

# אִמֶּץ 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:   | being a good leader    |
| Need:   | sometimes ask for help |

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.]**

