarks

Your projects (drums / courage medals) look wonderful. One of the purposes of these drums/medals is to help give you courage whenever you may need it. What is courage? (Courage is bravery—a willingness to do something even though you may be afraid). In *The Sabbath Lion*, the book that we're going to read today, a young boy named Yosef needs a great deal of courage when he has to spend a night and day (a full Shabbat) alone in the desert. What kinds of things might be scary for a person in the desert? Let's read our book and discover why Yosef was alone in the desert, the fears that he had while he was in the desert, and how he found his courage.

Post-Reading Discussion: *Ometz Lev*—Courage

1. Why did Yosef want to go to Cairo?
2. Why did the caravan leader refuse to stop for Shabbat?
3. When Yosef first finds himself alone in the desert he is very frightened. Not knowing what else to do, Yosef does all of his usual Shabbat tasks, which help calm his fears. What are some of the Shabbat tasks that he does?
4. In Judaism we are taught that when we feel afraid we should try to strengthen our hearts. The Hebrew word for courage is *ometz lev*—a strong heart. One way to strengthen our hearts is to practice an action called *chazak v'ematz*—be strong and of good courage. When we're afraid, we need to try to change the way we think. Rather than thinking, "I can't do this," or "I'm so scared I can't move," we need to say to ourselves, "I can get through this difficulty." Think about what actions we can take to strengthen our hearts and go forward. In the Bible when people feel afraid many of them turn their thoughts and hearts towards God. They tell themselves, "I believe (I have faith) that God will help me."
5. When Yosef is afraid, he sings songs and prays. Do you remember what he asks the Sabbath Queen? (To bring peace and blessing). Like Yosef, when we feel afraid we can sing songs, say prayers and perform rituals to help calm us.
6. Do you have routines or rituals that you perform in order to feel relaxed (and less frightened)? What do you do before bed? These routines probably started when you were younger and may have been afraid of the dark. Do you have any other routines or rituals that you do when you're feeling afraid?
7. Yosef was frightened of wild animals and not being able to find his way out of the desert. What kinds of things frighten you?
8. What words of advice would you give to someone who is feeling afraid?
9. Adults, can you share a story with your child about a time when you needed to be brave and act courageously? What did you do to get through your scary experience?

Follow Up activities and resources

Add Text to Courage Drums / Medals

Introductory Words

You may be wondering why we asked you to make a drum or medal when you first came to today's program. We've been talking about the ways in which rituals and routines can help strengthen one's heart and give courage. The drum or medal that you made today can be part of a routine that you can do whenever you feel afraid. What might you do with a drum when you feel afraid? What might you do with a medal when you feel afraid? As you can see your drum/ medal contains an opening that's just right for putting pieces of paper into. On these slips of paper we'd like you to write down (or ask an adult to write for you) names of things that frighten you and actions that you can take to feel less afraid.

DIRECTIONS:

1. On shorter strips of paper, write down names of things that frighten you.
2. On longer strips of paper, write actions/things you can do to help calm your fears.
3. Drop your notes into the drum or slip them into the medal pocket.
4. **Complete balloon drums:** Stretch balloon across to opposite side. Tuck balloon edges around exposed rim of drum. Tape balloon to container (optional).
5. **Complete masking tape drums:** Tape over the remaining opening of drum top.

Drum Playing

Introductory Words

Just as doing familiar actions can calm a person, chanting or singing is a good way to help us feel calm. You can use your drum while you chant and sing.



SIMPLE DRUM PLAYING DIRECTIONS:

1. Participants make up a short drum pattern that can be played on your drum whenever they feel afraid (i.e., 2 loud beats, 2 soft beats, 2 drum pinches).
2. Volunteers share their drum song with the group. Volunteers can be encouraged to add a chant to accompany their song (i.e. "Go away my fear of _____. I will not be afraid of _____ any more.")
3. Ask the group to imitate the volunteer's drum song (and chant).

ADVANCED DRUM PLAYING DIRECTIONS:

1. Ask a volunteer to play just a few beats on his/ her drum.
2. Ask the entire group to imitate the volunteer's beats.
3. Ask for a second volunteer. The second volunteer will play the first volunteer's notes and then add a few beats of his/her own.
4. Encourage the entire group to play the new song.
5. Ask for a 3rd volunteer to add a few more beats to the song.
6. Continue asking for volunteers and then asking the group to play the newly created song until everyone who wishes to volunteer has had a chance or until the song becomes so long that it can no longer be remembered!

