



# Summer Pirkei Avos Program



BNOS AGUDATH ISRAEL  
OF AMERICA

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## **Bnos Agudas Yisroel is B”H excited to Introduce their Summer 5783 Pirkei Avos Program.**

- Each week, read the Mishna of Pirkei Avos that has the middah that was chosen.
- Depending on the age group - you can do more or less.
- Discuss the middah, tell them the story, and then play a game with them.
- By some weeks there are 2 middos. You can do both or choose one.
- There's a separate part by most weeks that has an idea for a discussion to do based on the middah.
- Most of the games are scenarios based on the Middah from the Mishnah; so you can also choose a different game from the list of games provided at the end to play too.

Please see below for the calendar information and program structure.

### **Looking forward to an amazing summer!**

Mrs. Chana Baila Hass  
*Director, Bnos Agudath Israel of America*

<b>Week 1</b>	<b>June 24</b>	<b>Parshas Korach</b>	<b>Perek Daled</b>	<b>Mishna Alef</b>	<b>Eisehu Ashir</b>
<b>Week 2</b>	<b>July 1</b>	<b>Parshas Chukas-Balak</b>	<b>Perek Hey</b>	<b>Mishna Chaf Vav</b>	<b>Everything is written in the Torah &amp; the harder something is to do, the more reward you get!</b>
<b>Week 3</b>	<b>July 8</b>	<b>Parshas Pinchas</b>	<b>Perek Vav</b>	<b>Mishna Tes &amp; Yud</b>	<b>Torah is better than anything &amp; how great and wonderful are all of Hashem's creations!</b>
<b>Week 4</b>	<b>July 15</b>	<b>Parshas Matos-Masei</b>	<b>Perek Alef</b>	<b>Mishna Tes Vav</b>	<b>Greet every person with a pleasant, cheerful face</b>
<b>Week 5</b>	<b>July 22</b>	<b>Parshas Devarim</b>	<b>Perek Beis</b>	<b>Mishna Yud</b>	<b>Don't get angry easily</b>
<b>Week 6</b>	<b>July 29</b>	<b>Parshas Ve'eschanan</b>	<b>Perek Gimmel</b>	<b>Mishna Yud</b>	<b>Anyone who people find pleasant, Hashem also finds pleasant</b>

<b>Week 7</b>	<b>August 5</b>	<b>Parshas Eikev</b>	<b>Perek Daled</b>	<b>Mishna Alef</b>	<b>Who is rich? The one who is happy with his lot.</b>
<b>Week 8</b>	<b>August 12</b>	<b>Parshas Re'eh</b>	<b>Perek Hey</b>	<b>Mishna Chaf</b>	<b>...Be bold as a leopard, light and swift like an eagle, and run as quickly as a deer, and be strong as a lion to carry out the will of your Father in Heaven</b>
<b>Week 9</b>	<b>August 19</b>	<b>Parshas Shoftim</b>	<b>Perek Vav</b>	<b>Mishna Vav</b>	<b>One who carried the burden with his friend</b>
<b>Week 10</b>	<b>August 26</b>	<b>Parshas Ki Tzeitei</b>	<b>Perek Alef Perek Beis</b>	<b>Mishna Vav in Perek Alef Mishna Tes Vav in Perek Beis</b>	<b>Dan Lekaf Zechus - Don't get angry easily</b>
<b>Week 11</b>	<b>September 11</b>	<b>Parshas Ki Savo</b>	<b>Perek Gimmel</b>	<b>Mishna Tes Vav &amp; Tes Zayin</b>	<b>Don't embarrass someone and greet everyone with joy</b>



# Week 1

פרקי אבות  
פרק ד'

משנה א':

איזהו עשיר?  
השמח בחלקו

*Who is a rich person?  
Someone who is happy  
with what he has!*

פרקי אבות  
פרק ד'



# Whatever I Have is Fine for Me

*A True Story*

After World War Two, many broken refugees arrived on the shores of Eretz Yisroel. Children were left without parents, and parents without children, All traces of their past were wiped out except for whatever was seared in their pain-filled hearts.

Nachman Feder was one such man who arrived in Tel Aviv. Like the others, Mr. Feder has a hard time finding a place to rest his aching heart, but Rabbi Bunim Halberstam's shul, and the warm kindness of his family, were comforting to the lonely survivors. After davening Shabbos morning, about twenty men would get together in shul for Kiddush.

At the Kiddush, eight-year-old Beily Halberstam would help her mother serve tea and slices of homemade honey cake. All week Nachman looked forward to the small Kiddush. The sight of the little girl lifted Nachman's spirits, and it seemed to make things right for him. Beily always offered him another slice of cake. "No, thank you," he would say, "This is fine."

For more than eleven years, Beily served Nachman every Shabbos. Seeing Beily from week to week was like watching his own daughter grow up. He once had a son and a daughter. His son's name was Yosef, and his own daughter's name had also been Beily. Both, they and their mother had been killed in the war. One time, when she was about ten, Beily Halberstam paused in her rounds of serving. Nachman was watching her with a faraway look in his eyes. "Do you have a little girl as old as I?" she asked. He shook his head. "No," he answered gravely, "But I have your parents and you to bring me tea and honey cake on Shabbos, and that's fine." A smile dimpled on her cheeks. "That's fine?" she echoed. "Yes, Beily. Whatever I have, is fine for me. Someone else's portion wouldn't fit me," he said. "If you believe that what you have is exactly what you need, then you have everything. You're rich."

The years flew by and Beily learned more about Nachman. When her parents couldn't afford to buy her a new briefcase, and when she had to make do with her weekday shoes for Shabbos, she could hear Nachman's voice saying, "That's fine, that's fine."

It was now nearly eleven years later, and one Shabbos, a beaming Rabbi Bunim Halberstam invited everyone to a special meal in honor of Beily's engagement. Shouts of "Mazal Tov!" filled the air and everyone noisily went upstairs to Reb Bunim's house where a long table had been set. After the seudah, Beily brought in the tea and her mother's special honey cake. When she served Nachman, he greeted her with a heartfelt wish of Mazal Tov. "I've watched you grow from a little girl to a kallah, and I have a very special gift ready for your wedding," he said. "What is the name of your chosson, Beily?" "Yosef," she said. A lump rose in Nachman's throat. It was the name of his dead son!

Several months later, Beily sat enthroned in the kallah's chair at her wedding. Suddenly, she saw that Nachman was coming towards her with a package in his hands. "Beily," said Nachman. "Here is my gift to you and Yosef. It was my own Kiddush cup, and now it is yours. Please, when you use it, remember me."

When Beily and her new husband opened the box after the wedding, they found the beautiful Kiddush cup. It was inscribed simply, Nachman Feder- איזהו עשיר? השמח בחלקו (Who is rich? He who is happy with what he has.)

Nachman lived long enough to hear Beily's husband make Kiddush on his cup. The next week he passed away. Some people felt sorry for Reb Nachman. His family had been killed and he never

had much I life. But he had always been happy with what he had. For him, “It was fine.”

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# Week 2

פרקי אבות  
פרק ה'

משנה כ"ו:

הִפֵּךְ בָּהּ וְהִפֵּךְ  
בָּהּ דְּכֻלָּא בָּהּ

*Keep learning the  
Torah because  
everything is in the  
Torah.*

פרקי אבות  
פרק ה'

# On The Right Track

The waiting room in an eye doctor's office is usually a calm, peaceful area. Until it is their turn to be seen, patients pass the time by chatting softly or reading magazines. Of course, sometimes a patient comes in with an "eye emergency", and for a while the office might get a little busy, but usually it's pretty quiet.

That's why when train engineer, William Marcy, nervously introduced himself to the ophthalmologist (eye doctor's) secretary, everyone looked up from the magazines they were reading. "Good morning, ma'am," he said, tugging at the collar of his meat uniform, cap in hand. "I've got to see the doctor... right away. I'm afraid I don't have an appointment, but I really must see the doctor. Please it's very important--"

Hearing the strange commotion, the doctor opened the door to his office and stepped into the hallway. Wringing his hands, Mr. Macy turned to the kind-faced man in the white coat. "Dr. Askovitz, please, you must help me! I'm in terrible trouble! I will go to jail and lose everything if you don't help me!" This wasn't the way most patients came into a doctor's office, and Dr. Askovitz was very surprised. How could he help keep someone out of jail? Had the man fooled someone? Was he a dishonest person? "I'm a doctor, not a detective," he thought, but he immediately put a calming hand on the nervous man's shoulder. "Don't worry, sir. I will see you soon, and we'll try to come up with the answer to your problem." The manner and words of this famous doctor soothed the engineer right away, and Mr. Macy soon found a seat near one of the other patients in Dr. Askovitz's office.

Who was this Dr. Askovitz? Dr. Shimon Askovitz was one of America's most famous eye specialists. When he was growing up in Philadelphia, yeshivos and day schools were few and far away. But that never stopped him from making Torah the most important part of his life. Much of what he knew, he taught himself, and Rabbi Yaakov Ruderman, the Rosh Yeshiva of Ner Yisroel in Baltimore, once said of him that he knew all of the Mishnah Berurah by heart.

When the engineer's turn came, the nurse led him into the office of Dr. Askovitz, a friendly, gentle man with blue eyes and a warm smile. "Please have a seat, and tell me what the problem is," said the doctor. "Let me see how I can help you." Worry and fear returned to Mr. Macy's face. "I've been sent home from my job, and I'm being taken to court by the train company. I've always done my job honestly, and now no one believes me. I tell you doctor, I didn't see a thing!"

"Please tell me what happened, from the beginning," said Dr. Askovitz. "I've been a railroad engineer for more than 35 years now," began the man, "And I've done this Pennsylvania route for the last 12 years. Doctor, I know the route like the back of my hand, and I could take the Silver Arrow train through it in my sleep. Several months ago, as I was taking the 11:47 west, I went around a curve, and suddenly another train came zooming up and we nearly hit each other. Doctor, you have to believe me! I looked around the bend, and I didn't see anything! Nothing at all!"

