

Activity Box Supplies

Ometz Lev

What Goes in each Box or Kit:

Minimum Container Size for the entire module: 9" x 12" x 3.5"

This will allow for paper to lay (or stand) flat with the other materials stacked neatly on top.

NOTES:

- Titles of resource documents are on the top of the page; Resource Sheet Labels (ex: Resource Sheet 1) are on the bottom, right of the page.
- Links to suggestions for various supplies are in the chart below (pages 6-7).
- Shorthand: OL = *Ometz Lev*; W = Week (W1 = Week 1, W2 = Week 2); QR = QR Code

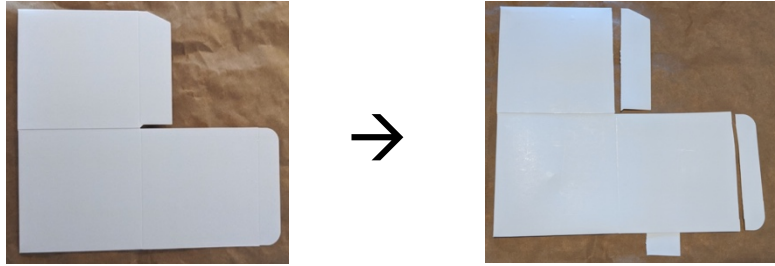
Week 1

- Label for the Module's Box//Kit
- QR code card, printed on cardstock, leading to the explanation video for children
- 1 - 3"x3"x3" box with lid
- Enough string/twine to seal the box (if it isn't included with the box already)
- 1 set of Big Feelings Emoji Stickers, printed on 1 ¼" ChromaLabel brand round printable labels (see Prep Instructions)
- Label for the 4"x4"x4" box, printed on regular paper
- 3 blank small sheets of paper (see Prep Instructions)
- 1 spring with a flat bottom, at least 3.5" tall
- 1 animal finger puppet
- 1 roll of standard tape in a disposable dispenser(similar to Scotch brand Magic Tape)
- 3 zipper-seal bags (snack size)
 - 1 for the string/twine (if necessary)
 - 1 for the spring
 - 1 for the 3 small pieces of paper

Prep Instructions:

- Find **OL MODULE KIT LABEL 12** on page 8 and print onto cardstock or regular paper. Cut the sheet into 4 individual box/kit labels and attach 1 label to the outside of each of the distribution containers to each learner.
- Find **OL QR W1 RESOURCE SHEET 13** on page 9 and print onto cardstock. Cut the sheet into the 4 individual QR Code cards. Distribute 1 individual QR Code cards to each learner.
- Find **OL Box Label RESOURCE SHEET 14** on page 10 and print onto regular paper. Cut the sheet into the 4 individual labels. Distribute 1 individual label to each learner.
- Find **OL BIG FEELINGS STICKERS RESOURCE SHEET 15** on page 11 and print onto 1 ¼" ChromaLabel brand round printable labels (you may need to order these). Cut along the bold lines and distribute 1 set of 9 emoji stickers to each learner.
 - These labels will be used again in future projects in future modules. Buy enough to print more stickers in future modules.

- Order 4"x4"x4" boxes. Cut off the flap on the lid that slides into the box AND the wings. Distribute 1 to each learner.



- If necessary, order string/twine and cut it into pieces long enough to tie the box shut with a bow or slipknot. Place the cut string/twine into a zipper-seal bag and distribute 1 bag of string/twine to each learner.
- Order springs. Place 1 spring into a snack size zipper-seal bag and distribute 1 to each learner.
- Order animal finger puppet. Distribute 1 finger puppet to each learner.
- Order tape in disposable dispensers. Distribute 1 roll and it's dispenser to each learner.
- Place 3 blank small sheets of paper in a snack size zipper-seal bag and distribute 1 bag to each learner.
 - Preparing the paper: Cut a regular sheet of printer paper into eighths OR Order pre-cut pieces of paper.

