

אֶמֶץ לֵב

OMETZ LEV

Family Schmooze # 2

Last week, your child was introduced to Big Feelings. This week we explored how Moses at the burning bush and Miriam after crossing the Sea of Reeds both used *ometz lev* (inner strength) to use the moment to make a good behavior choice.

This week, you might help your child realize when a Big Feelings Moment has arisen and identify it as a time to use their *ometz lev* to stop and think about next steps, just as Moses and Miriam did.



Consider discussing:

- How do you know when you're having a Big Feeling?
- How can I (the parent/caregiver/adult) help you in a Big Feeling Moment to use your *ometz lev* to make a good behavior decision?



BONUS: You may be familiar with "Miriam's Song," by Debbie Friedman, which catches the exuberance of Miriam and the women dancing once they crossed safely over the Sea of Reeds. This link is of Debbie singing the song at a summer camp almost 30 years ago:
<https://tinyurl.com/y5879smy>. Enjoy!