Dr. Askovitz then began to examine Mr. Macy's eyes. "Let me see how well you see from all directions," he said. The doctor put drops in the engineer's eyes and then flashed all kinds of lights, first into one eye, then into the other. Finally after a long examination. Dr. Askovitz was finished. He shook his head slowly. "I can't find anything wrong with your vision, sir."

"But doctor," protested Mr. Macy, "I don't understand it. I didn't see a thing!" Dr. Askovitz silently observed the man, and then he said, "I would like to go the exact spot where you were the train came around the bend. The answer to this puzzle may be there."

The following day, Dr. Askovitz met the engineer at the station. "Let's act out exactly what hap-

pened,” he said. That morning, there were three people in the engine’s cabin: the on-duty trainman, William Macy, and Dr. Askovitz. Right on schedule, the trainman tugged on the whistle pulled out the throttle, and the train slowly moved out of the station.

“Okay,” called out Mr. Macy, as the train began to pick up speed, “We’ll be there soon...” A few minutes later, above the roaring clackety-clack, he shouted, “This is where I look out for any on-coming train, like this...” He turned his head in all directions and then strained forward. Dr. Askovitz watched the engineer as he demonstrated how he looked around the bend.

When the train had ended its run, Dr. Askovitz asked Mr. Macy, “Is there anything new at your train company?” “New? In what way do you mean, Doctor? I’ve been running this route for years; there’s nothing new about the route.” “Has the company made any changes recently?”

“Oh, you’re talking about our new uniforms,” said the engineer proudly. “Nice looking, aren’t they?” He ran his hands over the gold buttons and touched the visor of his cap. “Yes, they are very good looking, in fact. But are they comfortable too?” “Well,” the engineer said slowly, “Strange that you’re asking that question. It’s true that they do look a bit better than they feel... But I guess we’ll all get used to them, in time. But what does that have to do with my being able to see the train or not?” “Everything,” said Dr. Askovitz, smiling a big, wide smile. “Absolutely everything! We have to be in court tomorrow morning, don’t we?”

The next day the doctor appeared in court, together with the engineer. “Your honor,” said Dr. Askovitz, “This man is not guilty. The collars of the transit workers’ new uniforms are quite stiff, and when Mr. Macy turned his head and leaned forward, pressure was put upon the artery that supplies blood to the eye muscle. Less blood was able to reach his eye, so his eyesight was impaired!” He then took out a medical chart that proved this.

The judge was amazed! “I see, but how did you come to this conclusion?” Dr. Askovitz smiled. “It’s all written down in the Jewish Talmud. I simply noticed how the uniform collar fit him. It was pressing against a certain artery in the neck, and this lessened the flow of blood to his eyes. In this case, since there was less blood flowing to the eyes, Mr. Macy’s vision was made worse whenever he turned his head in that particular direction. The new uniforms’ collars are a bit too tight!” The engineer was found innocent, all because of the wonders of Hashem, Who created the human body!

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פרקי אבות  
פרק ה'

משנה כ"ז:

לפום צערא  
אגרא

*The reward is given  
according to the  
amount of work you  
put in.*

פרקי אבות  
פרק ה'



# An Overheard Conversation

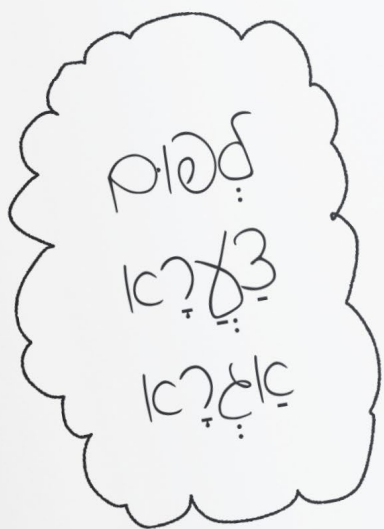
Rabbi Naftali Tzvi Yehuda Berlin, known as the Netziv, after the initials of his name, did not show great promise as a child. In fact, his parents were disappointed in him. One night, when they thought young Hersh Leib, as he was called, was asleep, they were speaking. “I spoke to his Rebbe today,” said his father, “And he does not think our son, Hersh Leib, will ever amount to much in learning.”

“Have you spoken to Hersh Leib?” asked his mother. “Maybe he just needs some encouragement.” “Of course I did, and I’ve offered him prizes galore. Nothing worked. Tomorrow I will speak to Reb Berel, the shoemaker. I hope he’ll agree to take on our boy as an apprentice.” “I guess you are right. As much as we wanted him to become a great talmid chacham, we must accept him as he is. At least he will be an honest shoemaker and a good Jew.”

Overhearing the pain in his parents’ voices, Naftali ran out of his room. “Please, please, give me another chance, “I’ll try harder. Just let me stay in cheder. Seeing how much it meant to him, his surprised parents decided to keep him in school. With much effort and a great desire to succeed, he eventually became the Rosh Yeshiva of Volozhin, the largest yeshiva in Europe, the author of many important seforim, and one of the leaders of his generation.

When he finished writing one of his classic works, Ha’amek She’ela he made a siyum, to celebrate. He said then that one of the reasons for this siyum was to show his gratitude to Hashem. Had he not overheard his parents’ conversation and their pain, he never would have written this sefer, and never would have lived up to what Hashem expected of him.

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Can you give an example of a mitzvah that you did even though it was hard?

Discuss after with them how they feel after they do that mitzvah.

(They feel so good and happy...)



# Week 3

פרקי אבות  
פרק ו'

מִשְׁנַה ט"ז

טוב לי תורת פיך  
מאלפי זהב וכסף  
*The Torah is better  
than gold & silver!*

פרקי אבות  
פרק ו'



# Rashi

The year was 1039 in Troyes, a city in the northeast corner of France. Re Yitzchak and his wife were a very respected couple in Troyes. He was a Torah scholar who was descended from King David. His wife was a sister of Rabbi Shimon Hazaken, a well-known German rabbi. Reb Yitzchak made a good living as a diamond merchant. HE and his wife should have been very happy, but one very important part of their lives made them sad. They had no children.

One day, Reb Yitzchak became the owner of a very beautiful diamond, the finest he had ever had. When he found a customer for it, he would be a very rich man. The local bishop wanted to buy the diamond for his church, but Reb Yitzchak would not sell it to be used that way. One day someone came to Reb Yitzchak with an offer to buy the diamond, but his employer wanted to see it first. Reb Yitzchak and the man boarded a boat with the diamond safely wrapped up in Reb Yitzchak's pocket. As the ship was sailing down the river, the buyer told Reb Yitzchak that they were on the way to the bishop, and Reb Yitzchak would be forced to sell him the diamond.

The buyer asked Reb Yitzchak to let him see the beautiful diamond. This was Reb Yitzchak's chance. He stood at the railing of the boat and took out the diamond. As he held it out to the buyer, he made believe that he lost his balance, and dropped the precious stone into the water! HE had lost a fortune, but his diamond would not be used for a different religion.

At that moment a voice from heaven said, "Reb Yitzchak, you gave up a brilliant diamond for the glory of Hashem. You will be rewarded with a son who will light up the eyes of the Jewish people."

The next year, in 1040, a son was born to Reb Yitzchak and his wife. They named him Shlomo, and he is lighting up Jewish eyes to this very day. He is famous as "Rashi", which stands for Rabbi Shlomo Yitzchaki.

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# פרקי אבות פרק ז'

משנה י"ג

מִי רָבּוּ מַעֲשֵׂי יָד  
כִּי כָלם בְּחֻכְמָה  
עָשִׂיתָ מְלָאכָה  
הָאֲרֵץ קִנְיָנָהּ

# פרקי אבות פרק ז'





## מה רבו מעשיך ה'

King David saw only the good in people and was grateful to Hashem for everything that ever happened to him. He understood that there is something good about everything in the world, but he could not understand why Hashem created the spider. He asked Hashem, "What good is a spider? All it does is spins webs."

Hashem said that someday David's life would be saved by a spider. This miracle happened during the time when David was running away from King Shaul, who was trying to kill him.

Once, people with "evil tongues" convinced King Shaul that David was his enemy. David and his men had to run away and hide in a cave. King Shaul and his army were looking for him and heard about the cave. The king led his men to go and search the cave. David would have been doomed, but Hashem sent a spider to save him. The spider spun and spun and spun, and covered the cave's entrance with a web. King Shaul could have brushed away the web with one finger, but he said to his men, "We are wasting our time here. If David had run into the cave, he would have broken through this spider web. This must be the wrong cave. Let's keep on looking!" So a spider saved David's life, and he realized that there is a use even for a spider!

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# Our Skin

In days of old, a knight left his castle dressed in heavy armor to protect his body from enemy attack as he fought in battle. We too wear a protective suit of armor each and every day. This armor is stretchable. It's like an oddly shaped bag. It is called our skin.

Hashem created our skin to protect us in different ways. In our eyelids, it is very thin, but it is about eight times thicker on the soles of our feet, where we need tougher protection. The under layer of the skin is lined with fatty substance, which acts as a shock absorber to cushion any blow to our body. Hashem also designed our skin to protect our body from germs and other harmful substances, which are constantly landing on our bodies. Unless our skin is cut, bacteria cannot invade our bloodstreams. And when skin does get cut, Hashem gave it the remarkable quality of looking as good as new by "welding" itself together. Did you ever see your clothing get torn and mend itself in a week or two?

Our skin is waterproof. No matter how long we soak ourselves in the bath or splash in the pool, it keeps the water out of our bodies. We look forward to buying clothes for Yom Tov and other occasions, but we never have to worry about replacing our used skin. Each day millions of skin cells are washed away in the shower or are rubbed away by clothing. Without our realizing it, new cells are taking their place. Over a stretch of twenty-seven days Hashem sends us a completely new covering of skin, free of charge. When we're young, our skin cells are replaced almost immediately; that is why babies heal so quickly. In old age, skin cells are replaced slowly; that's why we're young our skin is tight and firm. As we age it becomes loose and wrinkled. And that is why it takes our grandparents much longer to heal if their skin is cut.

