

אֶמֶץ לֵב

OMETZ LEV

Challenge # 4 - Your own *ometz lev*

Like your character, sometimes you might find yourself in a moment of Big Feelings and need to use an *ometz lev* tool.

- 1 **Make** your own **character card**, along with your own ***ometz lev* toolbox**:

3 *ometz lev* tools and
3 NOT *ometz lev* tools

- 2 **Think** of 3-4 **Big Feelings moments** you've experienced where you needed *ometz lev*. Or, make up imaginary Big Feelings moments.

On the **situation card** template, write each Big Feelings moment.

(Maybe one of the random scenarios from week 3 reminded you of something? Or you could imagine it happening to you?)

See page 2 for the templates.

Then, share your cards to Flipgrid.

Flipgrid




Instructions:

- Make your character card.
- Make 3 ometz lev tool cards.
- Make 3 NOT ometz lev tool cards.
- Make 3-4 situation cards.
- Cut them out.


[If you can't print, use these as an example to draw your own on index cards or pieces of paper.]

MY TOOL BOX




OMETZ LEV TOOL

NOT




OMETZ LEV TOOL




OMETZ LEV TOOL

NOT




OMETZ LEV TOOL



OMETZ LEV TOOL

NOT




OMETZ LEV TOOL

NAME: _____


you

Strength: _____

Need: _____

 SITUATION:

SITUATION:

A large, empty rectangular box with a thick black border, intended for a student to draw a situation. It occupies the majority of the page area.

SITUATION:

SITUATION:

[Large empty rectangular box for drawing a situation]