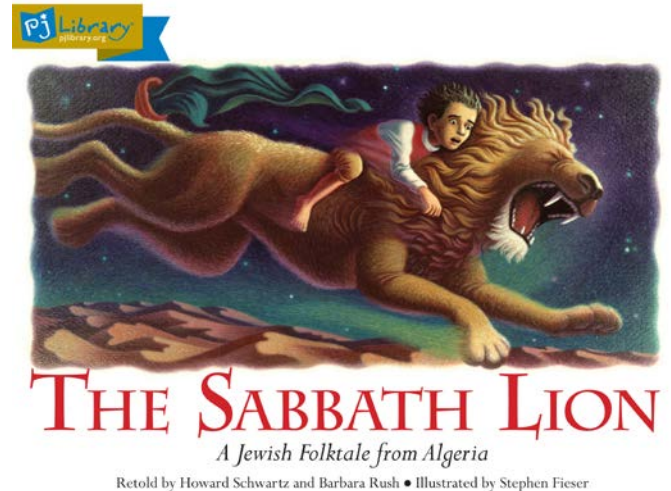


The Sabbath Lion

By Harold Schwartz and Barbara Rush
Illustrated by Stephen Fieser

Program Focus

Age group: Ages 5-8
Time frame: 45-60 minutes
Central value: *Ometz Lev* - Courage



Synopsis:

Determined to obtain the inheritance money that has been left to his family, 10 year old Yosef joins a caravan and sets out on a long trek across the desert to Cairo, where he will receive the money. Because their family observes the Sabbath, Yosef's mother pays extra money to ensure that the caravan will not travel on Shabbat. Despite Yosef's mother's arrangements, the caravan leader refuses to stop on Shabbat. Unwilling to violate the laws of Shabbat, Yosef courageously decides that he will part ways with the caravan and remain in the desert by himself for the duration of Shabbat. Frightened and alone, Yosef tries to calm his fears by engaging in his regular Shabbat rituals. Not only do these rituals calm him, but they attract the attention of a gentle lion who carefully watches over Yosef, guarding him from the beginning of Shabbat to its very end.

Goals:

This program is designed to help children expand their strategies for coping with fear and to help families gain an understanding of the Jewish value of courage - *Ometz Lev* (literally translated as "strength of heart"). To help participants acquire a realistic view of courage and bravery, the program also strives to assure participants that feeling frightened is a normal emotion that affects all of us at one time or another in life. To highlight the Middle Eastern source of this folktale, families are introduced to the Sephardic custom of wearing a Hamsa or hanging one in the house as a protective measure.

Submitted by

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Plan in advance

Note to Facilitator

We suggest preparing one of the drums or the medal, as well as the Hamsa, in advance to show as an example.

Prepare Courage Drum or Medal (3 options)

Balloon Courage Drum

Materials Needed

- Large (28 oz.) empty aluminum cans or any other cylinder-shaped container (i.e. oatmeal container, peanut butter jar, plastic planting pot)
- Large (8-10 in. diameter) deflated balloons
- Stickers
- Decorative or colorful duct tape (pre-cut into strips and attached to the edge of a table or chair for easy use)
- Masking tape
- Small pieces of paper or craft foam cut into shorter and longer strips
- *Ometz lev* - Courage labels (see end of program)
- Glue and q-tips and/or glue sticks



Advanced Preparations

- Clean the containers
- Cut off lower portion of balloon and pre-stretch balloon (optional)
- Stretch balloon over the top of container
- Apply masking tape to edge where balloon and container meet. Tape one half of the balloon to the container, leaving an opening to enable children to insert notes into their drums before closing



Masking Tape Courage Drum

Materials Needed

- Assorted coffee cans, quart sized yogurt containers, cocoa tins, etc.
- Construction paper of a size that can wrap around the cans
- Masking tape, packing tape, or duct tape
- Scissors
- Crayons or markers
- Paper glue
- *Ometz lev* - Courage labels (see end of program)



Courage Medal

Materials Needed

- Craft foam, cut into 2” and 4” circles
- Pipe cleaners
- Googly eyes
- Smaller foam circles and shapes to be used for decorating medals
- Glue
- String, ribbon or lace
- Pony beads (optional)
- Small pieces of paper cut into shorter and longer strips
- *Ometz lev* - Courage label (see end of program)



Advanced Preparations

- Use 2 of the larger foam circles to create a “pocket” by spreading glue around one half to three quarters of the edges of both circles. Place one circle on top of the other so that the glued surfaces face each other and stick together.
- Punch a hole in the unglued top of one of the circles.