Our skin is elastic, stretching and growing as we get bigger. This allows us to move our limbs in different directions. This comes in handy. Remember the last time you had to creep down low beneath a bed, searching for a missing shoe? And what a Divine blessing our stretchable skin is on those restless nights when we toss and turn in bed searching for a comfortable position.

The skin has nerves that are sensitive to the touch of a feather. It senses the smoothness or roughness of cloth, fur, wood, stone, and all other things we come into contact with. Some of the nerves feel pain. Ouch! Some of the nerves are sensitive to heat and cold. Oohh!!

Hashem designed our fingertips with whole clusters of tiny nerves for touching. They are amazingly sensitive to cold, heat, pressure, and wetness. Do an experiment. Put on a pair of gloves and try to thread a needle. It's hard! When your hands are covered with gloves, they don't have the same sensitivity. This makes even a simple act much more difficult.

The ability to feel helps us protect ourselves from harm. Our sense of touch warns the brain when the skin is injured, and gives us information about objects in the world around us.

With much love and kindness, Hashem shaped and formed our bodies. "How great are your works, Hashem!"

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# Week 4

פרקי אבות  
פרק א'

מישנה ט"ז:

שמיא' אומר... ודו'  
מקביל את כל האדם  
בסבך פנים יפות

*Greet everyone with a  
pleasant, cheerful face.*

פרקי אבות  
פרק א'



## Stories from Tzadikim:

#1:

Rav Eliyahu Dessler zt”l, the Mashgiach of Ponovezh Yeshiva, would often have Meshulachim knocking on his door. He did not always have money to give them. Yet, he did not send them away empty handed. Reb Eliyahu would give them his warm smile. He would chat with them about their families and backgrounds. He would offer them food and make them feel comfortable. No matter how inconvenienced Reb Eliyahu was, his facial expression was one of “סבר פנים יפות”. The Meshulachim always THOUGHT that he was delighted to see them.

#2:

Rebbetzin Batsheva Kanievsky A”H was known to welcome thousands of visitors into her home who came to speak to her, to seek her guidance, and to get a Brocha from her. These thousands of visitors who passed through her home were all welcomed with a warm, huge, and sincere smile. One day the Rebbetzin did not feel well, and the doctor advised her to rest in bed until she feels better. That evening, a Bas Mitzvah girl came to Rebbetzin Kanievsky for a Brocha, and she wanted to receive the Rebbetzin’s legendary inscribed Sefer as a Bas Mitzvah gift. (Rebbetzin Kanievsky would give each girl an inscribed Sefer called Orchos Yosher, which was written by her husband, Reb Chaim Kanievsky zt”l.) Rebbetzin Kanievsky insisted that the Bas Mitzvah girl be brought into her room. She sat up in her bed for ten minutes. Rebbetzin Kanievsky gave her a Brocha and personally inscribed the Sefer that she gave the girl as a special gift. This girl definitely THOUGHT that the Rebbetzin was happy to see her, and she walked out feeling happy, uplifted, and very special!



# Discussion:

The fact that the Mishnah is using the word בסבר it is teaching us a very important message. We have to greet each person warmly, with a smile and a pleasant look on our face so that the person will THINK that we are happy to see him/her. If you greet someone with a sad, sour, or expressionless face, they will certainly “think” that you are not happy to see them. They will wonder if something is bothering you or if perhaps they did something wrong to you. Therefore, the Mishnah is telling us that when we greet a person, even if we are NOT happy to see them, we must always greet them with a smile and/or a pleasant look on our face. This way, they will think that we are happy to see them.

Example:

#1:

You are enjoying a good book on your playroom couch on a relaxing Shabbos afternoon when there is a knock at the door. It is none other than your neighbor down the block who wants to play with you.

You are not particularly interested in socializing right now. Your expression on your face, which is pretty much a frown, says it all!

“I guess if you want, you can come inside,” is what you say to your friend.

How do you think your neighbor/friend feels about coming inside? She would rather go home... She doesn't think she is wanted!

#2:

You are all ready to go to the ice cream store on a Sunday morning with two of your friends, when there is a knock at the door. It is your grandmother stopping by for a short visit. You really love your grandmother but you are so disappointed that your trip to the ice cream store is messed up for now. Your facial expression does not make your grandmother feel so welcome...

We always have to act in a way that the other person “thinks” that we regard her and have positive feelings toward her. Even if our thoughts about greeting this person are not such happy ones, we must be careful to never show it on our face, as this is so hurtful to the other person.

**A smile is a signal to a person that he is cared for. The greatest gift that we can give another person is our... SMILE!**

# GAME

Leader can first model some warm smiles, as well as some subtle, yet negative expressions. (ie: rolling her eyes, grimacing, snickering etc.) Then one Bnosser at a time volunteers to come up. She makes a face. The rest of the group turns to their elbow partner and explains how they would feel if they were greeted with that facial expression.  
This activity can be repeated as long as time allows.

## POEM/ SONG:

**TUNE:** מש-מש-משנכנס אדר

והוי מקבל את כל האדם בסבר פנים יפות  
You should greet every person that you see,  
With a great big smile, as happy as can be!  
Welcome your friends with a warm, pleasant face-  
They will "THINK" you are happy, and not feel out of place!

# Week 5

## פרקי אבות פרק ב'

משנה י:

נאלי תהי נוח לבעם

*Rabbi Eliezer teaches us in  
this Mishnah that we should  
not get angry easily.*

פרקי אבות  
פרק ב'



## Stories from Tzadikim:

#1: The Chofetz Chaim used to go to Shul at midnight every night when no one was around. There was a curious person who wanted to know why he did that. He once hid under a bench in the Shul to be able to observe what the Chofetz Chai was doing there.

Lo and behold, the person saw the Chofetz Chaim walk up to the Aron Kodesh and cry out to Hashem: “Please Hashem, help me. Help me not to ever feel anger!”

We can see from this story that even the greatest of people have to work on the Middah of anger. How much more so is it incumbent upon each one of us to do the same!

#2: Reb Leibele of Vilna was a well-known student of Reb Chaim Volozhin. One year here was a drought in Eretz Yisroel, and it was very difficult to get a good, kosher Esrog for Sukkos. Reb Leibele worked very hard to find a beautiful Esrog. He paid an enormous amount of money for it, and he eagerly awaited the Yom Tov so that he can make a Brocha on his precious Esrog.

Everyone in Vilna found out about Reb Leibele’s Esrog. They came to his home and waited for their turn to be able to make a Brocha on the Esrog. The first one to have this opportunity was the Melamed of Reb Leibele’s children. He lifted the Esrog and recited the Brocha with great kavanah. When he was finished, the Esrog accidentally fell out of his hands and landed on the floor. The Pitum broke off and rendered the Esrog posul (non-Kosher)!

Reb Leibele looked to the floor. He was devastated, but remained silent. He immediately put his mind to controlling his anger, realizing that Hashem is in control and makes everything happen. Instead of getting angry, he comforted the Melamed with a smile on his face!



# Discussion:

Explain that "קל" means "easily" in this Mishnah. A person should not get angry easily.

Some things happen very easily and quickly, and some things do not. The Mishnah is telling us that getting angry happens very easily. It is the nature of people to get angry when something happens that we don't like, so we therefore have to work on ourselves to make sure that we do not get angry so easily.

Very often, if something upsets us, our automatic reaction is to feel angry about it. It is surely not automatic to feel upset about something and remain calm and relaxed about it. That can only happen if we work on ourselves not to easily get angry.

It is very hard to never get angry, and our Chachamim realize that. Therefore, this Mishnah teaches us that we need to work hard in order to reach that goal of not getting angry easily.

How can we work on not getting instantly angry when something upsets us?

Rabbeinu Yonah teaches us a good strategy to prevent anger and to exercise self-control:

If something happens to us that causes us to feel instant anger, what should we do?

Put our mind to what happened. Use your Seichel to see if it really is something worth getting angry about. Most of the time, once we start to THINK, we will realize that we can find reasons NOT to get angry about what happened.

The Rabbeinu Yonah explains that a person who does not work to control his anger is actually keeping his anger "freely" in his pocket. This means that it is possible that the person can end up instantly pulling the anger out of his pocket as soon as something goes wrong!

Rabbeinu Yonah compares anger to a venomous snake. A snake's poison is found right there in his teeth so that the poison enters his target with his first bite! The second a snake bites, the venom is spread.

So too, if we do not work on putting away our anger (with self-control and thinking before reacting), it will fly out much too quickly, just like the poison in the snake's mouth!!

We need to WAIT before we react.

Another good way to conquer our anger is by LOOKING at anger with the following approach: If someone causes us to be upset, think that Hashem must have a reason why this happened to us. After all, everything that happens in our lives is coming directly from Hashem! If we keep this in mind and constantly realize this, it will stop us from getting angry when someone upsets us.

Example:

#1:

I was peacefully drinking a cup of hot cocoa when someone rushed past me and sent my drink flying over my brand new white blouse...

#2:

I asked my sister to put away my gold ring that she borrowed and she forgot to put it away. Now it is lost...

#3:

You worked very hard on a school project that is due tomorrow. Unfortunately, your two year old sister scribbled all over it...

Ask your Bnosers to think about these scenarios. Ask them how they would feel after experiencing one of these scenarios. Then ask them what can you do to control yourself from reacting with anger? What do the Chachamim tell us to think when something happens to us? What happens if a person does get angry? The person tries to control his anger, but unfortunately, it did not work this time. If the anger already came out, how should the person deal with it?

Since the Middah of anger can happen at any time without planning it, we should keep in mind that if this happens, we should only be angry for a minute, and then we have to calm down.

We learn this from HASHEM! How?

We say in our Davening that if Hashem has to get angry, His anger never lasts longer than a minute:

“כי רגע באפו”

We must always try to follow in the ways of Hashem! Is it easy to remain calm and friendly when there could be a lot to be angry about?

No. Can it be done? Yes! Let's try!!

# GAME

Divide the girls into small groups. They should think together of a scenario where family members/friends were about to get angry because... and they controlled themselves by saying/thinking... they should then act it out in front of the whole Bnos group.

