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# Bridging the Gap between Shul and Home: Courage Edition

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Meeting 3: January 31, 2017



RECONSTRUCTIONIST LEARNING NETWORKS

# Goals for Today

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- Define the value of courage/*ometz Lev*
- Develop material to be used in your community around the idea of courage/*ometz Lev*
- Think of new spaces we could move this concept into
- Discuss the best way to distribute material

# Connection

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- Name
- How do you define *courage/ometz lev*?
- Feel free to share an example of a time you or someone else displayed *courage/ometz lev*

# Text Study: Defining courage/*ometz lev*

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## Courage

*Noun*

- The ability to do something that frightens one
- Strength in the face of pain or grief

Synonyms: bravery, courageousness, fearlessness, daring, boldness

## Ometz

*Noun*

- Bravery, courage, valor, “guts”

## Lev

*Noun*

- Heart

- Do you agree with these definitions
- How are the English and Hebrew words used to describe this midah similar and different?
- Are there other ways you would like to define courage based on our shared definitions of courage?
- Why “courage of the heart?”

# Text Study: Defining courage/*ometz lev*

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## Noteable Characters of Courage:

- Nachshon
- Moses
- Yocheved
- Dorothy of Wizard of Oz
- David and Goliath
- Harry Potter vs Voldemort
- Spies exploring the land

A man walking on a road saw a pack of dogs and felt afraid of them, so he sat down in their midst.

-Genesis Rabbah 84:5

■ How do they demonstrate courage?

■ What do they do that classifies them as courageous?

# Text Study: Defining courage/*ometz lev*

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## 1. Feeling Fear Yet Choosing to Act

I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear — Nelson Mandela

## 2. Following Your Heart

“Passion is what drives us crazy, what makes us do extraordinary things, to discover, to challenge ourselves. Passion is and should always be the heart of courage.” — Midori Komatsu

## 3. Persevering in the Face of Adversity

Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow. — Mary Anne Radmacher

## 4. Standing Up for What is Right

From caring comes courage. — Lao Tzu

Anger is the prelude to courage. — Eric Hoffer

## 5. Expanding Your Horizons; Letting Go of the Familiar

Life shrinks or expands in proportion to one's courage. — Anais Nin

## 6. Facing Suffering with Dignity or Faith

“There is no need to be ashamed of tears, for tears bear witness that a man has the greatest of courage, the courage to suffer.” — Frank



# What is Pop Up Learning?

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**We must broaden our understanding about where and when children learn....Whether in conversation over dinner or on a swing at the playground**

Families support child's interests, rituals, and curiosities for learning:

Family engagement in anywhere, anytime learning (Pop-up) involves the support that families provide to learners to pursue interests.

For families to enact their role, educators support families:

It also includes the knowledge, skills, and encouragement that schools and communities offer families to do this well.

Location of learning:

Parent-child activities need not take place only at home or school, but can occur at the grocery store, the Laundromat, or anywhere and anytime children and families are together. ...can take place anywhere and anytime through text messaging, at exhibits and events, and during regular morning and evening routines

*(From Harvard's Family Research Project)*

[http://www.hfrp.org/var/hfrp/storage/fckeditor/File/Family%20Engagement%20in%20Anywhere%20Anytime%20Learning\\_HarvardFamilyResProj.pdf](http://www.hfrp.org/var/hfrp/storage/fckeditor/File/Family%20Engagement%20in%20Anywhere%20Anytime%20Learning_HarvardFamilyResProj.pdf)

# What do we need to be successful?

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## Accessible material

We need to create material that is easy to use for both the adults and children involved in the learning. Many parents feel at a loss in Jewish literacy so we need to provide them with the material and education they need to be active participants in the process.

## Opportunity where everyone is learning

While adults may not be Jewishly literate, we need to provide opportunities for everyone to learn, that will make the process even more engaging. Everyone involved should have a role and something they are able to contribute to the experience.

## Low barrier activities

Print and go, able to be read along the way, a tidbit people can easily remember. Experiences that are “low maintenance” and require little to no materials are most likely to be used.

## Creativity and thinking outside the box

People are most excited by new experiences, so it is up to us, the invisible educators, to think new and different that will not only empower learners but make them excited to participate in this type of learning.



# Learning on Courage

Activity 1

Activity 2

Activity 3

Activity 4

Instructions for Courage Cards

# Brainstorming Plan

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- Learning for top of page
- Bedtime Ritual/PJ Library Book tie-in
- Car Curriculum- Musical
- In the kitchen/table talk
- Our Choice Pop-up Location
- Creating a Courage Card

# Learning at the Top of the Page

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 Definitions

 Examples

# Bedtime Ritual/PJ Library Book Tie-In

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- Nachshon, Who Was Afraid to Swim
- Naming someone who displayed courage that day
- Read or sing Hashkivenu and talk about why we might say it at night
- Create courage dolls where we can share our fears in attempt to be courageous



# Car Curriculum

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 Courage Song-

<https://www.youtube.com/watch?v=Hk2NvNPzgv4> with questions



# In the Kitchen

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- Trying new food or spices that may not like
- Table Talk Questions
- Create a family challenge to take on that might scare us
- Watch Brave as a family

# Our Choice Pop-Up Location

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- Visit to the doctor's office
- Trying a new slide at the playground
- Joining a new team
- Trying a new activity
- Attending a cultural event

# In your Schools

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- Talk about courage in tefillah time during Mi Chamocha
- Share moments of courage in class
- Have a midah sign in the classroom that describes courage
- Have two classes that do not normally interact meet and get to know each other

# Courage Cards

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- After learning or participating in one of the activities, families should create courage cards parents or kids can carry to remind them to be courageous in difficult times
- Parents can pull out the card at doctors offices, sports games, at school, before an overnight stay or anywhere to remind the family of their value

# How will you Distribute?

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- Send home paper version
- Send email version

# Thank you!



RECONSTRUCTIONIST LEARNING NETWORKS

# Brainstorming for Courage/*Ometz lev*

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- Bedtime ritual
- Carpool Curriculum
  - Song and discussion
- PJ Section- PJ goes to school songs and videos
- Video to watch together
- Song to sing
- Coloring page
- Cooking activity- pudding, trying new foods
- Conversation activity
- Doctors visit
- Playground
- Joining a new team
- Staying overnight
- The dark- the monster under the bed
- Courage cards

