

# אִמְץ לֵב


## OMETZ LEV

### Challenge # 1 - Character Cards

**You will make and play a game about *ometz lev*. Today, you will create character cards. First, let's choose the characters!**

- 1 Think of a few examples of people from books, movies, Jewish stories, or history who faced Big Feelings moments that did or could benefit from using their *ometz lev*, inner strength.
  - Examples: Moses from the Torah, Dorothy in *The Wizard of Oz*, or a historical person like Martin Luther King Jr.
- 2 Use the template provided (or make your own) to create character cards for 2-3 character examples.
- 3 On each card, introduce the person and share some of their strengths and needs.
  - Strengths: what are they good at? what do they do well?
  - Needs: what might they need help with? what problems do they face?
- 4 Don't forget to hold on to your cards for the next challenges!



For example,  
Moses's card  
might look like this:

JEWISH CHARACTER	
	NAME: _____
	Moses
	
Strength:	<u>being a good leader</u>
Need:	<u>sometimes ask for help</u>

See page 2 for a character card template.


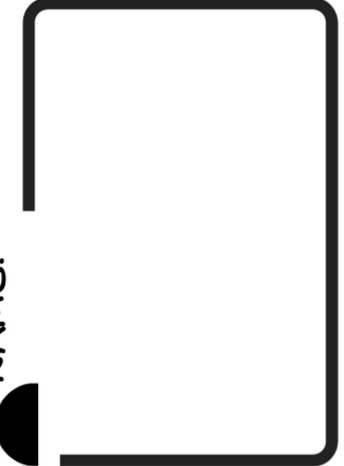


JEWISH CHARACTER  
NAME: \_\_\_\_\_



Strength: \_\_\_\_\_  
Need: \_\_\_\_\_

TV/MOVIE/BOOK CHARACTER  
NAME: \_\_\_\_\_



Strength: \_\_\_\_\_  
Need: \_\_\_\_\_

JEWISH CHARACTER  
NAME: \_\_\_\_\_



Strength: \_\_\_\_\_  
Need: \_\_\_\_\_

TV/MOVIE/BOOK CHARACTER  
NAME: \_\_\_\_\_



Strength: \_\_\_\_\_  
Need: \_\_\_\_\_

JEWISH CHARACTER  
NAME: \_\_\_\_\_

Strength: \_\_\_\_\_  
Need: \_\_\_\_\_

TV/MOVIE/BOOK CHARACTER  
NAME: \_\_\_\_\_

Strength: \_\_\_\_\_  
Need: \_\_\_\_\_

## INSTRUCTIONS

Think of a few examples of people from books, movies, Jewish stories, or history who faced Big Feelings moments that did or could benefit from using their ometz lev, inner strength. On each card, introduce the person and share some of their strengths and needs. Cut them out. **[If you can't print, use these as an example to draw your own on index cards or pieces of paper.]**



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## OMETZ LEV

### Challenge # 2 - *Ometz Lev* Toolbox

If your character faced a **Big Feelings** moment, how might they have used their *ometz lev*? What tools might they have to choose from?

**Create a toolbox:** Make 3 *ometz lev* tool cards and 3 NOT *ometz lev* tool cards for at least one of your characters, using the card template on page 2. These tool cards will be used for game play next week.

- An *ometz lev* tool is something the character could do that uses their inner strength to react calmly and appropriately, like Jack-in-the-Box slowly and carefully opening up.
- A NOT *ometz lev* tool is a choice a character could make that is destructive or could potentially hurt others, like Jack-in-the-Box exploding out!

For example, Moses's cards might look like this:



See page 2 for a toolbox template.










**Instructions:**

Make 3  
ometz /ev tool  
cards and 3  
NOT ometz /ev  
tool cards for at  
least one of  
your characters.  
Cut them out.

[If you can't print, use  
these as an example  
to draw your own on  
index cards or pieces  
of paper.]