## POEM/ SONG:

You can chant this poem in song form:

Someone got me upset today, but I didn't let כעס get in the way!  
I thought about what happened- for a second or two- and realized  
exactly what I have to do.  
אל תהי נוח לבעוס, do not get angry easily,  
I will work on this Middah, and Hashem will be proud of me!

# Week 6

## פרקי אבות פרק ג'

משנה י'

כָּל שְׂרוּת הַבְּרִיּוֹת  
נוֹחֶה הֵימָנוּ, רוּחַ  
הַמָּקוֹם נוֹחֶה הֵימָנוּ

*Anyone who people find  
pleasant, Hashem also  
finds pleasant.*

פרקי אבות  
פרק ג'





## Stories from Tzadikim:

#1: Harav Avrohom Pam zt”l once walked into Yeshiva Torah Vodaas. Before he went to give his Shiur, he took off his hat and placed it on the top shelf in the coatroom. A few minutes later, a Bachur passed by the coatroom, drinking his mug of coffee. When the Bachur was nearly finished, he haphazardly placed the coffee mug on the top shelf. The coffee mug was leaning on the brim of a hat. Unbeknownst to him, it was Rav Pam’s hat. After Shiur, Rav Pam reached up to get his hat and the mug fell and smashed to pieces. Instead of being annoyed about the Bachur’s lack of responsibility, Rav Pam was concerned that he damaged a Bachur’s mug. The next day, Rav Pam returned to yeshiva with a new mug. He placed a little note in it apologizing for breaking the mug. Rav Pam truly lived his life with humility and pleasantness, and brought only Nachas to Hashem.

#2: A non-Jew once related to a Frum Jew that he keeps a yarmulke in his car. He places the yarmulke on his head if he ever gets stuck on the road. He explained that he knows that Jewish people care for one another just as brothers and sisters, even if they do not really know each other. He knows this because he had seen on many occasions that Jews stop to help other Yarmulke clad drivers on the highways! He therefore feels safe knowing that a Jew will help him on the road if he needs it one day.

This story obviously brings praise to Hashem and to the Jewish people!

## Discussion:

Rabbi Chanina Ben Dosa is teaching us a very important lesson in how to conduct ourselves at all times. We see from this Mishnah that there is a connection between us and Hashem! That means that we must always keep in mind that the way we behave reflects on what Hashem thinks of us. Rabbeinu Yonah explains that a person who acts nicely to others and conducts his business with other people in an honest fashion will thus cause people to say; "This is the way a person who lives by the Torah acts. Praised are those who learn Torah and keep its Mitzvos!"

The Kiddush Hashem that was created by a person's action gives Nachas to Hashem!

The way we behave either creates a Kiddush Hashem or Chalilah, a Chillul Hashem. If we live our lives in a pleasant and peaceful manner, we will find favor in the eyes of all the people around us and in the eyes of Hashem!

On the other hand, a person who acts obnoxious, snobby, or unpleasant, will not find favor in the eyes of the people around him, and certainly not in the eyes of Hashem!

Help your Bnosers understand the meaning of this Mishnah by giving them relevant examples.

Examples:

You let the next person in line go ahead of you in the grocery store because they only have 2 items to pay for. You do this with a smile, and the recipient of your kindness responds by saying "Thank you, that was so kind of you!"

This person will also be thinking that Frum people have good Middos. Frum parents train their children to be nice to others.

- Acting nicely to your friends in the playground.
- Not pushing on line or going ahead of someone in the lunchroom or in a store.
- Speaking in a soft tone as opposed to yelling or screeching.
- Eating with manners so others will enjoy sitting near you.
- Behaving like a mentsch in a store.
- Sitting quietly in a waiting room.
- Helping an older person carry bags up the steps or to a car

# GAME

**#1:** Leader gives a few true to life examples or non-examples. The Bnosers will show a thumbs up if the example depicts the Mishnah, and a thumbs down if it doesn't.

**#2:** Divide your Bnosers into groups of two or three. Give them a few minutes to plan a mini skit. The skit should be an example of people acting pleasantly toward/among others. You can prompt some of the girls with some examples in order to get their imagination flowing.

# POEM/ SONG:

“כל שרוח הבריות נוחה הימנו, רוח המקום נוחה הימנו”

If you want to give Nachas to Hashem, what is the way?

Be pleasant to others every day!

# Week 7

פרקי אבות  
פרק ד'

משנה א':

איזהו עשיר?  
השמח בחלקו

*Who is a rich person?  
Someone who is happy  
with what he has!*

פרקי אבות  
פרק ד'





## Stories from Tzadikim:

#1: Horav Yechezkel Levenstein learned in Kelm after his Chasunah. One time, he noticed in the Yeshivah that there was a Bachur who always wore tattered shirts. Rav Yechezkel felt bad for him and wanted to help him. He therefore happily gave this Bachur all of his own fresh new shirts that he had just gotten for his Chasunah!

Rav Yechezkel did not need the new shirts to make himself happy because he was always happy with what he had. The old shirts would be fine for him. What made Rav Yechezkel happy was his ability to help a Bachur gain self-respect.

Happiness is the art of feeling satisfied with what you have.

## Discussion:

Ben Zomah is teaching us who a rich person is. He is the person who is happy with his lot, happy with what he has.

Ben Zomah is telling us that being rich or poor is not defined by how much money or possessions a person has. Being rich is defined by being happy with whatever Hashem gave you and continues to give you. Such a person is rich because he is happy with the amount that Hashem decided he should have! Therefore, a person who is not satisfied with what he has, even if he has a lot, cannot be called rich. This person is indeed an “ani”, a poor person. This is because he is constantly feeling like he needs more and more.

It is for this reason that Rabbeinu Yonah tells us that it is a wonderful Middah to be “sameich b’chelko”. The person who works on himself to be satisfied with what Hashem has given him can truly be called an “ashir”.

We can learn from Yaakov Avinu to be happy with what we have and not seek more than we really need.

In Parshas Vayishlach, the Pasuk tells us that Yaakov prepared gifts to give Eisav when he wanted to make peace with him. Eisav, at first, turned down the presents and told Yaakov to keep it for himself. Eisav said “יש לי רב...” - I have a lot. Eisav was bragging, that he has so many possessions, far more than he really needs. That is why he offered Yaakov to keep the gifts.

Yaakov answered Eisav that he does not need these gifts. “וכי יש לי כל”. I have all that I need so I do not want to keep these gifts. Yaakov was not the type to hold on to extra luxuries. He was happy to have from Hashem exactly what he needed!

Give your Bnosers some relevant examples to bring the point down to their level.

Examples:

- “I do not need a new bike this summer. My bike from last year still works and will be good enough even if it is not shiny and fresh anymore.”
- “My shoes still fit me so I am not going to beg my mother to buy me new shoes for the summer.”
- “My best friend is going to sleep away camp and I am going to day camp. I feel happy for my friend that she is going away, and I am okay with going to day camp this year. I have other friends that will be going to the same day camp and I’m sure it will be a fun summer.”

A good way of being happy with what you have is to always look at your own lot and appreciate what you do have, as opposed to thinking and focusing on what you do not have.

A positive outlook will definitely make you feel happy! You will be an “ashir”, rich in your satisfaction for what Hashem has blessed you with.

# GAME

Place a clear plastic cup or glass of water that is filled half way. Ask your Bnosers to describe the amount of water they see in the cup. They can turn to their friend and discuss their thoughts. Then go around the room and allow them to share their responses.

Some will say the cup is “half empty” and some will say that the cup is “half full”.

Ask them, “Which way is a better way to describe the cup?” obviously, “half full” is a more positive, happier way to describe the cup of water than to say “half empty”. It all depends on how you look at things...

If there are 10 minutes left to recess, you can either be happy about that or grumpy about that: “Oy vey... only 10 minutes left to recess!”

Or, “Wow, great, there are still 10 minutes left to recess!”

Happiness is the art of feeling satisfied with what you have!

Tell your students to think of a scenario that demonstrates the Mishnah אִיזְהוּ עֲשִׂיר, as it relates to them and then they should act it out.

# POEM/ SONG:

Who is rich, who is rich, do you want to know?  
If you are happy with your lot and don't want more and more,  
You are called an “ashir” that is for sure!

# Week 8

## פרקי אבות פרק ד'

משנה כ:

יהודה בן תימא אומר הוי  
עז כנמר, וקל כנשר, ורץ כצבי,  
וגבור כארי, לעשות רצון  
אביך שבשמים.

Be bold as a leopard, light and swift  
as an eagle, and run as quickly as a  
deer, and be strong as a lion to carry  
out the will of your father in Heaven.

## פרקי אבות פרק ד'





## Stories from Tzadikim:

#1: One winter day a ninety-two-year-old Rav Yisroel Meir Kagan; the Chofetz Chaim, suddenly showed up in Vilna. He had heard that there was a need to strengthen observance of the halachos that pertain to women, and had decided to travel to Vilna to do something about it. His family protested against his traveling, but he said, "If Hashem has given me life, I am obligated to use it to work for the honor of Heaven."

Upon arrival in Vilna, he spoke before a large gathering of women in the largest Shul about the holiness of the Jewish people and the importance of following all the halachos that pertain to them.

#2: When Rav Simcha Zissel, The Alter from Kelm, would wake up in the morning, he would jump out of bed as if a bandit had been standing over him with a knife. His purpose was to break the Middah of laziness and train himself in zerizus!

Even on the day he was niftar, he mustered his strength and jumped out of bed for fear that his weakness stemmed from laziness.

He woke his small children early in the morning gently with the words, "Kinderlach, you're sleeping away a kingdom!" for Hashem appointed man king over creation.

# Discussion:

Each of these animals have a special quality that we should notice and learn from when it comes time to do a mitzvah!

They teach us important lessons in how to deal with our powerful Yetzer Horah that tries to win over us. The Yetzer Horah tries to convince us to do things that are not right or not nice. The Yetzer Horah wants us to do Aveiros. It therefore tricks us into thinking that it is okay to do something bad. That is why we have to be so strong and swift in fighting it!

