

אִמֶּץ לֵב

OMETZ LEV

Family Schmooze # 4

This week we learned how the people in Billings, Montana used their *ometz lev* to deal with Big Feelings that arose when a Jewish family found a brick thrown through a window at Hanukkah time. The citizens of Billings joined together as a community and showed that they would not let hate happen in their town (ask your child what amazing thing people from Billings did!).

We looked at the different tools the people used when faced with Big Feelings. However, know that in the version told your children, some details were added to help them catch the Big Feelings and learn some additional *ometz lev* tools; “taking deep breaths” or “making a list” were not part of the real occurrence.

- How can your child plan ahead to use their *ometz lev* tools? Check last week’s Family Schmooze for a list.
- How can you help your child choose an appropriate tool for the situation?

