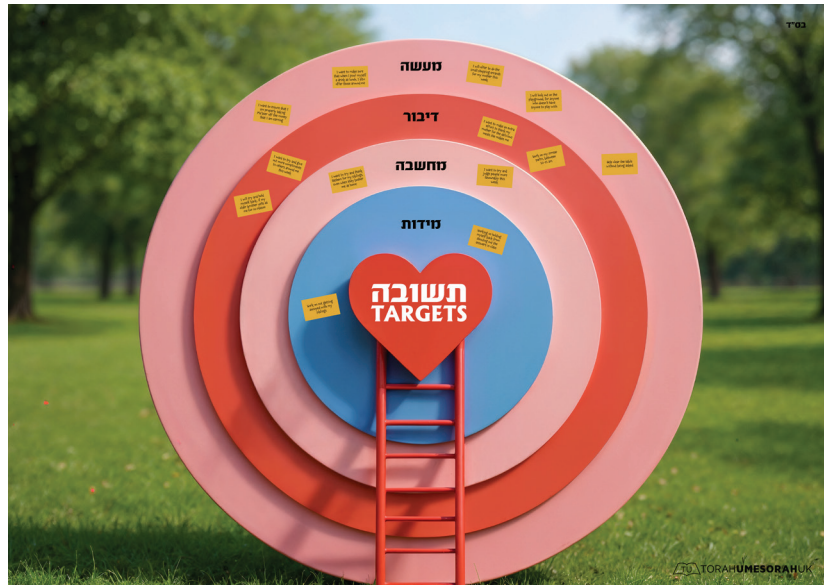




Teshuva Targets Interactive Wall Display

Geared towards students aged 11-14

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Introduction: The season of the ימים נוראים is a very busy time and ends up passing in a blur, unless we act on the opportunities we are given. By utilising the message and interaction of this wall display, we can give ourselves realistic targets, to help us grow through the weeks of אלול.

Explanation: Students will see the large dartboard, divided into 4 sections. The bullseye being 'כוונת הלב'; symbolizing that all תשובה must come from the heart.

- מעשה (action)
- דיבור (speech)
- מחשבה (thought)
- מידות (character traits)

1. Students should pick a category that they want to try and work on that week. Based on that category, they should pick one small area that they feel they can add an emphasis on. Some examples:

מעשה:

- Help clear the table without being asked.
- I will look out on the playground, for anyone who doesn't have anyone to play with.

- I will offer to do the small shopping errands for my mother this week.
- I want to make sure that when I pour myself a drink at lunch, I also offer those around me.
- I want to ensure that I am properly taking מעשר off the money that I am earning.

דיבור:

- Work on my שמירת הלשון, between 10-11 am.
- I want to make an extra effort to thank my mother for the delicious meals she makes me.
- I will try and hold myself back, if my older brother yells at me for no reason.
- I want to try and give out more compliments to others around me this week.

מחשבה:

- Try to see the good in others.
- I want to try and thank 'ד for my siblings, even when they bother me at home.
- I want to try and judge people more favourably this week.

מידות:

- Work on not getting annoyed with my siblings.
- Working on holding myself back from shouting out the answers in class.

2. Teacher should distribute sticky notes to each student.
3. Students should fill in the sticky note and then apply with blue-tack to the correct ring category.
4. This activity can be repeated each week of אלוול. It shouldn't be repeated too often, in order to give the right amount of time to properly focus on it.

Some prompts to help the class pick something meaningful:

“What kind of person do I want to be by יום כיפור?”

“What's one thing I do regularly that doesn't reflect who I really am?”

“If someone described me, what מידה would I want them to say I'm known for?”