First explain the literal meaning of the Mishnah then go into each animal specifically. You should be bold like a leopard, light like an eagle, run like a deer, strong as a lion... to do the Ratzon of our Father in Shamayim, Hashem!

## Leopard:

We have to be bold and daring like the leopard.

The leopard is very daring and does not care what others think of him. He is brave and does what he thinks should be done, even if others will mock him. SO TOO, we have to work not to be intimidated by other people who can mock and make fun of us for doing the right thing, We need to stand up for what is right even if it means that we will be uncomfortable.

Example:

#1: It is certainly easier for you to follow your classmates when they make fun of someone or decide to give someone the "silent treatment". However, it is very important for you to be daring and stop the bullying of an innocent classmate who is being made fun of. It takes bravery to be a LEOPARD and be strong about doing what is right.

#2: There is a substitute one day. Many classmates are participating in a "coughing train" (replace with an age appropriate misbehavior) prank. You will need to be very bold to mess up the prank by refusing to cough, thereby sparing the substitute more aggravation.

Think:

Tell your Bnosers to think about a time they had to be bold to do a mitzvah or to not do an Aveirah. Let them tell their friends. Then call on a few to share.

## Eagle:

We have to be light and swift like the eagle.

The eagle is considered a heavy bird. Some eagles can even weigh up to 15 pounds, which is a lot for a bird!

If that is the case, why does the Mishnah tell us to be light as an eagle if it is really so heavy? Hashem gave the eagle very long and powerful wings. These wings enable the eagle to fly easily and swiftly, and it is able to soar to great heights. It can therefore get somewhere really fast even though it is a heavy bird!

SO TOO, we have to be light as an eagle and run very quickly AWAY from the Yetzer Horah when it tells us to do something wrong. We cannot let laziness slow us down because then we are giving the Yetzer Horah time to win us over.

We have to give ourselves WINGS to be able to easily and swiftly do the right thing!

Example:

#1: You know that you are about to speak Lashon Horah,, but the temptation is too strong, You have to remind yourself that you should be light and swift like the Nesher and FLY AWAY from

that Aveirah as fast as you can. Don't be lazy about it!

#2: A friend came over on Shabbos and you played together a game of Stratego. She needs to go home soon, but you really want to stick in on round of Uno. It will swiftness like a Neshet for the two of you to first quickly clean up Stratego, so that it doesn't scatter all over the playroom floor.

**Think:**

Give a few examples and non-examples of this Mishnah. Tell your Bnosers to raise their hands only if indeed the girl is being swift like an eagle.

**Deer:**

We have to run like a deer.

A deer runs very quickly and enthusiastically, with zerizus. This is the way we have to run to do Mitzvos! Do not let an opportunity to do a Mitzvah slip by. Act as fast as the deer runs in order to grab the chance to do a Mitzvah.

**Example:**

#1: Your mother asks for someone in the family to volunteer to clean up the toys right before Shabbos. You should not sit back and wait for someone else to volunteer to do the Mitzvah. You should think to yourself how the deer runs, and you should immediately RUN to grab this opportunity to help your mother!

#2: The principal notices that there are a lot of wrappers left all over the yard at the end of recess. She announces that all the girls should quickly clean up before they go into class. You should immediately begin to pick up the garbage and grab as many as you can!

**Think:**

Leader should describe a scene or situation that needs zerizus similar to examples above) Ask your Bnosers to determine, "What would you do in this situation that will personify what the Mishnah says is **רץ כצבי**?" give a minute of think time. Then call on a few Bnosers to share.

**Lion:**

We have to be as strong as a lion.

The lion is king of all animals. It is the strongest and the mightiest.

SO TOO, we need to be strong and as might as a lion in order to overcome any obstacles that are in our path of doing the right thing,

The Yetzer Horah is very hard to fight and it really requires the strength of a lion to win over it!

**Example:**

#1: Sometimes getting up in the morning can be a big struggle. We may feel tired and desperate for more sleep. The Yetzer Horah tells us, "You can go back to sleep for another two or three minutes. You will still be able to make the bus." We cannot listen to the Yetzer Horah! We have to use the strength of a lion and get out of bed in the morning so we can start our day in the right way!

- It is a challenge to go to sleep on time, especially because we need to do so many things in the bedtime routine, i.e.: brushing and flossing teeth, pajamas, saying Krias Shema. It takes a lot of strength to "get to the finish line" and jump into bed on time, without getting distracted from all the other siblings and things going on in the house.

**Think:**

Let your Bnosers share with a partner what they think it means to be "Strong like a lion..." in order to serve Hashem?

You can also group them and have them act out different scenarios:

- Fighting the Yetzer Horah that wants us to speak Lashon Horah
- Acting with Zerizus when your mother asks for help.
- Waking up early enough to get ready for school like a mentch and to make the bus.
- Be daring, and stop your friends from being snobby or mean to someone.

# POEM/ SONG:

הוי עז כנמה, וקל כנשר, רץ כצבי, וגבור כארי לעשות רצון אביך שבשמים  
You should be bold like a leopard and always do what is right,  
Light and swift like an eagle with wings to take flight,  
Run as fast as a deer to do a Mitzvah, Don't wait-  
Catch it fast, before it's too late!  
Be a גבור like a lion,  
The animal king-  
Fight the Yetzer Horah and let the Yetzer Tov sing!



# Week 9

פרקי אבות  
פרק א'

מִשְׁנֵה ז':

נִשְׂא בְּעַל עִם חֵבְרוֹ

*One who carries the  
burden with his friend.*

פרקי אבות  
פרק ז'



## Stories from Tzadikim:

#1 Rav Chaim Shmuelevitz used to always stress this important Middah to his Talmidim. He would share with them the following story about the Chofetz Chaim:

The Chofetz Chaim became aware of a family in his midst that was not able to afford heating their home in the winter. It was a very cold winter that year, and the Chofetz Chaim felt the pain and suffering of this freezing family. He really wanted to help them. The Chofetz Chaim therefore traveled to the nearby town of Lida to ask a rich man who lived there to help this family pay for heating their home. He knocked on the door and the rich man answered. He invited the Chofetz Chaim into his home to speak to him, but the Chofetz Chaim refused to come in. He insisted on standing outside the door when he would speak to the rich man. After a few minutes, the rich man could not bear the freezing cold anymore. He begged the Chofetz Chaim to PLEASE come inside so they can finish the conversation in the warmth of his home. The Chofetz Chaim refused to enter the warm house until he finished telling the rich man about the freezing family. The rich man gave the Chofetz Chaim a nice donation to cover the heating costs for this family. He came to understand that the Chofetz Chaim wanted him to FEEL the pain and suffering of being freezing cold so that he would be **לועב סע ורבח סע** of a fellow Jew!

#2: Rabbi Avraham Grodzinski, the famous Mashgiach of Slabodka, used to say that I is just as important to show empathy for a person in their time of joy as it is to show empathy for a person in their time of pain.

One time, while visiting his family in Warsaw, Rav Avrohom looked up at the clock and began to dance with great Simcha. His relatives were left wondering why Rav Avrohom suddenly broke into such Simcha and started dancing. After a few minutes, Rav Avrohom stopped dancing and explained: "At this exact moment, a Talmid of mine is walking down to the Chupah. I was not able to be at the wedding, but I can join in his Simcha from here by dancing for him!"

We should all try our best to always work on this Middah of being **נושא בעול חברו**. We have to show our friends that we care for them as much as we care for ourselves, share in their joys, and frustrations, and help them out as much as we can!

## Discussion:

Sharing a friend's burden means that you help your friend in any way that she needs. You share in your friend's struggles as well as in your friend's victories.

A good friend is someone who is in tune with what her friend needs. Sharing your friend's burden means always trying to be there for your friend and showing that you care for her.

נושא בעול עם חברו means that we show that we feel for another person. We show that we feel their pain and discomfort instead of being indifferent to someone else's suffering.

Examples:

#1: Sometimes a friend will need physical help, such as help with carrying her bags or school books, etc. If your friend is not feeling well, offer her a drink of water or something that can make her feel better. Show your friend that you are not just going about your own business when she is not feeling well. You are taking the time to do something for her to help her feel better.

#2: Other times, a friend will need you to be a source of Chizuk, emotional support, if she is upset about something. If you see that your friend is upset, show that you feel for her and do your best to show empathy.

#3: You should also be there for your friend in a time of happiness by sharing in her joy and accomplishments. If your friend's family is making any sort of Simcha, tell her how happy you are for her. Show an interest in the details of the Simcha. If your friend won a contest or scored well on a report or test, tell her and show her how happy you are for her.

#4: Sometimes a friend needs you to study with her. Even if you really like to study alone, you can show that you care about your friend's struggles by offering to study with her.

# GAME

Bnosers should act out a time when they were נושא בעול עם חברו  
without words.

## POEM/ SONG:

נושא בעול חברו, what does this mean to me?  
I will share my friend's burden and be as caring as can be.  
When your friend is sad about something that went wrong,  
Listen to her talk, it will not take too long.  
And when my friend has news to share that is good,  
I will be so happy for her and rejoice just as I should!

Week

10

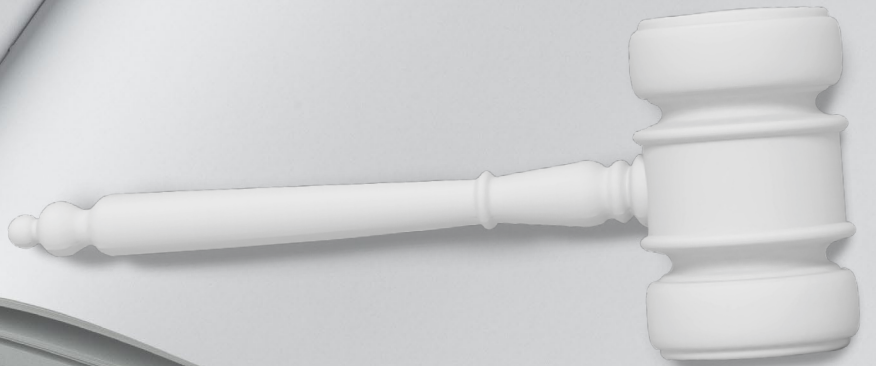
פרקי אבות  
פרק א'

מִשְׁנַה ו':

הוֹי דִּין אֵת כָּל  
הָאָדָם לְכַף זְכוּת

*Always judge others  
in a good way!*

פרקי אבות  
פרק א'





# The Mystery of the Missing Coin

*A True Story*

It was a busy day in the home of Rabbi Avraham Shmuel Binyamin Sofer (1815-1872), the rabbi of Pressburg, Slovakia. He was the son of the Chasam Sofer and was known as the K'sav Sofer. He was the host of an important meeting, and all the great rabbis of the area were there. When the discussions were over, Rabbi Sofer went to his private room and came back with something wrapped up in a velvet cloth. He said, "I want to show you something very precious, something that has been in my family for many years." He opened up the cloth and took out a sparkling gold coin. "This coin was minted by King David. It is the only one left in the world!" The rabbis passed it around the table. They looked at it very long and very lovingly. King David's coin! Such a holy item!

