



## לְבָרִיאוֹת LA'BRI-UT: TO OUR HEALTH AND WELLNESS

*Relevant and compelling content that supports elementary age learners and their families at this unprecedented moment in time!*

### CONTENT:

- The curriculum is built on Jewish values that stand on their own, but also complement five caregiving principles that support recovery for those who experience trauma, such as the challenges emanating from the pandemic. Each module aligns with one Jewish value and one caregiving principle
  - **Sukkat Shalom** (*shelter of peace*) - A sense of safety
  - **Ometz Lev** (*inner strength*) - A sense of calm
  - **G'vurah** (*courage*) - Self- and communal-efficacy
  - **K'hillah** (*community*) - Social connectedness
  - **Hesed** (*loving kindness*) - Hope attained by reaching out to assist others
- The year's learning is also framed by this text from *Pirke Avot*:
  - If am not for myself, who will be for me?
  - If I am only for myself, what am I?
  - If not now, when?

### FORMAT:

- Five values-based learning modules each offer five weeks of learning (note that the year begins with 1-3 introductory weeks).
- The hybrid model is both synchronous (a weekly 20-30 minute virtual meeting) and asynchronous (hands-on, at-home activities & challenges). Pop-up gatherings are scheduled as desired by the educational program.
- Family involvement is encouraged with weekly conversation starters ("Family *Schmooze*") between siblings of diverse ages and the adults in the home.
- The learning approach is inspired by the principles of problem-based learning and experiential education.
- The curriculum engages numerous modalities and formats, including both tech-free and online options.
  - Lower-elementary age children engage with activity boxes that bring the values to life through exploration and play.
  - Upper-elementary age children tackle weekly challenges with a heavy emphasis on problem-solving and creativity.

## AUDIENCE:

- As developed, kindergarteners through sixth graders learn in family-based cohorts of 8-10.
- However, cohorts of 8-10 learners may each be grouped according to the desires of the educational program: children from 3-6 families, from local neighborhoods, by grade clusters, or from one grade level.

## THE FREE-TO-DOWNLOAD CURRICULUM INCLUDES:

- Detailed support for all five modules:
  - A two minute video overview of each module's content and weekly progression
  - Written curriculum guide
  - Resource sheets (eliminating the need to scour the internet for suggested materials!)
  - For the lower elementary activity boxes:
    - Shopping lists of materials - items are purchased, assembled and delivered by the educational program
    - Short videos that explain that week's activity so young children may accomplish the tasks relatively independently
  - For the upper elementary challenges:
    - Weekly videos that explain the week's tasks, promoting independent work
    - Printable "Challenge Cards" for children, offering clear instructions
- Additional resources, including links to websites, suggestions of complementary, age-appropriate books or music, "Family *Schmooze*" information, and more.
- Professional development opportunities for educators and teachers, and an online platform for continued conversation in a community of practice

## POTENTIAL ADAPTATIONS:

- Communities could use all 25+ weeks in the planned order, or choose an arrangement to match their goals and calendar.
- This curriculum is easily taught in parallel with other community-building activities and curricular content (e.g., Hebrew and *t'fillah*).
- Optional midweek cohort meetings or teacher "office hours" may be scheduled to support children needing assistance with activities/challenges.
- Teen assistants may assist with technology, take a role with facilitation, or support learners through virtual office hours.
- Materials for activity boxes may be adapted to fit budget realities.
- An educational program could supplement some of the *mifgash* with materials from its own community (such as photos, stories, or special guests).

**Website:** <https://jec-tohealthcurric.weebly.com/>

**Facebook Group:** <https://www.facebook.com/groups/jectohealthcurric>

**La'bri-ut: To Our Health and Wellness**  
is available at no charge,  
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