

אִמֶּץ לֵב

OMETZ LEV

Family Schmooze # 5

You know those popular glitter jars? The ones that have glitter, confetti and sometimes other small items that swirl when shaken? Today, we used a glitter jar as a way to explain how our brains behave when impacted by Big Feelings – it is near-to-impossible to make choices or move ahead when one's glitter is swirling. But, by tapping into one's *ometz lev*, one's inner strength, the glitter has an opportunity to calm itself. Younger children will be making a glitter jar this week to use as a tool when Big Feelings arise. For those of you with older children, you can find a foolproof recipe here: <https://mamainstincts.com/foolproof-calm-bottle/>

Hopefully, now that we're at the end of the *Ometz Lev* module your child has the ability to recognize Big Feeling moments and even identify the times when Jewish heroes from our past became highly emotional. Indeed, Jews past and present have handled their Big Feelings well and not so well – it is hard to make good decisions all the time. But both your child and you have been gifted an *ometz lev* toolbox to help in times of high emotionality. Your child could find a quiet space like Moses when overwhelmed by all he saw at the burning bush, or dance like Miriam when “beyond-excited.”

Ideally, your family schmoozes this week will help your family tap into this new toolbox.

