Ways to overcome or manage fear: facing fears, learning about the object of one's fear, gradual exposure to the object of fear.

Heroes take action even when they are afraid; courage is not always an absence of fear.

Popular song: *Kol ha'olam kulo gesher tzar m'od* - The world is a very narrow bridge; the important thing is not to be afraid. (Rabbi Nachman of Bratslav) Click here for one version.

Courage
אֹמֶץ לֵב
Ometz lev

The Haggadah says: In every generation, each person should see them-selves as having escaped Egypt. Imagine *you* were a slave...

Courage in the Torah:
David and Goliath
Esther
Moshe, Miriam, Aaron

Vocab:
Kol hakavod
Sit/stand
Friend
Neighbor

Nachshon, Who Was Afraid to Swim
By Deborah Bodin Cohen
Illustrated by Jago
Kar-Ben Publishing

Vocab: Plagues, *Yam Suf, Mitz-rayim* - realtes to *gesher tzar m'od*

Passover storytelling. How might you have helped someone during the Exodus? Act it out.

Explain the concept of midrash (Rabbinic legend) filling a "gap" or answering a questions in Torah (Examples: smashing the idols; Moses and the coal)

Not standing idly by
לֹא תָעֹמֹד עַל־דַּם רֵעֶךָ
Lo ta-amod al dam rei-echa

Leadership who inspired action: MLK/equal rights, Golda Meir/financing *Haganah* (Israel's army), Obama/healthcare

Heroes act.
They are not passive, not just watching from the sidelines

When to take a stand - anti bullying; holding a door, picking up trash in the hallway

PJ GOES to SCHOOL