

אָמֶץ לֵב

## OMETZ LEV

### Challenge # 3 - Play the *Ometz Lev* Game!

**It's time to play the game! Here's how:**

- 1 Choose one of your character cards to play first.
- 2 Select a situation for your character by visiting this website:

<https://tinyurl.com/yxf8f8jf>



- 3 Shuffle your toolbox deck to pick one of your *ometz lev* choice cards at random.
- 4 Put them all together! Think through the story, add your own details.
  - *This is my character. They are really strong at some things, and need help with others.*
  - *This is their situation which caused Big Feelings.*
  - *This is the ometz lev tool they choose to use.*
  - *If they use this ometz lev tool to react, what happens? Did the character make the right choice?*
- 5 Go back to step 1 and choose a different *ometz lev* card to play it out differently, or select a new random situation. Repeat as many times as you want.
- 6 See page 2 for instructions of how to share.



אֶמֶץ לֵב

## OMETZ LEV

### Challenge # 3 - Play the *Ometz Lev* Game!

Share the game with your cohort on Flipgrid. Record a video of yourself telling the story of your character.

In your video, be sure to include:

- **Telling the story:** Who is your character? What situation gave them Big Feelings? What *ometz lev* (or NOT *ometz lev*) tool did they choose? What happens to the character if they make this choice?
- **Using their *ometz lev*:** How might the character feel in this Big Feelings moment? How would their actions impact others around them? Did the character make the right choice from their toolbox?

Record your video and share to Flipgrid.

The Flipgrid logo is a green speech bubble with the word "Flipgrid" in white text.