Week 2

- QR code card, printed on cardstock, leading to the explanation video for children
- 1 *Ometz Lev* Sign template, printed on cardstock
- 1 jumbo craft stick
- 6 glue dots (see Prep Instructions)
- 1 zipper-seal bag (snack size)
 - For the glue dots

Prep Instructions:

- Find **OL QR W2 RESOURCE SHEET 16** on page 12 and print onto cardstock. Cut the sheet into the 4 individual QR Code cards. Distribute 1 individual QR Code cards to each learner.
- Find **OL SIGN TEMPLATE RESOURCE SHEET 17** on page 13 and print it onto cardstock. Distribute 1 sign template to each learner.
- Order jumbo-sized crafts sticks and distribute 1 craft stick to each learner.
- Order glue dots. Cut glue dot strip into strips of 6 glue dots and place glue dots into a snack size zipper-seal bag. Distribute 1 bag of glue dots to each learner.
 - These glue dots will be used again in future projects in future modules. Buy enough to distribute more glue dots in future modules.

Week 3

- QR code card, printed on cardstock, leading to the explanation video for children
- 2 *Ometz Lev* fortuneteller templates
- 1 set of *Ometz Lev* Tools Stickers, printed on 1 ¼" ChromaLabel brand round printable labels (see Prep Instructions)

Prep Instructions:

- Find **OL QR W3 RESOURCE SHEET 18** on page 14 and print onto cardstock. Cut the sheet into the 4 individual QR Code cards. Distribute 1 individual QR Code cards to each learner.
- Find **OL TOOLS FORTUNETELLER RESOURCE SHEET 19** on page 15 and print onto regular copy paper. Distribute 2 templates to each learner.
- Find **OL TOOLS STICKERS RESOURCE SHEET 20** on page 16 and print onto 1 ¼" ChromaLabel brand round printable stickers (also used in *Ometz Lev* Week 1). Cut along the bold lines and distribute 1 set of 8 stickers to each learner.

Week 4

- QR code card, printed on cardstock, leading to the explanation video for children
- QR code card, printed on cardstock, leading to the photo editing website for children
- 1 two-frame comic strip template

Prep Instructions:

- Find **OL QR W4 RESOURCE SHEET 21** on page 17 and print onto cardstock. Cut the sheet into the 4 individual QR Code cards. Distribute 1 individual QR Code cards to each learner.
- Find **OL EDITOR QR RESOURCE SHEET 22** on page 18 and print onto cardstock. Cut the sheet into the 4 individual QR Code cards. Distribute 1 of these individual QR Code cards to each learner.
- Find **OL TWO-FRAME COMIC RESOURCE SHEET 23** on page 19 and print onto regular paper. Distribute 1 comic strip template (each with 3 different templates) to each learner.

Week 5

- QR code card, printed on cardstock, leading to the explanation video for children
- *Ometz Lev* Jar Label, printed on regular paper
- 4 glue dots (see Prep Instructions)
- 1 plastic jar, watertight, at least 8oz (preferably 12oz or 16oz)
- ½ the jar's amount of Softsoap brand liquid hand soap (see Prep Instructions)
 - Ex: 8oz of Softsoap for a 16oz plastic jar
- Fine Glitter (enough for the jar, 2-4 grams – see Prep Instructions)
 - Optional: Large shaped confetti (1-2 grams)
- 1 Crayola brand watercolor color tab (see Prep Instructions)
- 3 zipper-seal bags (snack size)
 - 1 for the glue dots
 - 1 for the watercolor color tab
 - 1 for the glitter

Prep Instructions:

- Find **OL QR W5 RESOURCE SHEET 24** on page 20 and print onto cardstock. Cut the sheet into the 4 individual QR Code cards. Distribute 1 individual QR Code cards to each learner.
- Find **OL JAR RESOURCE SHEET 25** on page 21 and print onto regular paper. If possible, laminate it. Cut the sheet into 4 individual labels and distribute 1 label to each learner.
- Cut glue dot strip into strips of 4 glue dots (also used in *Ometz Lev* Week 2) and place glue dots into a snack size zipper-seal bag. Distribute 1 bag of glue dots to each learner.
- Order empty, clear, plastic jars. 8oz is alright; 12oz or 16 oz preferable. Distribute 1 empty jar to each learner.
 - You may wish to use more of these for *Hesed* Week 3, or you may choose to use another container. Please look at *Hesed* Week 3 in case you wish to order enough of these jars for that future project.
- Order Softsoap-brand, aquarium-style liquid hand soap. (For the activity to be successful, it must be Softsoap-brand.) Distribute enough Softsoap to each learner, equal to ½ the amount of the plastic jar.

