Personal Space



NAME: _____

A GOOD SIBLING

COMPLETE 5/7 OF EACH AND RECEIVE A PRIZE

I PLAYED A GAME WITH MY SIBLING NICELY

S M T W T F שבת

I LET MY SIBLING GO FIRST

S M T W T F שבת

JKC
Jewish Kids Club

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SAMPLE

Letting Go of Grudges – A Path to Peace

- Let's say your friend broke your toy and didn't say sorry. You feel sad and mad. That's okay! But if you stay mad for a long time, even after they try to be nice again, that's holding a grudge. It's like saying, 'I'm still mad!' even when your heart wants to feel better. A grudge is when you stay mad at someone for a long time, even after the problem is over. It's like keeping a big heavy backpack of angry feelings and carrying it around every day, even when you don't need to anymore.
- Imagine you have a backpack. Every time someone hurts your feelings and you don't forgive them, you put a big rock inside. If you keep adding rocks and never take them out, your backpack gets really heavy and hard to carry. Forgiving someone is like taking the rocks out so you can run and play again.
- **The Heavy Backpack:** A boy carries a backpack filled with stones, each one representing a grudge he holds. As he walks, the weight slows him down. Eventually, he meets a wise elder who tells him that forgiveness is like removing the stones. As he lets go of each grudge, he feels lighter and freer.
- **Discussion Questions:**
  - What does it feel like when someone hurts you?
  - Why might someone hold a grudge?
  - What can we say or do to let go of the grudge?

Izzy & Lizzy Let go of Grudges



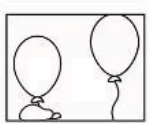
- During a picnic, Izzy thinks Lizzy took his crayons. He's upset and holds a grudge. But it turns out Lizzy was saving it for him! Teaches dan l'kaf zechus—giving others the benefit of the doubt. Lesson: Sometimes we get mad before we know the whole story. Forgiveness helps us feel better and stay friends.
- Izzy refuses to forgive Lizzy for splashing him. His backpack gets heavier with each grudge. Eventually, he learns to let go and feels light again. Lesson: Forgiveness helps us move forward and feel free.
- Lizzy keeps stepping on toes and saying "sorry" without changing. Izzy teaches her what a real apology looks like. Lesson: Saying sorry is just the first step - doing better is the next.

Feelings

- Talk About It: Which feeling do you have when someone hurts you?
- "Which feeling do you want to have instead?
- What can you do to let go of a grudge?



Grudge vs. Peace Balloon



Supplies:
- Balloon Template
- Crayons, Glue,
- Stickers, glitter, feathers

Instructions:
1. Give each child a template balloon
2. Draw or write things that make them feel mad or sad in the balloon that's being weighed down by a rock ("He didn't share," "She said something mean"). Explain that this balloon is heavy with mad feelings. It's hard to fly when we hold onto grudges."
3. Ask them to draw or write kind words like "I forgive you," "Let's be friends," or "I feel better." Decorate with stickers, glitter, or feathers to make it joyful.
4. Explain that this balloon is light and full of peace. Forgiving helps us feel happy and free!

Kindness Freeze Dance

- Play music and let kids dance.
- When the music stops, call out a scenario:
  - Your friend didn't share.
  - your toy was broken by your brother.
  - brother took your treat that your mom bought you.
  - Someone hurt your feelings and didn't say sorry.
  - Your sister pushed you during playtime.
  - A friend scribbled on your drawing.
  - You're still mad about something from yesterday.
- Kids freeze and act out a kind response
  - I forgive you, Let's share, lets play together, It's okay, I know it wasn't on purpose, shake it off and skip forward with a smile

The Grudge Rock



Supplies:
- Smooth rocks
- Clay
- Gemstones

Instructions:
1. Give each child a grudge rock.
2. Ask them to decorate it with angry or sad faces.
3. Talk about how grudges feel heavy - like carrying this rock around all day.

SAMPLE

Weekly Themes:

1. Derech Eretz - Good Manners
2. Letting Go of Grudges
3. Chesed - Kindness
4. Emunah in Hashem
5. Managing Emotions
6. Respect Personal Space
7. What is a good Sibling
8. What Teshuva Means to Me
9. Tone of Voice
10. Tefillah
11. Kibbud Av V'Eim
12. Emes - Being Truthful
13. Yetzer Hara/Tov - Free Choice
14. Holiness of Shabbos
15. Ahavas Yisroel

Schedule:

- 9:45 arrival time for staff
- 10:00 arrival time for children
- 10:00-10:15 coloring fun sheet
- 10:15-10:30 davening
- 10:30-10:40 movement
- 10:40-11:00 snack and Morah lesson
- 11:00-11:45 themed activities
- 11:45-11:55 outdoor play
- 11:55 Be outside ready for dismissal


בס"ד
JKC
Jewish Kids Club
Empowering kids to shine their inner light & make the world a better place.
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