Hamsa Necklace / Door Plaque

Materials Needed

- Wooden Hamsas (2” necklace or 6” plaque)
- Glue
- Collage materials: gem stones, glitter, ribbon, lace
- Markers
- String and beads (for necklaces)
- Spray paint (optional)
- *Ometz lev* – Courage label (see end of program)



Advanced Preparations

- Order and purchase wooden Hamsas:
- <http://www.tjssc.com/p-1218-20-small-wooden-hamsa-2-tall-in-bag.aspx>
- <http://www.tjssc.com/p-1219-10-large-hamsa-6-tall-in-bag.aspx>
- Spray paint Hamsas (optional)

Introduce with activities

Introductory Words

Today we're going to read a book about a boy named Yosef who spends a night in the desert all by himself. Being alone in the desert is pretty scary. When we read our book, we'll discover how Yosef finds his courage and we'll talk about things that each of us can do to build up our own courage. Right now, we're going to do a craft project that may help give us courage whenever we feel afraid.

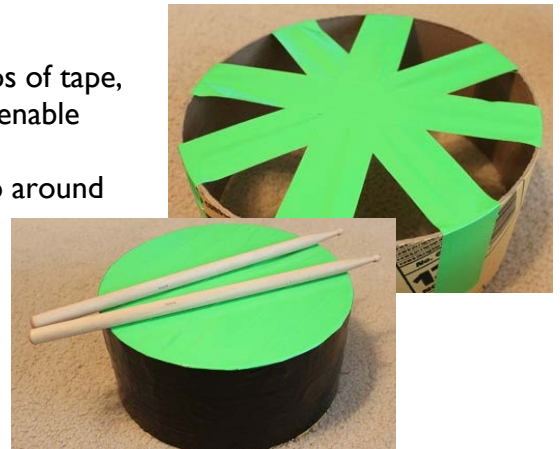
Balloon Drum Directions

1. Use stickers, markers, and adhesive strips or duct tape to decorate drum.
2. Leave the top of the drum partially opened
3. Glue *ometz lev* label to drum.



Masking Tape / Duct Tape Drum Directions

1. Cover the open top of container with overlapping strips of tape,
2. Leave a small section of the drum top without tape to enable children to insert notes later in the program.
3. Measure and cut a piece of construction paper to wrap around the body of the can with enough overlap to be able to glue or tape it in place after it is decorated.
4. Decorate the paper; glue and or tape it around the can.
5. Glue *ometz lev* label to drum.



Courage Medal Directions

1. Glue googly eyes, pipe cleaners, other small pieces of craft foam to decorate your medal. (Optional: create an animal face)
2. Glue *ometz lev* label to medal.
3. String pony beads onto the medal's ribbon or string "chain" (optional)



Read the story

Introductory Remarks

Your projects (drums / courage medals) look wonderful. One of the purposes of these drums/medals is to help give you courage whenever you may need it. What is courage? (Courage is bravery - a willingness to do something even though you may be afraid). In *The Sabbath Lion*, the book that we're going to read today, a young boy named Yosef needs a great deal of courage when he has to spend a night and day (a full Shabbat) alone in the desert. What kinds of things might be scary for a person in the desert? Let's read our book and discover why Yosef was alone in the desert, the fears that he had while he was in the desert, and how he found his courage.