OPTIONS FOR DISTRIBUTING SOFTSOAP:

- For a 16oz (or less) plastic jar, order 7.5oz bottles of Softsoap aquarium-style liquid hand soap and distribute 1 bottle to each learner.
- Alternatively (if 7.5oz bottle are unavailable), order a large refill bottle of Softsoap aquarium-style liquid hand soap, along with twist and store liquid food containers. Pour Softsoap into a twist and store container, enough Softsoap to fill ½ the plastic jar, and distribute 1 twist and store container to each learner.
- Order fine glitter. Pour enough glitter to proportionate to the size of the jar (approx. 2-4 grams) into a snack size zipper-seal bag. Distribute 1 bag of glitter to each learner.
 - Optional – In addition to the fine glitter, you may choose to order and distribute some large shaped confetti, as well. Add 1-2 grams into the glitter bag.
- Order Crayola-brand watercolor sets, enough for each learner to get 1 color NOT 1 whole set (brushes do not matter). (For this activity to be successful, it must be Crayola-brand.) Pop out each watercolor tab from the container. Place 1 colored tab into a snack size zipper-seal bag and distribute 1 bag to each learner.

Item	Total Number per Learner	Week Number	Amount per Week per Learner (if more than 1 week)
OPTIONAL: Jack-in-the-Box Such as: https://tinyurl.com/yyambdg7	N/A – 1/teacher	1 – Mifgash (Possibly also 2-5)	
3"x3"x3" Box with a lid Such as: https://tinyurl.com/y4bjuz7n	1 box	1	
ChromaLabel brand 1 ¼" Round Printable Labels These can be found here: https://tinyurl.com/y6gt9rwp	21 stickers	1, 3	Week 1: 9 stickers Week 3: 12 stickers
Animal Finger Puppet Such as: https://tinyurl.com/yyhqe54d	1 finger puppet	1	
Spring with flat bottom, at least 3.5" tall Suggested Spring: https://tinyurl.com/y6rhaqus	1 spring	1	
Glue Dots Such as: https://tinyurl.com/y5pga3jo	10 dots	2, 5	Week 2: 6 dots Week 5: 4 dots
Jumbo Craft Stick Such as: https://tinyurl.com/y22t8dus	1 stick	2	
Plastic Jar, watertight, at least 8oz (12 or 16oz preferred) Such as: These 16oz jars: https://tinyurl.com/y2x2sax6 These 12oz jars: https://tinyurl.com/yy69m49t These 8oz jars: https://tinyurl.com/y3l2gak8	1 jar	5	
Softsoap brand Liquid Hand Soap NOTE: MUST be Softsoap-brand for the activity to be successful. ¹ Use the Softsoap website to find the recommended Aquarium-style soap, then scroll to the "Where to Buy" section: https://tinyurl.com/y2zgmfkj	Enough for ½ the jar	5	
Glitter	Enough for the jar, approx. 2-4 grams	5	

¹ <https://preschoolinspirations.com/6-ways-to-make-a-calm-down-jar/>

Such as: https://tinyurl.com/yx8t6l3d OPTIONAL: In addition to the glitter, large shaped confetti Such as: https://tinyurl.com/y5htqlb3	(1-2 packets in the link)		
Crayola brand watercolor color tab NOTE: MUST be Crayola brand watercolor color tabs for the coloring of the water to be successful. ² Such as: https://tinyurl.com/y6phl94u	1 tab	5	
String or Twine (if it doesn't come with the box)	Enough to wrap around the box to seal it	1	
Standard Tape in a disposable dispenser (similar to Scotch brand Magic Tape)	1 roll in a dispenser	1	
Zipper-seal Bags Snack Size	6 bags total	1, 2, 5	Week 1: 2 bags Week 2: 1 bag Week 5: 3 bags
Cardstock	1.5 sheets	1-5	Week 1: ¼ sheet Week 2: ¼ sheet Week 3: ¼ sheet Week 4: ½ sheet Week 5: ¼ sheet
Copy Paper	7 sheets	1, 3-5	Week 1: ¼ sheet + 3 small blank pieces of paper (about 1/8 sheet each) Week 3: 1 sheet Week 4: 2 sheets Week 5: ¼ sheet

² <https://preschoolinspirations.com/diy-liquid-watercolor/>

Ometz Lev

Label to put on the box or bag.

