



BNEI AKIVA
OF THE US AND CANADA

CHOVERET CHINUCH
5778

BNEI AKIVA OF THE US AND CANADA

MIDDOT

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Thank you to Talya Saban, member of the Hanhala Artzit for contributing the material for this Choveret Chinuch!

Peula 1: Happiness

Goal

1. To learn about Middot, and specifically the Middah of happiness.

Trigger

Ask your chanichim; what are Middot, and why are they important? Try to get 3-4 people to answer.

Elaborate on this week's Middah of Simcha, and the value of smiling.

Game #1: Make Me Laugh

The object of the game is not to laugh or smile. Two people go back and forth and say things to each other until the other one laughs.

Number off your Chanichim, and split them into pairs so everyone has the chance to play.

Closing thought: Smiling is contagious, a smile can't exist by itself, when you smile another person smiles, likewise when one person complains the whole room gets down (good or bad vibes are contagious).

Game #2: What Makes Me Happy

The object of the game is to go around in a circle, and using each letter of the alphabet someone must say one thing that makes them happy using that letter- in order!

Closing thought: We don't realize how many things really make us happy because we don't take the time to stop and think of how lucky we are because these things become so second nature to us. (We have and don't think about)

Sikkum

- We don't realize how much our mood and attitude can affect the people around us.
- Raise your hands: have you ever been put into a situation where you were excited and one person started complaining it brought you down?
- Or raise your hand if you were having a bad day once, annoyed, and someone smiled at you and you felt obligated to smile back but it really did help?
- We don't realize how much of an affect we can have on the people around us good or bad, so we need to always be cautious and remember that smiling isn't just 43 muscles in your face, rather it could be the light in the room.
- And if you think you're unhappy, and things aren't going great, don't sit around and mope, you are responsible for your own happiness.

Hand out papers at the end with message about Middah #1. They may not remember everything we've said over this past hour but I hope you read these papers when you need a "pick me up" once in a while.

Middah #1: Simcha / Value of Smiling

"Whether it's a little or a lot, be happy with EVERYTHING you have."

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Peula 2: Patience & Anger

Goals

1. How to overcome anger with patience?
2. Why is patience important?

Trigger

Ask everyone to say one thing that makes them angry. Make sure that they do not use names or specific examples that would not offend anyone in the room.

OR

Read a list of questions, and ask the room if they agree or disagree with the questions. They should put up a thumb up or a thumb down depending on how they feel about the question

Questions:

1. Do you agree that being patient stops people from getting angry?
2. Do you think there are benefits to getting angry?
3. Do you believe that getting angry is a constructive way of dealing with a situation?
4. Would you consider yourself a patient person?

Think of 4 more if doing this

Game #1: Headband Game

Line up the chanichim, each with a partner, have both partners have cards and let them have a conversation for at least 4 minutes (*if it takes longer, let them continue*). Everyone has a card on their head with a description of how the person speaking to them should communicate with them (i.e. "Talk to me like I don't speak English")

1. Talk to me like I don't speak English
2. Talk to me like I have something in my nose
3. Talk to me like I am a baby
4. Every time I make eye contact with you, start staring at the sky
5. Every time I say the word "and" jump up and down
6. Talk to me like you have somewhere else important to be

7. Talk to me like you have to go to the bathroom
8. Talk to me as slowly as you can
9. Look at my feet when you speak to me
10. Don't use words that have the letter "E" in it
11. Talk to me like I did the most annoying thing to you 5 seconds earlier
12. Talk to me like I smell awful
13. Interrupt me in between every other word I say
14. Start touching my face when I talk
15. Talk to me like you don't understand what I'm saying
16. Smile at everything I say, even if it's a question
17. Scream every time I open up my mouth
18. Sing when I start talking
19. Play Peek a Boo with me while I talk

Game #2: Chubby Bunny

The Chanichim should try to read the sentence on the paper (attached below) with two or more Laffy Taffy's or marshmallows in their mouths. Have the group try to guess what they're saying and make them keep repeating it until someone can guess the entire sentence. Have everyone go at least once.

Game #3: Color Confusion

You will have 6 papers with colors written on them but the colors will be written in different colors (i.e. the word RED will be written in blue). Have them read the color first and then the color its written in. Madrichim should be holding up the paper and then the kids will take turns reading off. Shouldn't go more than 5-8 minutes, let each chanich go once or twice.