Post-Reading Discussion: Ometz Lev - Courage

- Why did Yosef want to go to Cairo?
- Why did the caravan leader refuse to stop for Shabbat?
- When Yosef first finds himself alone in the desert he is very frightened. Not knowing what else to do, Yosef does all of his usual Shabbat tasks, which help calm his fears. What are some of the Shabbat tasks that he does?
- In Judaism we are taught that when we feel afraid we should try to strengthen our hearts. The Hebrew word for courage is *ometz lev* - a strong heart. One way to strengthen our heart is to practice an action called *chazak v'ematz* - be strong and of good courage. When we're afraid, we need to try to change the way we think. Rather than thinking, "I can't do this" or "I'm so scared I can't move" we need to say to ourselves, "I can get through this difficulty." Think about what actions we can take to strengthen our hearts and go forward. In the Bible when people feel afraid many of them turn their thoughts and hearts towards God. They tell themselves, "I believe (I have faith) that God will help me."
- When Yosef is afraid, he sings songs and prays. Do you remember what he asks the Sabbath Queen? (To bring peace and blessing). Like Yosef, when we feel afraid we can sing songs, say prayers and perform rituals to help calm us.
- Do you have routines or rituals that you perform in order to feel relaxed (and less frightened)? What do you do before bed? These routines probably started when you were younger and may have been afraid of the dark. Do you have any other routines or rituals that you do when you're feeling afraid?
- Yosef was frightened of wild animals and not being able to find his way out of the desert. What kinds of things frighten you?
- What words of advice would you give to someone who is feeling afraid?
- Adults, can you share a story with your child about a time when you needed to be brave and act courageously? What did you do to get through your scary experience?

Follow Up activities and resources

Add Text to Courage Drums / Medals

Introductory Words

You may be wondering why we asked you to make a drum or medal when you first came to today's program. We've been talking about the ways in which rituals and routines can help strengthen one's heart and give courage. The drum or medal that you made today can be incorporated into a routine that you can do whenever you feel afraid. What might you do with a drum when you feel afraid? What might you do with a medal when you feel afraid? As you can see your drum/medal contains an opening that's just right for putting pieces of paper into. On these slips of paper we'd like you to write down (or ask an adult to write for you) names of things that frighten you and actions that you can take to feel less afraid.

Directions:

1. On shorter strips of paper, write down names of things that frighten you
2. On longer strips of paper, write actions/things you can do to help calm your fears
3. Drop your notes into the drum or slip them into the medal pocket
4. **Complete balloon drums:** Stretch balloon across to opposite side. Tuck balloon edges around exposed rim of drum. Tape balloon to container (optional)
5. **Complete masking tape drums:** Tape over the remaining opening of drum top

Drum Playing

Introductory Words

Just as doing familiar actions can calm a person, chanting or singing is a good way to help us feel calm. You can use your drum while you chant and sing

Simple Drum Playing Directions:

1. Participants make up a short drum pattern that you can play on your drum whenever you feel afraid (i.e., 2 loud beats, 2 soft beats, 2 drum pinches).
2. Volunteers share their drum song with the group. Volunteers can be encouraged to add a chant to accompany their song (i.e. "Go away my fear of _____. I will not be afraid of _____ any more.")
3. Ask the group to imitate the volunteer's drum song (and chant).

Advanced Drum Playing Directions:

1. Ask a volunteer to play just a few beats on his/ her drum.
2. Ask the entire group to imitate the volunteer's beats.
3. Ask for a second volunteer. The second volunteer will play the first volunteer's notes and then add a few beats of his/her own.
4. Encourage the entire group to play the new song .
5. Ask for a 3rd volunteer to add a few more beats to the song.
6. Continue asking for volunteers and then asking the group to play the newly created song until everyone who wishes to volunteer has had a chance or until the song becomes so long that it can no longer be remembered



Medal Sharing

Summary Sharing

Your courage medals look wonderful. You can wear your courage medal whenever you feel afraid. Put it around your neck, rub your hand over the medal, and use it to remember how to be brave. Would anyone like to share some of the notes that he/she included in the medal? What are some of the fears you wrote down? What will you do to quiet those fears?