Medal Sharing

Summary Sharing

Your courage medals look wonderful. You can wear your courage medal whenever you feel afraid. Put it around your neck, rub your hand over the medal, and use it to remember how to be brave. Would anyone like to share some of the notes that you included in the medal? What are some of the fears you wrote down? What will you do to quiet those fears?

Make a Hamsa Necklace / Door Plaque



Introductory Words

In our book, the lion served as Yosef's protector, watching over him and making sure that nothing bad happened to Yosef while he was in the desert. Yosef came from the country of Algeria in North Africa. For Jews from North African countries this symbol (Hold up a Hamsa) serves as a type of personal protector.

What does a Hamsa look like? A Hamsa looks like a hand. It looks like a hand that is saying "stop." Some say a Hamsa is telling bad luck and bad things to stop—to stay away. Others think the Hamsa is a stop sign for ourselves; a Hamsa can be a reminder to stop, calm down and think about what to do, instead of just being afraid. Others claim that the Hamsa hand is more like a hand that is placed upon someone's head in order to bring the person a blessing. Many believe that a Hamsa will offer blessings of power and strength to those who wear it or hang it in their homes. Today, we are going to make our own Hamsas. We hope that this Hamsa will help you feel blessed and protected and help give you the strength to face your fears.

HAMSA DIRECTIONS

1. Decorate Hamsa with available materials.
2. Add ometz lev stickers (optional).
3. Add string and beads to make a necklace (optional).

Singing Songs

Courage Songs

A selection of songs to boost courage can be found on the following page.

Courage Songs

KOL HAOLAM KULO GESHER TSAR ME'OD

Kol Ha'olam kulo—gesher tsar me'od (3x)
Kol Ha'olam kulo—gesher tsar me'od, (2x)
Veha'ikar, veha'ikar, lo lefached, lo lefached
klal.
Veha'ikar, veha'ikar, lo lefached klal.

The whole world is—a very narrow bridge (3x)
The whole world is—a very narrow bridge (2x)
And the main thing to recall, is to have no,
have no fear at all.
And the main thing to recall, is have no fear
at all.

► Listen to campers at Eden Village Camp sing: <https://www.youtube.com/watch?v=ZPEGEB72cEk>

CHAZAK V'EMATZ

Chazak v'Ematz (3x) chazak
Chazak v'Ematz (3x) chazak

► Listen to Andi Josephs sing: http://www.oysongs.com/products/albums.cfm?artist_id=153

I WHISTLE A HAPPY TUNE

Whenever I feel afraid
I hold my head erect
And whistle a happy tune
So no one will suspect I'm afraid

While shivering in my shoes
I strike a careless pose
And whistle a happy tune
And no one ever knows I'm afraid
The result of this deception
Is very strange to tell

For when I fool the people
I fear I fool myself as well

I whistle a happy tune
And every single time
The happiness in the tune
Convinces me that I'm not afraid

Make believe you're brave
And the trick will take you far
You may be as brave
As you make believe you are
You may be as brave
As you make believe you are

While shivering in my shoes
I strike a careless pose
And whistle a happy tune
And no one ever knows I'm afraid

The result of this deception
Is very strange to tell
For when I fool the people
I fear I fool myself as well

I whistle a happy tune
And every single time
The happiness in the tune
Convinces me that I'm not afraid

Make believe you're brave
And the trick will take you far
You may be as brave
As you make believe you are

► Listen to Julie Andrews sing: <http://www.songlyrics.com/king-i-i-whistle-a-happy-tunelyrics/#3B8S4c7KuLrplhSx.99>

► Listen to the song in Hebrew: <https://www.youtube.com/watch?v=ZPEGEB72cEkhttps://www.youtube.com/watch?v=0T9AeD1rQ5Q>

Resources for parents, teachers, families

NURTURING THE FAMILY

After the program, contact the families, thanking them for coming. If possible, e-mail one or two photos which you may have taken at the program.

Check out other PJ Library books that exemplify themes associated with the value of *Ometz Lev*:
[PJ Library books of courage](#).

Check out the PJ Library Blog Post: [Courageous Children and the Value of *Ometz Lev*](#)

Ometz Lev stickers for Drums and Medals

אֶמֶץ לֵב

Courage
O-metz lev

אֶמֶץ לֵב

Courage
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Ometz Lev stickers for Hamsas

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O-metz lev



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