אִמְצַ לֵב



Ometz Lev

Inner Strength

אִמְצַ לֵב



Ometz Lev

Inner Strength

אִמְצַ לֵב



Ometz Lev

Inner Strength

אִמְצַ לֵב



Ometz Lev

Inner Strength

OL W1 QR CODE



Ometz Lev week 1



Pop-up box label

אִמְץ לֵב
Ometz Lev
Inner Strength

Pop-up box label

אִמְץ לֵב
Ometz Lev
Inner Strength

Pop-up box label

אִמְץ לֵב
Ometz Lev
Inner Strength

Pop-up box label

אִמְץ לֵב
Ometz Lev
Inner Strength



Week 1

box stickers



Week 1

box stickers



OL W2 QR CODE



Ometz Lev sign for the your video

Cut all the way around. Fold in half. Glue the craft stick inside.
Glue the edges of the rectangle together.



אָמֶץ לֵב

Ometz Lev



Inner Strength

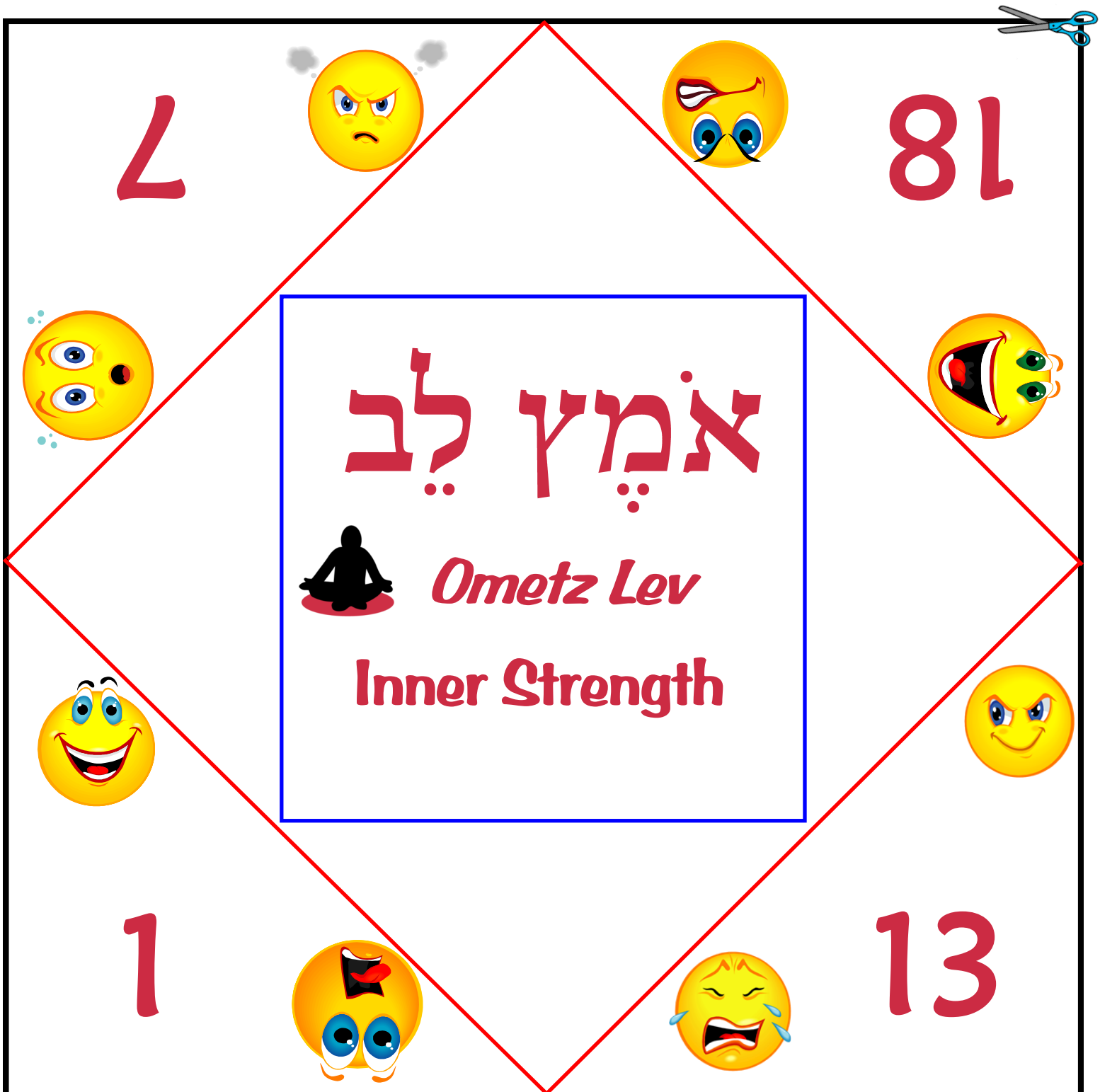
OL W3 QR CODE



Ometz Lev Tool Finder

Cut out the large square. Follow along in the video to make this a fortune teller.

Finish this with your *ometz lev* tool stickers.





going for a walk



listening to music



hugging a lovey



counting to 10



deep breathing



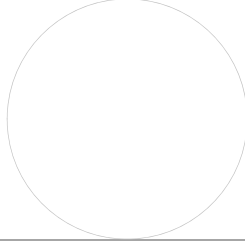
