

גְבוּרָה

G'VURAH

Family Schmooze # 1

Family Schmooze offers a set of open-ended questions that may be discussed around the dinner table, in the car, or anywhere you are together. If there is more than one child in your family, the discussion will bridge the learning and thinking between younger and older, older and younger.

Each week we will be exploring *g'vurah*, a Hebrew word we are translating as one's power or strength used for good. There are plenty of superheroes who use their power for good, but there are certainly others who have power, but do not use it as *g'vurah*.



In this first session of this new module, your children began collecting examples of *g'vurah*. Any time you and your child read a book together, watch a tv show or enjoy a movie, feel free to schmooze about characters that use their *g'vurah* for good. Ditto for identifying real life examples - of those in your family or people you encounter who tap into their *g'vurah*.



ALSO: Know that each week we will spotlight a few children, sharing stories of their *g'vurah*. To support this, we have a request of our adults - identify a time when your child used *g'vurah*, their power and strength, for good. Share the story with your child, with special emphasis on what you identify as *g'vurah*. Beginning next week, children will identify their own *g'vurah*, their own power and strength used to benefit others. While we hope each child will be able to retell their *g'vurah* story independently, details sometimes get garbled. So, we ask that you go to our class's Flipgrid account and share the story, possibly with your child helping with the telling. That will enable us to either support your child in the telling, or use the video during our session. If you have questions, please be in contact.



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Family Schmooze # 2

This week, children each shared a story of a time when they helped another person. Then, *k'vutzah* members gifted each child one or more *g'vurah* qualities they heard in their story.



As you move through the next few days, look for times when your child's *g'vurah* comes shining through - when they use their strength and power for good. Let your child know that you see *g'vurah*; schmooze together about the personal qualities brought to the situation, how they helped others, and how they feel about that effort.



BONUS: If you are looking for a good book to read with a child ages 5-8, consider *Chicken Man*, by Michelle Edwards (it was a PJ Library selection in 2017). It takes place several decades ago on a *kibbutz* (a collective farm in Israel) and focuses on Rudy, a person whose *g'vurah* is making the best of a situation he'd rather not be in.



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Family Schmooze # 3

Children have been expanding their understanding of *g'vurah*. This week they listened to a story shared by a guest and identified the *g'vurah* our virtual visitor shared. Their task is to create a story of *g'vurah* - we're looking forward to interesting creativity!



As a family, besides continuing to identify moments of *g'vurah*, it would be interesting to schmooze about feelings around *g'vurah*:

- When is it easy to use one's special powers to help others?
- When is it hard to use *g'vurah* for good?

Another option is to create a long list of the kinds of *g'vurah* everyone has in the family and then consider when it would be helpful to share (or "gift") power between members. There are times when one person can't find their own *g'vurah*, but someone else could share theirs to be helpful. If you have time and energy, this kind of list would be great to "translate" into an art project of your family's choosing.



BONUS: This week, children ages 10+ might enjoy reading, *Boys of Steel: The Creators of Superman*, by Marc Nobleman (both the writer and artist were Jewish). Looking for something interesting to read for yourself? Consider Harry Brod's book, *Superman is Jewish? How Comic Book Superheroes Came to Serve Truth, Justice and the Jewish-American Way*.



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Family Schmooze # 4

As you probably heard from all the banging and noise, we had a great session finding out what happens when people join their *g'vurah* with others.



Based on family stories and experiences, you might schmooze about times when your child(ren) may have either seen the combined strength of *g'vurah* in the family OR, if you discuss the news, examples from recent events that your child(ren) are familiar with.

Also, you may wish to make a request during the week like, "_____, my *g'vurah* isn't strong enough for _____. Can you join your *g'vurah* with mine?"



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Family Schmooze # 5

Our *k'vutzah* focused on a variety of communication tools that help smooth the way for using one's *g'vurah*, one's power and strength, for good. We viewed the segment of this video between 1:34 and 3:03: "The Purim Story in 4 Minutes: Go Esther!" <https://tinyurl.com/y6z6zwez>

Children learned that, at least in this version of the Purim story, Queen Esther used the following tools to speak truth to power:

- Sought advice from someone (Mordecai)
- Pumped herself up for the task
- Set up the right time and place to have the conversation (or confrontation)
- Spoke nicely with a calm voice ("Dear King")
- Used I statements ("That means that I... " or "I am standing up for what I believe...")
- Followed (stayed true to) her beliefs



This week, you might schmooze at the times your child is trying to use their strength and power for good, about ways to use one of Esther's tools (or any others you offer). A superhero can just jump in and save the day, but even they stop and think about the way to best use their *g'vurah*.

