

TON HESED

Family Schmooze # 5



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!*