Sikkum

(Do not read off these points, have a conversation about them but these are key points you should be focussing on, feel free to add in your own)

1. Always take a second to stop and understand a situation before you react angrily
2. You get to choose how to approach a situation
3. Remember to be patient with others
4. Sometimes things (like some of the games we've played) can make us so annoyed because people are just taking forever to speak or being annoying, or doing weird things (try adding in your own examples of annoying things), but we need to be patient with others and try our best to not get angry
5. Getting angry only affects us= not pleasant to feel

Hand out papers at the end with message about Middah #2. They may not remember everything we've said over this past hour but I hope you read these papers when you need a "pick me up" once in a while.

Middah #2: Patience and Anger

"Patience is not the ability to wait, but the ability to keep a good attitude while waiting."

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Peulah 3: Kindness & The Value of Saying Thank You

Goals

1. Making sure that being nice to one another is not be a passing thought, and does not need a “time slot”.
2. To think about how our actions affect our kindness, not just our words.
3. Consider how we could be kind to everybody, and not only to people we like.

Trigger

Have a bunch of papers scattered on the floor with people that are directly related to the chanichim:

- Mom
- Dad
- Sister
- Brother
- Best friend
- Classmate
- Madrich(a)
- Teachers
- Friends

Everyone starts off sitting in a big circle, and everyone should get up and pick up a piece of paper, and then say one nice thing about the person they chose.

Points to Ponder

1. It is so easy to recognize good things about someone when we are asked to do it.
2. We could all say good things about one another, but we feel like we do not have to and should not. Why? When we highlight someone else`s good qualities we recognize that we are not perfect, and maybe get jealous.
3. Do not focus on the bad qualities of other people. Instead, focus on yourself and see what you can work on. If you notice that someone is rude, do not call them out on it, see if you can work on that yourself. So too, when you recognize someone`s good qualities, use that as a motivator to work on your own good qualities!

Game #1: Compliments Bang

Play a regular game of Bang but instead of saying the word “bang” you say a compliment to the person you’re shooting.

After the game, ask your chanichim: Did you find it easy to say compliments? Was it hard because you were put on the spot, or because you really had to think to think of something good to say? How do you feel when someone says something nice to you?

Game #2: The Moon Is

Take any object that’s lying around and have everyone pass it around and say, “the moon is _____.” They can literally say anything (i.e. The moon is blue; the moon is happy, etc.) The trick is that when they pass it to the next person the person who receives the object needs to say thank you.

Game #3: Problem Game

Ask the chanichim; What are some small problems that people run into at school or at home? (wifi, homework, dirty bathrooms, annoying teachers, hungry, etc.)

After several chanichim suggest a problem, have them stand up and do a freeze frame of their problem. (ie. If the problem is bedbugs, the freeze frame would be itching their body). The chanichim cannot sit down until people figure out what their problem is.

Point to Ponder: Turn yourself into a resource for people to turn to when they are hurt. In the community that we create in Bnei Akiva and Snif, we can solve bigger problems together. There is always more than one way to do something, and we should all be the type of person who can encourage and help others to find those solutions.

Closing Game: Facial Expression Game

Ask 4 volunteers to come up and have 4 different facial expressions: Happy, Sad, Disgust, Angry
Ask each of the four people to say, **“I just had fun and you`re the best.”** They should each say the same sentence but use their facial expression and the emotion that comes with it.

Sikkum

1. What you say goes beyond your words
2. It is not just about what you say, it is about how you say it
3. Compliments are good but if you do not include all the extra stuff like body language, etc. then you could be doing more harm than good
4. Pirkei Avot: You should greet every person with a smile. It's not just the smile, it's the whole package! Don't just give a facial expression, mean what you say!
5. The actual words you say mean the least, it's about body language and what you mean

Hand out papers at the end with message about Middah #3. They may not remember everything we've said over this past hour but I hope you read these papers when you need a "pick me up" once in a while.

Eidah Gimmel Sniff Middah #3: Kindness

"It is better to be nice than to be right."

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"It is better to be nice than to be right."

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"It is better to be nice than to be right."

Peulah 4: Lashon Hara

Goals

1. To discuss why we say lashon Hara if we know it is wrong.
2. To become more aware of what you are saying so we can try our hardest not to say it.

Introduction

Saying mean things requires no thought, while saying nice things requires thinking. As the group why we still say Lashon Hara even if we know that it is bad.

Suggest the following answers to them:

1. Feels natural
2. It's fun
3. Entertaining
4. Need advice
5. Need to get off chest
6. Human nature
7. Bored with life
8. Don't realize
9. Conversation starter

Trigger: Broken Telephone

Split the room into two groups and play 3 rounds of broken telephone. Have three competitions and whichever team's message is most like the original will win.