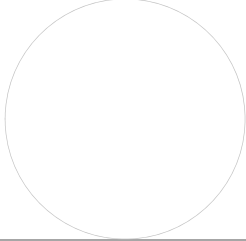
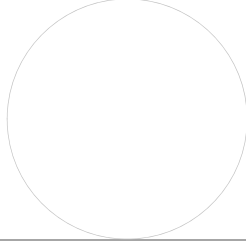
drawing



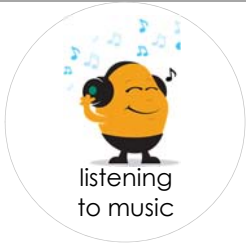
sitting quietly



go to your sukkat shalom



going for a walk



listening to music



hugging a lovey



counting to 10



deep breathing



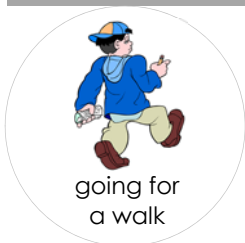
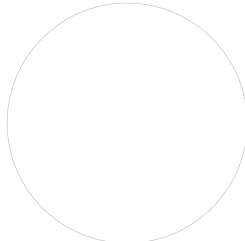
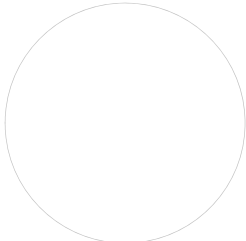
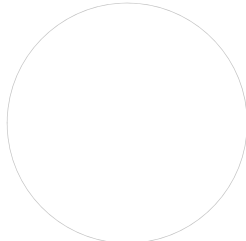
drawing



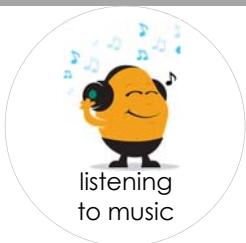
sitting quietly



go to your sukkat shalom



going for a walk



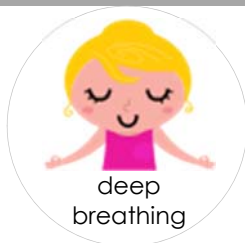
listening to music



hugging a lovey



counting to 10



deep breathing



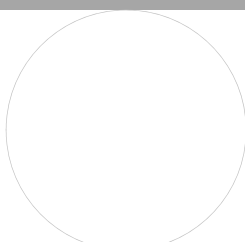
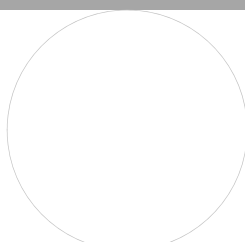
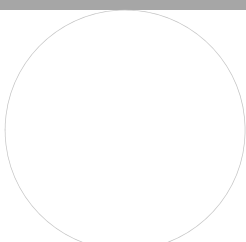
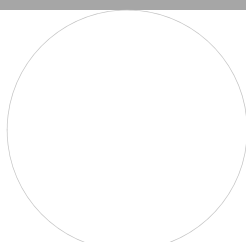
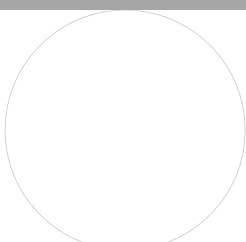
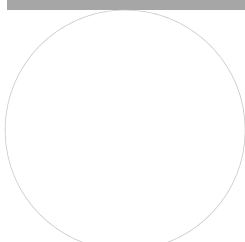
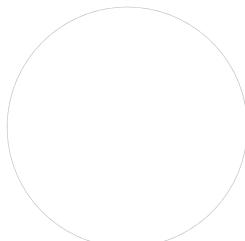
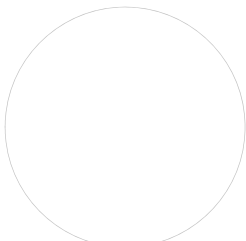
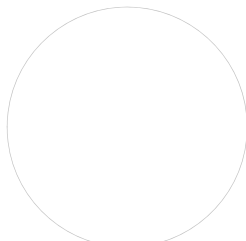
drawing