Then suddenly, no one knew how, the coin disappeared! Where was it? Who had it? Did it fall to the floor? They all looked and looked, but no one found the coin. One of the rabbis stood up and said, "My friends, we have not searched enough. Maybe one of us put it into his pocket by mistake. Or maybe it fell into someone's pocket, somehow. Let us all empty our pockets." They did, but still no coin. Then one of the rabbis said, "Let us all search one another." Everyone agreed except for the oldest and one of the most respected men in the group. "Please, my friends, don't do it. It is an insult to search such great rabbis. Let's wait a while. The coin will be found."

Half an hour went by, but still no coin. Rabbi Sofer stood up and said, "Please my friends. Let us not be ashamed to be searched." When he said this, the face of the old rabbi turned white. The others looked at him and some began to think that maybe he had taken the coin. Just then, the door opened and one of Rabbi Sofer's children came in. "We found the coin! When we cleared the dishes off the table, the coin fell onto one of the plates! We found it when we washed the dishes." Everyone smiled in happiness and relief. Dinner was served, and everyone was overjoyed.

After the meal, the old rabbi, the one who had protested against the search, stood up and asked for everyone's attention. He reached into his pocket and took out a gold coin. It was the same gold coin as the one that had been lost! It was another one of King David's coins! He explained that this coin had been in his family for many generations, and he always carried it with him because it was so holy.

"When Rabbi Sofer said that his coin was the only one in the world, I did not want to show him that he was wrong. Just imagine, if you had searched me and found the coin."

Nobody would have believed me. Everyone would have thought that I had stolen it. I prayed

that Hashem would save me from such shame and He heard my prayer."

Rabbi Sofer said, "Now I know why Hashem brought us all to my home today. Our Sages tell us always to judge people favorably, even if we think we are sure they have done something wrong. Today we see for ourselves how right they are."

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# The Missing Jump rope

“Hey, am I seeing right?” Estie thought. “Penina is jumping rope with Miriam’s jump rope?! I’d better tell her!” Estie hurried over to Miriam. “Do you know that Penina is using the jump rope that you lost?” “Are you serious? I’ve been looking all over for that jump rope! Show me where she is playing!” Miriam demanded. Estie pointed to a spot in the crowded playground. “See?” “Uh, huh,” Miriam replied, feeling more and more upset. “What should we do?” “Something, obviously. I mean, this is outright robbery. We can’t let it go on!” Estie declared loudly. “We can’t let what go on?” someone nearby asked. And instantly, all of Miriam and Estie’s classmates had their heads together discussing this problem. “It’s unreal.” Batsheva shook her head. “Horrifying,” agreed her best friend. “I would never believe that Penina would stoop so low as to steal,” someone commented. “Especially something as cheap as a jump rope,” another friend added. “And she’s not even ashamed of it!” Blimi pointed to where Penina was jumping rope in full view of all. Accusations flew through the air as Miriam sighed in despair. “Girls, all this isn’t helping me! What I need is some action, a way to get my jump rope back!” “Yes,” Estie said thoughtfully. She looked sly. “I think I have an idea. Listen up, everyone...”

As the class was lining up when recess was over, Bracha looked very thoughtful. “You know something,” she told her best friend, Naomi. “I don’t think Miriam and Estie are doing the right thing. Everyone really should be *dan lekaf zechus* (give people the benefit of the doubt). It’s not fair to Penina if we all assume right away that she’s doing something wrong.” I was just thinking the same thing,” Naomi replied seriously, with a frown on her face.

The next day, the girls couldn’t wait until recess when they would be able to carry out their plan. Finally, the recess bell rang. Everyone jumped out of their seats and ran to surround Penina, who was holding the jump rope. “Can I play, can I play?” the girls clamored. “Fine,” Penina said. She wondered why she was suddenly so popular, but she didn’t say anything. As they were playing, Batsheva said to Penina, “I love your hair.” Estie remarked, “You look so cute in that red sweater!” “Your outfit matches perfectly,” Miriam complimented her. As a result of all these compliments, the jump rope game slowed down to a stop. Penina felt very bewildered. She was definitely not accustomed to being the center of attention. The jump rope slipped from her palms as she smiled politely. “Thank you,”

she said. “It’s nice of you to say so.” Miriam winked at Estie and waggled her eyebrows. Estie caught the signal. Swiftly and silently, she gathered up the jump rope from the ground. Suddenly, Penina turned. “Excuse me, but that’s my jump rope. Why are you taking it? Please give it back to me.” Estie turned red in confusion, but only for a moment. “I will not! It’s not really your jump rope. It’s Miriam’s!” “What are you saying, Estie?!” Penina looked shocked. “My mother bought it for me a few days ago!” Miriam went to join Estie. “You’re a liar. I know you stole it from me! I know!” Penina was near tears. “No, no, that’s not true! Give it to me! It’s my\_” The bell rang loudly, interrupting Penina. Miriam quickly stuffed the rope into her skirt pocket as the class lined up neatly and entered the classroom. Penina burst into silent tears, but at that moment there was nothing she could do.

Morah stood in front of the classroom with a disapproving look. She clapped her hands twice, “Girls, this room is a mess! Let’s clean up. Chani and Chaya, pick up the papers from the floor. Penina, Estie and Miriam, please put all the supplies in the closet. Batsheva, Shaindy, and Naomi please straighten out the desks. Thank you.” All the girls did as they were told. Penina, Estie, and Miriam ran around the classroom, collecting the scissors, glue, staplers, construction paper, and yarn. They carried everything to the supplies closet and opened the door. Penina put away the scissors and glue. Miriam put away the staplers and construction paper, and Estie put away the yarn in the yarn box. As she opened the box, she looked astonished.

“Hey!” she exclaimed. “What is this doing here?!” “What’s doing where?” Miriam asked as she leaned over Estie’s shoulder to get a better look. “Huh!?” was all she could say. For there, wrapped up in one of the yarn balls was a jump rope exactly like Miriam’s! Miriam checked her own skirt pocket and slowly removed the jump rope she had put there. She held it next to the jump rope in the yarn box. Miriam was quiet. “The janitor must have found your jump rope and thought that it belonged in the yarn box,” Estie whispered to Miriam in shock. Miriam still stood there, silent and unmoving. Then, she slowly turned to Penina. “I’m so sorry, Penina,” she said quietly as she looked at the floor. “I didn’t realize that it was really your jump rope.” Miriam’s voice lowered even more. “Please forgive me.” Penina smiled. “Sure I’ll forgive you- if you promise that from now on you’ll always be Dan Lekaf Zechus. And one more thing.” “What’s that?” Miriam asked. “Can I please have my jump rope back?” “Sure!” Miriam grinned and gave it to her. She then heard strange sounds. Turning to the classroom, she saw Morah and all the girls applauding. Morah stepped over to Miriam, Estie, and Penina. Putting her arms around them, she told the class, “We have all learned a very important lesson today that you should always put to use, “Judging Every Person Favorably”. I hope you will never forget it.” Bracha winked at Naomi. And Estie, Penina, and Miriam smiled.

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You overhear one of the head staff saying to the another, "Make sure it is Ohel Daled."

At supper time that day, the head staff get up on stage to make a goral and Ohel Daled wins.

Do you think the goral was fair? How can you be dan l'kaf zechus?

פרקי אבות  
פרק ב'

משנה ט"ז:

אל תהי נזח  
לכעוס

*You should not get  
angry easily!*

פרקי אבות  
פרק ב'



# The Reward

Mirel Zuckerman felt satisfied as she stepped out of the courtyard of her apartment complex into the entranceway of her building. Mirel was a housewife who lived over a 100 years ago in the small village of Zosman, near the city of Radom, in Poland, which was then ruled by Russia. Today was laundry day and she had just finished hanging up to dry all her family's clean and freshly scrubbed clothes and linens.

In those days there were no washing machines or clothes dryers. Women washed their soiled laundry by hand. First they had to fill a huge pot of water on the primus (kerosene) stove and wait for it to heat up. Before each stain would be attacked with a scrub brush, every article of clothing would be soaked and swished around in the hot, sudsy water. Then in order for the clothing to be spotless and soap less, each item would be handled one by one as it was rubbed, rinsed several times, and then wrung out.

Finally as Miriam had just now done, the overfilled baskets would be lugged to the courtyard outside. There the neighboring women had strung their clotheslines across the alleyways and walkways of the courtyards. The last step was to carefully hang up each newly laundered piece onto the clothesline, to wave in the breeze and dry in the sun.

There is no question about it. Doing laundry in those days was a time consuming and tiring job. So it was with relief that Mirel gave a backward glance and turned into the doorway of her home. Other chores awaited her.

Sometime later, her neighbor, Sara Frayda was returning home from the market. Laden with fruit, vegetables and other groceries; she entered the courtyard. She saw Mirel's laundry dangling from the clothesline and flapping in the wind right above her head. As she gazed at all the billowing sheets, she became angry.

