

אֶמֶץ לֵב

OMETZ LEV

Family Schmooze # 3

This week, we spent time exploring a variety of tools that anyone can use when faced with a Big Feelings moment. We saw that both Moses at the burning bush and Miriam after crossing the Sea of Reeds used their *ometz lev* to choose a tool. On the other hand, Moses smashed the Ten Commandments in anger when he saw the golden calf; he did not use his *ometz lev* when faced with a Big Feeling moment.

Here are the tools we specifically talked about – half are to help one calm down and half help someone make a good choice.

- Taking deep breaths
- Closing one's eyes
- Finding a quiet space
- Asking for advice
- Praying to God
- Making a list of three good choices
- Thinking about the problem



Which would be helpful to your child? What other ones would you add to the list? When might you refer to the *ometz lev* tools this week?

For those of you with older children, ask to see the game they have been playing this week.

