

Session 5: How can I build a world of hesed?

The focus:

Teacher preparation:

Make a Kahoot game [Kahoot.com] for your learners using the questions provided on RESOURCE SHEET B. We would have made a full game for you, but you need to control the game from your end and may want to add (or substitute) some questions that use local examples. A tech-savvy *madrich/madrichah* can put it together for you.

Open on your computer:

- Your Kahoot game.

FOR LAUNCHING AT-HOME LEARNING:

- Open on your computer (available on the *La-bri'ut* website)
 - Lower Elementary Box InstructionsVideo
 - Upper Elementary Challenge Video

The session:

1) GREETINGS/CHECK-IN (3 min)

Teacher's choice, though it would be helpful to ask children to share a hesed that they saw or did since that last session.

2) REFLECTION/COMMUNITY-BUILDING (7 min)

OPTION: Have a song leader come and teach children the song, *Olam Hesed Yibaneh* ("The world will be built on hesed") <https://tinyurl.com/y6tm94oz> (note that the song builds from a soft starting point, to strong and pounding)

OPTION: Teacher's choice

3) NEW CONTENT (15 min)

a) REVIEWING THE DEFINITION OF HESED

- i) Kahoot! We have been saving this game for last! Create a game using the questions and images on RESOURCE SHEET B. A tech-savvy *madrich* or *madrichah* (aren't they all techies?) can help you do this. So there are not last minute disappointments, communicate in advance to parents about the game so that children are set up to play (see the note on page 31, above).

As you play, use each question as an opportunity to review ideas discussed during this module – make a comment or open a conversation after each one.

b) **QUESTIONS FOR THOUGHT (AND ACTION!)**

Challenge children to think of ways they can and will build the world with hesed.

- What will they try and accomplish over the summer?
- How will they bring to life some of the ideas they learned in the earlier modules?

4) LAUNCHING AT-HOME LEARNING (5 min, ideally in breakout rooms)

- a) **Lower elementary** (those with the activity box) – This week, learners have the opportunity to plan for the future, continuing to do acts of hesed. Using the provided pegboard, accessories and labels, learners create their own hesed project board. They use the board by first picking a hesed activity card, along with a timing card. Then, learners get to try to complete that hesed activity in the timeframe chosen. When that project is done, they choose a new hesed activity with a new timeframe and so-on. Learners should take a photo of their completed hesed board that is set up with the project they chose first and post it on Flipgrid.
- b) **Upper elementary** (those with the video challenge) – Share the video that introduces the fifth at-home challenge or ask learners to watch on their own at home. Then, using screen-share, introduce learners to the Hesed Challenge Card #5.

This week, learners record a “grower’s guide” video that accompanies their seed packet. The video explains how they and their viewers could partner together to grow a world of hesed.

FAMILY SCHMOOZE:

This week, the final one in the hesed module, children were challenged to consider ways of building the world with hesed. And it’s not just about hesed, per se. It’s about attention to

- Creating *sukkat shalom*, a shelter of peace and safety, for oneself and for others
- Calming BIG FEELINGS by tapping into one’s *ometz lev* to create a calmer environment
- Using one’s *g’vurah*, power and strength, for good
- Tapping into one’s social connections to build a stronger *k’hillah*, community
- And of course, going above and beyond by finding ways not just to be kind, but to do hesed for others

We hope that you continue schmoozing with your child, finding ways to keep building and strengthening their toolbox. Someone once said that Jewish education is the process of becoming, in dialog with Jewish tradition. This year has brought that concept to life in very powerful ways for us who wrote this curriculum, for us who taught it, and we hope for you and your child, as well.

May we all go from strength to strength, in health and wellness. *La-bri’ut!!*

Amen!

FOLLOW-UP DURING THE WEEK

- Immediately after the session send upper elementary children and parents a link to the challenge video so they may watch it again AND send lower elementary parents a link to the box instructions video to share with their child.
- Send a check-in note to parents; include the Family Schmooze page
- Remind students to share their work on Flipgrid
- Respond to children's postings, especially encouraging them to "keep the powerful work!" over the summer and into next year.

RESOURCE SHEET B: SUGGESTED QUESTIONS FOR KAHOOT GAME

Here are some suggested questions about hesed with their correct answers. They are Yes/No questions so that the early readers can play along. When you set up your own game, use the Kahoot image library to illustrate each question.

1. Is hesed the name of a city in Israel?
 - a. Yes
 - b. No

2. Is it hesed if you offer to play with a fussy baby sister so your parent can make dinner?
 - a. Yes
 - b. No

3. Is it hesed if your job on the family chart is to sweep after dinner ... and you sweep!
 - a. Yes
 - b. No

4. Is it hesed if you do what your teacher asked and you spend 20 minutes practicing the violin?
 - a. Yes
 - b. No

5. Is it hesed if you tie your shoe with a double-knot?
 - a. Yes
 - b. No

6. Is it hesed if you go after school for a few days to help a young neighbor learn to tie her shoe?
 - a. Yes
 - b. No

7. Is it hesed if you and some friends spend an afternoon talking with older people about their life as a child?
 - a. Yes
 - b. No

8. Is it hesed if you eat all your peas?
 - a. Yes
 - b. No

9. Is it hesed if you hug your whimpering dog during a thunderstorm?
 - a. Yes
 - b. No

10. Can you recognize a hesed hero by their red cape?
 - a. Yes
 - b. No

11. In a “world of hesed” would we be allowed to eat ice cream for breakfast every day?
 - a. Yes
 - b. No

12. After he marched with Martin Luther King, did Rabbi Abraham Joshua Heschel say that his feet hurt?
 - a. Yes
 - b. No

13. Does *La-bri'ut* mean “To health and wellness?”
 - a. Yes
 - b. No