sitting quietly



go to your sukkat shalom



OL W4 QR CODE



OL EDITOR QR CODE

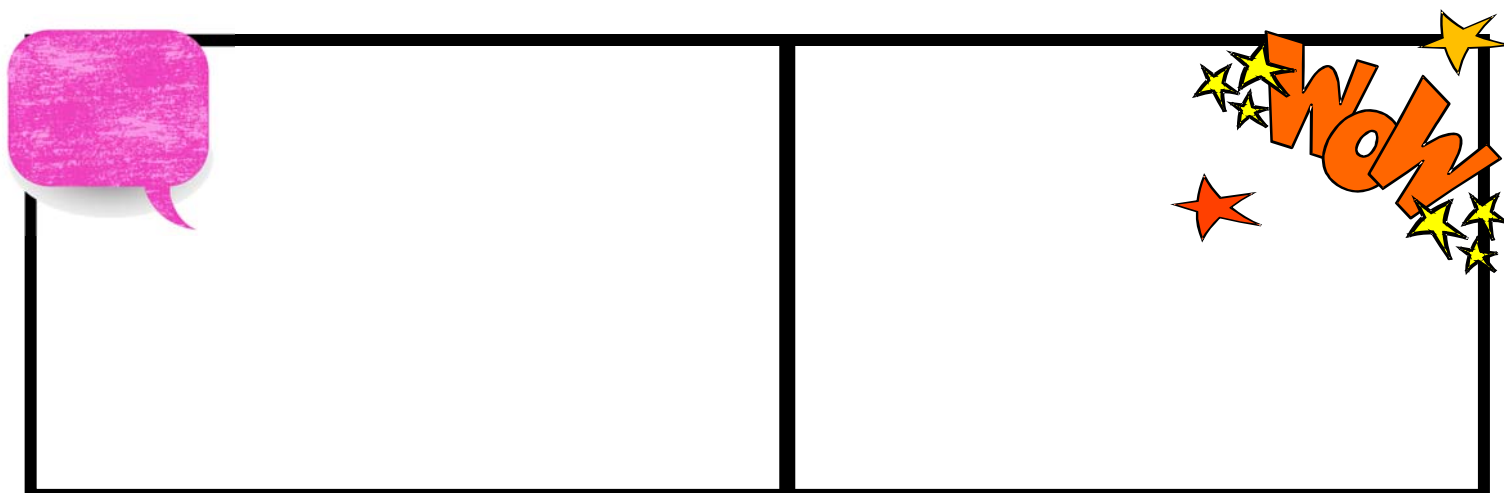
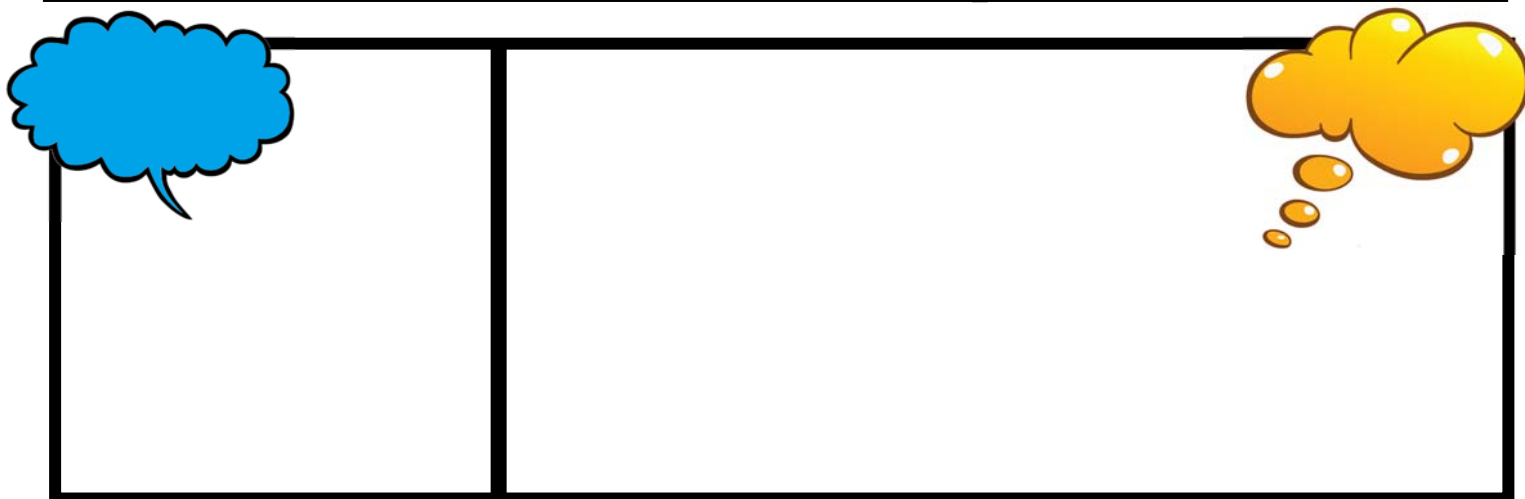
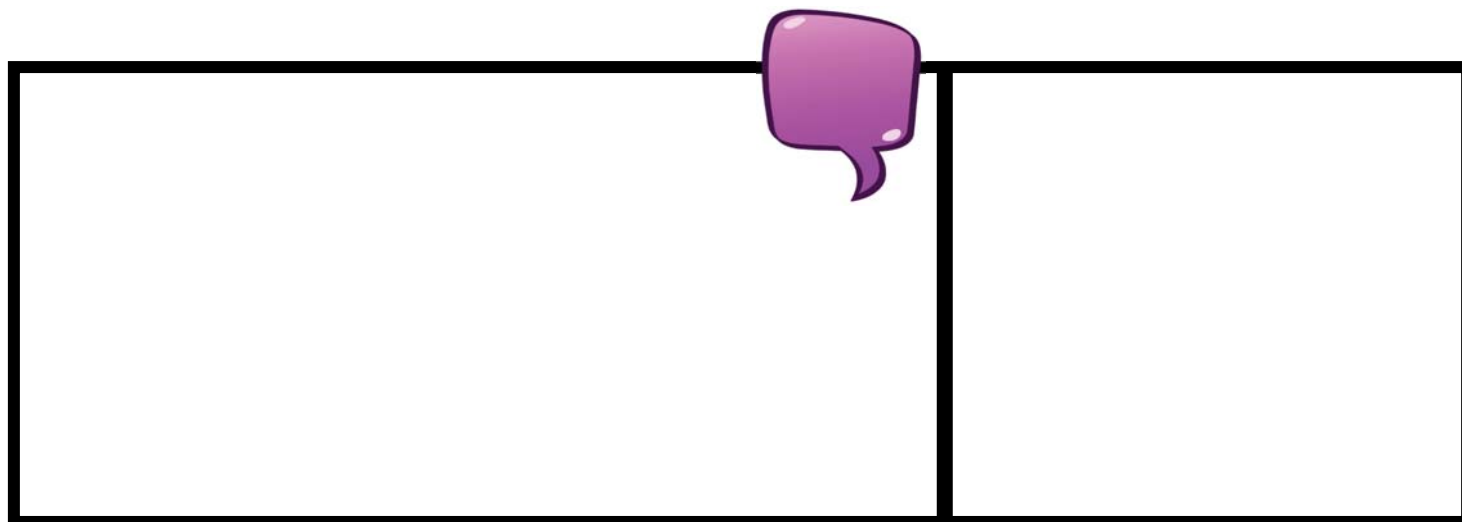


Ometz Lev - אִמְץ לֵב



What Do You Look Like When...??

Use one of these side-by-side collage templates or create your own!



OL W5 QR CODE





Ometz Lev week 5

Glitter jar label



Glitter jar label



Glitter jar label



Glitter jar label