Sara Frayda didn't have much patience these days. She worried about her son, David. Teenage boys his age in her village and neighboring towns were being forced to serve as soldiers in the Russian army. Sara Frayda was well aware that the army was no place for a Jewish boy. David belonged in yeshiva, not in an atmosphere where Shabbos would be ignored and treife meat would be served. Rough Russian boys would be his companions, and his officers would try to force Christianity on him. Would he even be able to put on his tefillin, which he had put on daily and with much pride ever since his bar-mitzvah almost four years ago?

In several months David would be seventeen. At that age all boys had to register as soldiers. Just last week a neighbor's family had gathered together in their doorway, tearfully waving goodbye to their youngest son, as he left to join the Russian army. Any boys who didn't enlist on their own, were rounded up by the local police and forcefully dragged to the army post.

With these thoughts whirling around in her mind, and weary with concern for her son, Sara Frayda just didn't feel like bending down beneath the laundry to cross through the courtyard. "Mirel's laundry again!" she snapped. In a spurt of anger she tugged the clothesline and all of Mirel's sparkling clothes were tossed helter skelter onto the muddy, unpaved ground.

Just at that moment, Mirel entered the courtyard to gather up her dry clothes. She saw what had happened. She stared at the soiled little heaps. She resisted the urge to scream at Sara Frayda. Instead she spoke forcefully to herself. "It has been decreed in heaven that this should occur, and Hashem chose my neighbor as a messenger to make this happen. Was Hashem testing me to see if I would control my temper?"

Without a word to Sara Frayda, Mirel bent to collect the grimy laundry. She shook out the clothes and took them home. Then she began the long process of heating the water, soaking, swishing, scrubbing, rubbing, rinsing, and wringing, all over again. Then she hung up each piece, one by one.

Several days later a notice arrived in Sara Frayda's home, instructing David to appear in one month's time before the army physician to see if he was physically fit to serve in the Russian army. Frantic with worry, she ran from one person to the next, begging advice on ways to save her son from the army. She prayed to Hashem and began to examine her own actions to see in what merit she could ask Hashem for help for David. At that moment she remembered what she had done to Mirel's laundry just several days before. Overcome with embarrassment she went immediately to Mirel's home and knocked on the door. Reb Avraham, Mirel's husband, opened the door.

"I must speak to your wife right now!" pleaded Sara Frayda. "I want to apologize for something very wrong that I did to her."

"She's not in," answered Reb Avraham. "But she hasn't said a word to me about anyone harming her in any way. You probably have nothing to worry about it. I'm sure she forgave you."

The neighbor realized what an exceptional person Mirel was. Besides having not raised her voice in anger to her, she hadn't murmured a word about the incident to her husband.

Sara Frayda left filled with determination to become more like Mirel and learn to control her temper. It would become her goal in life to train herself to develop this fine character trait. As she turned home, she mulled over the various ideas suggested to her and at last decided on a plan of action to help David.

At that time if anyone in her area was ill and needed the services of a doctor, they would usually travel to Cracow, a neighboring city, to get professional help. However if the sickness was not serious, the person would go to Reb Yeshaya, a local resident who was medically knowledgeable. Sara Frayda told Reb Yeshaya, "The only way David can be excused from army duty will be if he is physically unfit for service." It was the hardest thing she ever had to do, but she begged him to injure David's thumb in a way that it would make him unable to handle a gun. (Unfortunately, this was common practice in those days.)

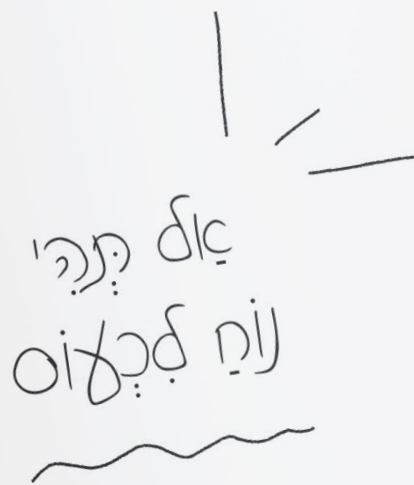
Although unhappy about the task he was asked to perform, Reb Yeshaya understood why it was necessary. He fulfilled Sara Frayda's request. He injured David's thumb, which made him permanently disabled. David would never again be able to use his right hand properly, but at least now he was physically unfit to be a soldier.

When David went for his physical, the doctor examined his hand carefully. Noting that David's father was a farmer, he said. "Fooling around with your father's tools, I'll bet?" Clucking his tongue over David's "foolishness", he handed him a slip of paper "declaring him unfit for army service".

David left the doctor's office relieved and passed the line of recruits waiting to be examined. He heard the foul language of the men and smelled the liquor on many breaths. Most of them looked eager to become full-fledged soldiers in the Russian army. "Baruch Hashem, I'm not one of them," he thought.

As for Mirel Zuckerman, she too was happy. In the great merit of controlling her anger, Hashem granted her a son. He grew up to be a great leader of Klal Yisroel (the Jewish people) and bought his mother much happiness.

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You come home from school and see your little sister coloring on some of your stationary with a magic marker. What would you do?

Ask each girl for an idea of how she would/should react. Then discuss it with them.

# Week 11

פרקי אבות  
פרק ג'

משנה ט"ז:

המלביץ פני חברו  
ברבים אין לו  
חלק לעולם הבא

Someone who shames a  
person in public does not  
have a share in Olam Habah.

פרקי אבות  
פרק ג'

# Salty Sugar

Rabbi Yehoshua Leib Diskin, who was the rabbi of Brisk about 130 years ago, was known for his special consideration of people's feelings. Every Motzai Shabbos, people used to come to his home, where he would give a Torah lecture. Tea was served to all those who came, as well as to Rabbi Diskin himself. Generally, the rabbi was served first.

One week, the shamash went into the kitchen to prepare the tea for the rabbi. By mistake, he opened the container of salt instead of the container of sugar. Knowing that the rabbi took his tea very sweet, the shamash was generous with the "sugar" and heaped in an extra teaspoonful. Not realizing that he had put in salt instead of sugar, he proudly carried in the tea and served the rabbi. Rabbi Diskin made a bracha and began to sip the hot tea. His face didn't show anything at all, and no one in the room could tell that anything was wrong. The shamash went back to the kitchen to prepare tea for everyone else. Just then, the Rebbetzin came into the kitchen. She immediately noticed that shamash was spooning out salt instead of sugar!

Very upset about what happened, she went to where the rabbi was and quietly removed the cup of tea. She glanced at the rabbi's calm face and was amazed! How was the rabbi able to keep himself from betraying the salty secret? Later on when everyone left, the Rebbetzin asked her husband how he was able or even permitted to drink something that was so dangerous to his health. "After all," she said, "It says in the Torah that we have to watch our bodies as well as our souls..." The rabbi replied, "Our Sages say that it is better for a person to throw himself into a fiery furnace, than embarrass someone in public.

Rabbi Diskin knew how terrible the shamash would feel if he would have said something about the salty tea in public.

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פֿאַמלען פֿאַר  
האַרץ פֿאַר  
אַלעס וואָס  
פֿאַר

As you are sitting and  
eating lunch, your friend's  
cup of milk accidentally spills  
all over you, your food,  
your shoes... everything!  
You're upset, cold, and  
soaked! But, פֿאַמלען פֿאַר  
האַרץ פֿאַר אַלעס וואָס  
פֿאַר

What should you do? What  
should you say?

Ask each girl what she  
would do. Discuss it with  
them.

פרקי אבות  
פרק ג'

משנה ט"ז:

הו"י מקביל את כל  
האדם בשמחה  
*Greet everybody  
with joy!*

פרקי אבות  
פרק ג'



# Feeling Welcome

Frayda and Yehudis Shine linked hands. They watched nervously as their mother drove away. Then they marched slowly into the school building. Girls were streaming in all directions around them, waving and shouting greetings to each other. The Shines had just moved to a new town. Today was the girls' first day at a new school. Leaving all their friends behind had been very hard. Making new ones was absolutely terrifying.

"I'm really scared," whispered Yehudis to her big sister as they stood outside her classroom. "Me too," thought Frayda. But she didn't want her little sister to know, so she just hugged her and said, "Don't worry. The girls here are supposed to be nice. Everything will be okay."

Then she found her own fourth grade room and went in. Last year, a new girl had come to Frayda's school. Some girls had been very mean to her. Frayda had been too shy to be friendly or help her, and the new girl left in middle of the year. Now, Frayda wondered how she would be treated.

Frayda looked around fearfully, expecting to be ignored. She was surprised when immediately two smiling girls rushed over to her. "Hi! I'm Bracha," said one. "I'm Faigie!" said the other. "What's your name?" "Frayda," she answered shyly. But the girls would not let her stay shy.

"We were really glad a new girl was coming to our class," Faigie said excitedly, "Because we had only 17 girls. Now we're 18. That's a great number because it's even, also 18 equals 'chai' in Hebrew. "You look like a really nice girl. Do you like to jump rope or play ball?" added Rivkah.

Frayda began to relax. Maybe moving wasn't so terrible after all! More girls crowded around. "Sit next to me," invited Chana. "I asked her first," Bracha said. "Everything will be okay," Frayda thought, because her classmates had made sure to make her feel welcome.

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# Greet Every Person Nicely

A noted rabbi from a respected family in Europe was in the habit of going for a walk each morning. As he walked through the town, he would greet each and every person with a smile and a cheerful good morning. One of the people he passed and greeted was a non-jew, Herr Muller. Each day the rabbi would greet him, “Good morning, Herr Muller,” and the greeting would be returned, “Good morning Herr Rabbiner.”

World War Two broke out. The rabbi’s entire family was wiped out, and he himself was taken to a concentration camp. He found himself in a long line before a camp commandant who was waving people to the right (meaning life) or to the left (meaning death). As the rabbi inched up the line, dressed in camp stripes, completely shaven, and skeletal looking, he recognized the voice of Herr Muller, who was now Commandant Muller, a cruel murderer. When his turn came, the rabbi greeted him as he had years before, “Good morning, Herr Muller.” His eyes widening in surprise, Herr Muller answered, “Good morning, Herr Rabbiner,” and waved him to the right. The next morning the rabbi was transferred to much easier camp and thus survived the war. Because of the nice manner in which he treated every human being, he aroused the mercy of the “beast” who had the blood of thousands on his hands.