Points to Ponder

1. Messages get distorted.
2. It is so easy to say something to someone and then before you know it completely gets taken out of context and you have started a rumour that everyone will be talking about.
3. We think telling one person one thing is okay but before you know it you have embarrassed and changed people's opinions about this one person.

Game #1: Peer Pressure Game

Have one person leave the room and everyone in the room needs to decide on an action that the person who left the room must re-enact when they come back. (i.e. Person A leaves the room and the room decides that they need to be an airplane as the action, Person A needs to try doing different motions to get to the action that the group picked out.) You indicate them getting closer or farther by clapping and booing.

Points to Ponder

How easily do we let the people around us define what we should do or say? We know that something is wrong sometimes, but we let other people tell us it's okay because we do not want to be left out.

Ask the chanichim: Are there things you have done that you knew were wrong but did anyways because you didn't want to be left out? (Initiate a discussion if you have time). Do not justify your actions because your friends are telling you it's okay. Once you start questioning whether its right or its wrong it will most always be wrong.

Game #2: Fee Fi Fo Fum

Have 4 madrichim be volunteers. Have the campers read out the most likely list (at the bottom of list Peula), and assign a madrich(a) to each question. Ask the chanichim: What is okay and not okay about this game? Where would the problems be?

Points to Ponder

- It's all fun and games in this type of setting but when we start making our own assumptions about people and making jokes, we can really hurt someone. Sometimes we justify talking about people if they're around, but that is still not okay.
- These were funny "most likely's" but imagine if they were rude and offensive ones, how would they (the Madrichim who volunteered) feel, how would you feel?
- Not using someone's name doesn't make it okay. Even when you get people's permission (like the Madrichim) someone might feel awkward and not want to be the person who's not chill with people joking about them: *How many of you felt uncomfortable because someone made a joke about you and you just laughed it off?*

Don't use these discussion points right away, have the kids shoot out ideas first.

Game #3: Word Association

Get into a circle, have everyone turn and face the person next to them (everyone has a partner) and on 3 they must each say a word that pops into their head, if they get the same word, they “win”. After the first pair goes, the next pair has to say 2 words that relates to the words previously said.

Points to Ponder

We may hear something about someone, or see someone doing something and add on what we think or how we feel about what they did or said. We treat our opinions as fact and we often completely distort a message that we end up spreading a horrible rumour/lie about someone just because we felt the need to share. Don’t spread one thing because you heard something else. Messages get distorted.

Sikkum: Toothpaste Game

Get one volunteer, give them the toothpaste, and see how quickly they can squeeze it out of the tube, have everyone cheer for them. Then give him 1 minute to try to put everything back in the tube.

Points to Ponder

We let whatever we want to say about people come out of our mouths, whether we know it is good or bad. But do we ever think about what happens after? Once something is said, it’s gone, someone knows it and it will stay out there forever. When you speak or listen to Lashon Hara you are putting yourself in a position to decide whether a person is good or bad, who are you to do that? You all know Lashon hara is bad so now let’s work together to try to eliminate it.

Hand out rubber bands

Every time you say something about someone, switch the rubber band to the other hand. It will serve as a reminder to try to not speak Lashon Hara. Do not try to stop doing it all at once, take on a small challenge a day, one hour every day try not to speak it. (Start small, get bigger)

Fee Fi Fo Fum (Game #2)

Most likely to....

1. Be Rosh Snif

2. Have 8 kids
3. Get married at 18
4. Get put in jail by accident
5. Own a farm
6. Get married to someone from Bnei Akiva #SawyouatSnif
7. Become a billionaire
8. Be on a reality TV show
9. Be a gang member
10. Be a stand up comedian
11. Be an escaped prisoner
12. Be on Broadway
13. Be a famous actor
14. Fart in a full elevator
15. Go on the wrong way escalator
16. Get kicked out of a theatre for talking
17. Have a secret identity
18. Have the weirdest/coolest secret talent
19. Laugh at the most inappropriate time
20. Accidentally call 911
21. Sleep through the day by accident
22. Stalk their celebrity crush
23. Get out of a speeding ticket
24. Work for NASA

Hand out papers at the end with message about Middah #4. They may not remember everything we've said over this past hour but I hope you read these papers when you need a "pick me up" once in a

Middah #4: Lashon Hara

"Would you be saying the same thing if the person was right in front of you?"

Stop, Think, then Speak

Middah #4: Lashon Hara

"Would you be saying the same thing if the person was right in front of you?"