Make a Hamsa Necklace / Door Plaque

Introductory Words

In our book, the lion served as Yosef's protector, watching over him and making sure that nothing bad happened to Yosef while he was in the desert. Yosef came from the country of Algeria in North Africa. For Jews from North African countries this symbol (Hold up a Hamsa) serves as a type of personal protector.



What does a Hamsa look like? A Hamsa looks like a hand. It looks like a hand that is saying "stop." Some say a Hamsa is telling bad luck and bad things to stop - to stay away. Others think the Hamsa is a stop sign for ourselves; a Hamsa can be a reminder to stop, calm down and think about what to do, instead of just being afraid. Others claim that the Hamsa hand is more like a hand that is placed upon someone's head in order to bring the person a blessing. Many believe that a Hamsa will offer blessings of power and strength to those who wear it or hang it in their homes.

Today, we are going to make our own Hamsas. We hope that this Hamsa will help you feel blessed and protected and help give you the strength to face your fears.

Hamsa Directions

1. Decorate Hamsa with available materials.
2. Add *ometz lev* stickers (optional)
3. Add string and beads to make a necklace (optional)

Singing Songs

Courage Songs

A selection of songs to boost courage can be found on the following page.

Courage Songs

Kol Haolam Kulo Gesher Tsar Me'od

Kol Ha'olam kulo - gesher tsar me'od (3x)
Kol Ha'olam kulo - gesher tsar me'od, (2x)
Veha'ikar, veha'ikar, lo lefached, lo lefached klal.
Veha'ikar, veha'ikar, lo lefached klal.

The whole world is - a very narrow bridge (3x)
The whole world is - a very narrow bridge (2x)
And the main thing to recall, is to have no, have no fear at all.
And the main thing to recall, is have no fear at all.

- Listen to campers at Eden Village Camp sing:
<https://www.youtube.com/watch?v=ZPEGEB72cEk>

I Whistle a Happy Tune

Whenever I feel afraid
I hold my head erect
And whistle a happy tune
So no one will suspect I'm afraid

While shivering in my shoes
I strike a careless pose
And whistle a happy tune
And no one ever knows I'm afraid

The result of this deception
Is very strange to tell
For when I fool the people
I fear I fool myself as well

I whistle a happy tune
And every single time
The happiness in the tune
Convinces me that I'm not afraid

Make believe you're brave
And the trick will take you far
You may be as brave
As you make believe you are

- Listen to Julie Andrews sing:
<http://www.songlyrics.com/king-i-i-whistle-a-happy-tune-lyrics/#3B8S4c7KuLrplhSx.99>

Chazak v'Ematz

Chazak v'Ematz (3x) chazak
Chazak v'Ematz (3x) chazak

- Listen to Andi Josephs sing:
http://www.oysongs.com/products/albums.cfm?artist_id=153

You may be as brave
As you make believe you are

While shivering in my shoes
I strike a careless pose
And whistle a happy tune
And no one ever knows I'm afraid

The result of this deception
Is very strange to tell
For when I fool the people
I fear I fool myself as well

I whistle a happy tune
And every single time
The happiness in the tune
Convinces me that I'm not afraid

Make believe you're brave
And the trick will take you far
You may be as brave
As you make believe you are

- Listen to the song in Hebrew:
<https://www.youtube.com/watch?v=ZPEGEB72cEk>
<https://www.youtube.com/watch?v=0T9AeDIrQ5Q>

Resources for parents, teachers, families

Nurturing the Family

After the program, contact the families, thanking them for coming. If possible, e-mail one or two photos which you may have taken at the program.

Check out other PJ Library books that exemplify themes associated with the value of *Ometz Lev*: [PJ Library books of courage](#).

Check out the PJ Library Blog Post: [Courageous Children and the Value of Ometz Lev](#)

Ometz Lev stickers for Drums and Medals

אִמְצַ לֵב

Courage

O-metz lev

אִמְצַ לֵב

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Ometz Lev stickers for Hamsas

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