 OMETZ LEV TOOL <hr/>	 <b>NOT</b> OMETZ LEV TOOL <hr/>
 OMETZ LEV TOOL <hr/>	 <b>NOT</b> OMETZ LEV TOOL <hr/>
 OMETZ LEV TOOL <hr/>	 <b>NOT</b> OMETZ LEV TOOL <hr/>

**CHARACTER TOOL BOX** 

# אִמֶץ לֵב

## OMETZ LEV

### Challenge # 3 - Play the *Ometz Lev* Game!

**It's time to play the game! Here's how:**

- 1 Choose one of your character cards to play first.
- 2 Select a situation for your character by visiting this website:

<https://tinyurl.com/yxf8f8jf>



- 3 Shuffle your toolbox deck to pick one of your *ometz lev* choice cards at random.
- 4 Put them all together! Think through the story, add your own details.
  - *This is my character. They are really strong at some things, and need help with others.*
  - *This is their situation which caused Big Feelings.*
  - *This is the ometz lev tool they choose to use.*
  - *If they use this ometz lev tool to react, what happens? Did the character make the right choice?*
- 5 Go back to step 1 and choose a different *ometz lev* card to play it out differently, or select a new random situation. Repeat as many times as you want.
- 6 See page 2 for instructions of how to share.



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## OMETZ LEV

### Challenge # 3 - Play the *Ometz Lev* Game!

Share the game with your cohort on Flipgrid. Record a video of yourself telling the story of your character.

In your video, be sure to include:

- **Telling the story:** Who is your character? What situation gave them Big Feelings? What *ometz lev* (or NOT *ometz lev*) tool did they choose? What happens to the character if they make this choice?
- **Using their *ometz lev*:** How might the character feel in this Big Feelings moment? How would their actions impact others around them? Did the character make the right choice from their toolbox?

Record your video and share to Flipgrid.

The logo for Flipgrid, featuring the word "Flipgrid" in white text on a green speech bubble background.

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## OMETZ LEV

### Challenge # 4 - Your own *ometz lev*

Like your character, sometimes you might find yourself in a moment of Big Feelings and need to use an *ometz lev* tool.

- 1 **Make** your own **character card**, along with your own ***ometz lev* toolbox**:

**3 *ometz lev* tools and**  
**3 NOT *ometz lev* tools**

- 2 **Think** of 3-4 **Big Feelings moments** you've experienced where you needed *ometz lev*. Or, make up imaginary Big Feelings moments.

On the **situation card** template, write each Big Feelings moment.

(Maybe one of the random scenarios from week 3 reminded you of something? Or you could imagine it happening to you?)

**See page 2 for the templates.**

**Then, share your cards to Flipgrid.**


**Flipgrid**










# Instructions:

- Make your character card.
- Make 3 ometz lev tool cards.
- Make 3 NOT ometz lev tool cards.
- Make 3-4 situation cards.
- Cut them out.


[If you can't print, use these as an example to draw your own on index cards or pieces of paper.]

  
**MY TOOL BOX**




 OMETZ LEV TOOL	 <b>NOT</b> OMETZ LEV TOOL
 OMETZ LEV TOOL	 <b>NOT</b> OMETZ LEV TOOL
 OMETZ LEV TOOL	 <b>NOT</b> OMETZ LEV TOOL


you


**NAME:**  \_\_\_\_\_


Strength: \_\_\_\_\_

Need: \_\_\_\_\_

 **SITUATION:**

 **SITUATION:**

 **SITUATION:**

 **SITUATION:**



אִמֶּץ לֵב

## OMETZ LEV

### Challenge # 5 - Your own *ometz lev*

**Play the game again, this time using your own character & toolbox.**

- 1 Shuffle** your decks, and select a situation card and tool card.
- 2 Think** about what might happen and how you reacted after each round.  
*Was that the right tool for this situation?  
Why or why not?*
- 3 Play** as many rounds as you want.
- 4 Share:** Make a video (similar to week 3) in which you tell the story, explain the situation and tell us about your reaction.
  - *What Big Feelings would you have in this situation?*
  - *Which tool did you wish you had selected but didn't?*
  - *What might happen if you used a NOT ometz lev tool?*

**Record a video and share it on our Flipgrid.**

Flipgrid