Peula 5: Teamwork

Not about me, but WE

Goal

1. To apply what we have learnt into our daily life, with the people we interact with every day.
2. To put our lessons into practice.
3. To share these Midot with others, and not just work on them for ourselves and contribute to the community positively.

Trigger: Agree or Disagree Line

Set the room up so everyone is standing on one side of the room. Ask questions that people can either say Agree, Disagree, or No Opinion. Depending on what their answer is they should move to a different side of the room after each question.

Questions: "I believe that..."

1. Vegetables should be served at every meal
2. Basketball is the best sport
3. Tests are essential for school
4. I should only respect my madrichim if they respect me
5. Every student should be allowed to have their phones in class
6. Learning about Middot is a worthwhile lesson to learn
7. Nuts should not be banned at school since not everyone is allergic
8. Mifkad should happen every week at Snif

Points to Ponder

We all usually have something in common with everyone we know, and even if sometimes we do not, we need to learn how to get along and work with everyone. We make a new community with people everywhere we go.

How many people knew their entire class on the first day of school? Or everyone on the last Shabbaton they went on or birthday party that they went to? Isn't it crazy that you always start off as strangers, but then choose who your closest friends are in life?

Game #1: Conga Line Sit

Have the girls and boys separated into 2 teams, or if your Kvutza is one gender, split them up. The only instruction you give is that they all have to sit on each other at the same time in a circle formation. Have them figure out how to do it by themselves

How to do it (DO NOT TELL THEM): The way to properly do it is to put your toes on the heels of the person in front of you. Everyone should be touching and very close, and you all have to go down at the same time and then everyone will be sitting on everyone's knees.

You can give hints like: try a conga line formation, try walking, try counting down, etc. but the ultimate point is to let them figure it out. Do not give it away at the end of the game, the group that solves it will be showing how they did it at the end.

Game #2: Imaginary Pass

Split into 2 groups. Tell them to pass around a ball and make sure everyone gets it, so you have an order. After they have an order from the first time, ask them to pass it again just faster this time, then again (make it a competition with the other group).

Have them pass the ball around again, but this time in the backwards order that they had originally. Have them pass it again in the first order as if the ball was a hot potato. Do it again, but this time as slowly as they can. Once more but only by tossing it. And one last time, but only by rolling it.

All of these should be done in the order you started off in, they should be doing it faster and faster each time.

Remove the ball and have them do it with an imaginary ball. Then do it backwards with the imaginary ball. And again. as quickly as they can with the imaginary ball.

When they are done this, ask them all to find a way for the ball to be passed in the shortest amount of time, touching every single one of their hands.

How to do it (DO NOT TELL THEM): Make a chain from the tallest to the shortest and attach all their hands (like a fountain).

Supplies Needed: 2 Balls

Game #3: Number Shout

The entire group needs to count from 1-20, without two people saying a number at the same time. Every time the group messes up, they start again.

Point to Ponder

When you work together with a group of people and you try to solve problems or experience something with them, you automatically become closer. It can definitely get frustrating to be with people, but that's the test that hopefully having the right Middot can help with.

Closing Game: Blind Obstacle Course

Ask for 3 volunteers. One should be blind folded, and two should be tied together at the foot for a three legged race. Create an obstacle course in your classroom or outside (make it good, don't just through paper plates on the floor). Have them maneuver through the obstacle course. Have three teams compete the same race, the first person done, wins.

Sikkum

We need to remember that as much as we work on ourselves, we need to take the ideas and bring them to other people. We need to understand the value in working with other people and always apply the lessons we learn into our daily life.

A lot of the focus of our lives is on the Aleph which is 1, which isn't a bad thing, but once we've worked on who we are and the ANI part of it, we have to realize that Aleph isn't just a part of the word ANI, it's also a part of the word ACH. ACH - my brother, my family, my community, essentially the people around me. So we need to ask ourselves, **what can we take from the Aleph in ANI that I can then bring to the Aleph in ACH.**

Hand out papers at the end with message about Middah #5. They may not remember everything we've said over this past hour but I hope you read these papers when you need a "pick me up" once in a while.

Middah #5: Teamwork & Community

"Always remember that you might be the only Sefer Torah someone meets in their life."

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The next few pages are print-outs for the Games from Peula #2

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Talk to me as
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Today my ice cream melted before I was able to finish it.

I love Fridays so much because I get out of school earlier.

Yesterday I slipped and fell in a puddle of mud because it rained so much last night.

Colour war is always my favorite part of the summer at camp.

Thank goodness I like basketball, because otherwise I would have nothing to do during recess.

Art is my favorite class, because I love using paint.