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# GAMES

The following games are just some ideas to help you get started. Take any game and adjust it for your group. Be creative!! Go through your game closet and make up new games!

## **Streets and Alleys**

The girls line up in rows, when the leader calls out “streets” they all turn one way, and when the leader calls out “alley” they all turn the other way. Meanwhile, one girl is the cat, who is trying to catch another girl, who is the mouse, but they keep getting stopped by the change of the “streets” and “alleys”.

## **Newspaper Game**

The leader asks all sorts of questions and the girls have to find answers using words they find in the paper. Ex: Why does the president wear pink pajamas? Where are you going for graduation trip?

## **True or False**

Three girls say a story and only one is true, and everyone else has to figure out which story was true.

## **Freeze and Justify Banging Game**

Send a girl out and decide on something she has to do, then she comes back in and she has to figure out what she has to do but the group can only answer her by banging – banging louder means she’s getting closer to the right thing and banging lower means she’s very far.

## **Games From School**

You played a cute game with G.O., change it a little to play with your group. Tell them that high school girls played it, they’ll love it even more!

## **Hand Game**

Sit around table and cross hands over each other, bang hand once means continue in same direction, bang hand twice means switch directions. If someone’s hand didn’t bang at the right time, that hand is



taken out of the game. (You have two hands so you've got two chances!)

### **Concentration**

You can do it with numbers, food names.... If you play with names, you can do that every time someone gets out, everyone has to get up and move one seat over and their name in the game is the name of the original girl who sat there.

### **Rechilus Game With Acting**

One girl says a story to a girl who acts it out to the next girl, who acts it out to the next girl who says what she saw acted out, the two last girls wait out of the room and come in one at a time to see the story – you'll see how loшон hora can get twisted and taken out of proportion – don't say loшон hora to begin with.

### **Grab the Salami**

Either the regular way or the true or false one: everyone sits in a half circle and split into two teams, every girl is given a number, just like in the regular game, there are two chairs facing the girls, one is true and one is false, the leader says a statement and then a number and that number has to run up and sit in the right chair first, if it's false they have to correct the statement to get a point.

### **Headbands**

Every girl is given a paper with someone's name on it and they have to figure out who they are by asking others a yes or no question.

### **Schlep**

Set up the chairs spread apart in a circle shape, in groups of two. You need an even number of girls, because every girl needs a chair except one girl who starts. The leaders start singing, and the girl with the empty chair quickly grabs a girl to sit next to her and then the girl with the empty chair by her has to grab another partner.... The girl with an empty chair when the singing stops is out.

### **Pruee**

Everyone closes their eyes, and then the leader picks on girl who is it and she can open her eyes. Whoever goes over to the girl who is it and says pruee and wouldn't hear an answer would know she's it and could open her eyes but anyone who's not it answers pruee. The goal is not to be the last one with her eyes closed!

### **Three Chairs**

You set up three chairs in front of the room, and divide the girls into two teams. You then call out something and whichever girl has that can run and sit on a chair. Whichever team has the majority on the chairs get a point.

### **Um**

You call up a girl and have her talk about something she never heard of for one minute without saying the word um.

### **Four Corners**

You need a large place with four corners for this game. You give each corner a name. All the girls start by one place and the leader the calls out a corner. All the girls have to run to that place, and the last one to reach it is out. You play until only one girl is left. You can make it tricky by calling out the name of the corner they're on because they run off and then realize and have to run back!

### **Treasure Hunt**

Hide clues all around the Shul.

### **Mrs. Kaplan's Word Game**

Give three words that all have on word in common, and they have to try to figure out what the word its. Ex. Grandfather, atomic, alarm. The answer is Clock – grandfather clock, atomic clock, alarm clock.

### **Humming Game**

Each team sits holding hands and the first person on each team starts humming, and when they run out of breath they squeeze the person next to them. Whichever team finishes last is the winner.

### **Connect four/ tic tac toe**

One girl from each team comes up and the leader gives a word and whichever girl finds it in the Siddur first gets to take a seat. She is a piece for her team. Whichever team gets a row first wins.

### **Naming game**

Everyone sits in a circle and there is one girl in the middle and an girl calls out another girl's name and that girl has to call out another girls name before the girl in the middle taps her. If the girl in the middle taps her before she calls out someone else's name, then she goes to the middle and the person in the middle sits down.

### **Find Your Shoes!**

Blindfold everyone or make the room pitch black and every girl has to put her pair of shoes in the middle of the room – whoever gets to their shoes first wins!

### **Sitting On a Chair**

I am sitting on a chair and calling on \_\_\_\_\_. – everyone is sitting on chairs in a circle with one extra chair, and as they say a word from the sentence they move over one seat, and when they say that girl's name, she has to get up and go sit in the empty seat. The girl sitting next to the now empty seat has to right away start over by saying – I am sitting.....

### **Spider Game**

Throw a ball of yarn across the circle until you have a web.

### **Sardines**

(Opposite of hide and seek) one girl hides and everyone has to find her but when girls find her they don't tell anyone they just join her and whoever finds her last is the next sardine.

### **Never Have I Ever**

Everyone puts out 5 or 10 fingers and sit in a circle and have to say something you never did - like never have I ever gone to Spain – other people if they did go to Spain they get to put out one finger whoever puts out 5 or 10 fingers first wins.

### **Telephone Charades**

One girl goes out then everyone else line up in a telephone (Bnos leaders should come up with scenario) first girl whispers you just went fishing and caught big fish so next girl acts it out then next girl guesses what she thinks is being acted out and whispers to next girl.....till end of line then girl who went out comes back in and tries to guess what is being acted out.

### **Eye Spy**

You get any kind of busy pictures you put down a picture in the middle have 30 seconds to look at – then take it away and ask questions about the picture Ex. What color was the ribbon in the picture a. pink b. blue c. purple put down colored chip if you think it's a. etc. and the girls try to see what they can remember

## **Travel The States**

Sit in circle if you say Alabama have to think of a state that starts with the end letter (could do it with names...)

## **Song Fill In**

Each team starts by picking out a song and after the first line the second team has to fill it in right away.

## **Captions**

Leader takes nice and cute pictures of friends and divide into groups and they have to come up with captions for the picture and everyone votes for the best caption.

## **See Tell Do**

One girl goes out a different girl builds something (can be made with a package of cups..) and another girl see's and tells the other girl in a different room what your building exactly and girl makes what girl says the girl comes in and sees.

## **Whats In Common**

Could randomly pick 2 girls and each team has to come up with what these two girls have most in common – (ex. both have bows, both have curly hair..) The team that comes up with most in common wins Another way to play is more free for all everyone has to find someone who they have most in common every girl gets a paper try to pair off with the one they have most in common.

## **The Blanket Game**

(variation) in beginning as a icebreaker have everyone say name in circle and introduce and then have 1/2 go on each side of blanket so can't see other side each team picks one girl from their team to sit in front of the blanket and bnos leaders drop blanket so two captains see each other whoever shouts out the other person's name first wins. Another way to play this is you have a blanket you can have the girls singing songs dancing walking moving then leaders say freeze and they pick a girl and throw blanket over the girl and who can guess who the covered girl is first.

## **Patterns**

As many teams as you want and each team gets a minute or two to plan their pattern and next team has to copy it.

*The following games are great for special days like Chanuka Parties, Purim Parties or the end of the year party with your group. They should not be played on Shabbos.*

### **Who Done It**

Every girl gets a note card and writes on it interesting things they did in their life then everyone hands in card then dealer or leader gives out different card to everyone and everyone has to guess who had that card before.

### **Random Juggle**

Everybody sits in a circle get a bunch of random things to toss around. You start and throw to one girl who throws to someone else.... And when she catches it you throw her the next thing, meanwhile she's throwing the first thing you threw to her to someone else If anyone drops anything they are out.

### **Keep up the Balloon**

You make two teams the point is they cant let the balloon fall down have to keep it up – to make it harder you should keep on adding balloons!

### **Sticky Notes**

Divide girls into teams, every team gets different color sticky note. Pick girl from each team and see which team could get all sticky notes stuck on their girl first.

### **Back to Back**

Make two teams bring balls of different sizes pair off girls have to carry ball back to back and start off by sitting down then take the ball to the other side of room and drop into bucket.

### **Egg Drop**

Lay out all kinds of materials on table divide in groups each group gets an egg and have to wrap this egg as best as they can and then you would drop the boxes and see which wouldn't crack and which would.

### **Here \_\_\_\_\_, Thank you \_\_\_\_\_**

Everyone spreads out and the leader throws the ball to a girl and says "Here \_\_\_\_\_ (the girls name) The girl catches it and says – "thank you \_\_\_\_\_ (name of girl who threw it) That girl then throws the ball to another girl and they say the same thing. This goes on until every girl got the ball, and the last girl throws it to the first girl who threw it. You then start over, following the same order that the ball was throw in before. The



trick is: after a little bit add another ball, and another.... until it gets so confusing and no one can keep track!

### **Hula Hoop**

Use it to build team work, everyone stands in a circle holding hands, with the hula hoop between two girls, have to pass the hoop from one person to the next, by climbing in and out of the hoop – and NEVER separating hands!!

### **Ball game**

From Windy City Field House – have a race to see which team can get all the balls from one end to the other without dropping them. You do this by passing the ball from girl to girl and if you drop one ball you have to start over. It is more fun if you use different size balls.

*Now it's the leader's time to have a good time and the girls will love it too! Put on skits and shows for the girls to watch. You can do it on your own, or you can combine groups and have a few leaders in it.*

### **Bubbys visit**

The show with the lady who has no couch and the grandmother comes to visit.....

### **Miami girls' choir**

### **Little people**

One girl sticks her hands through another girl's sweatshirt.

After you put on a presentation have the girls figure out a lesson you learn from it. Wait 'till you see how creative they can get!!!

Just remember whatever you do, that if you are in a Shul you have to make sure to give proper respect to it. Even if you are not in a Shul, you have to make sure the girls don't touch or damage what's not theirs!!



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