



Use Allowed with purchase only.
All right reserved.

TEACHER'S GUIDE

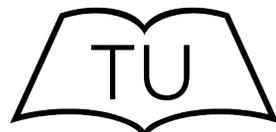
AM I FLEXIBLE?

PRODUCED BY:
Torah Umesorah Brooklyn Teachers Center
620 Foster Ave. Brooklyn, NY 11230
frontdesk@torah-umesorah.org
718.744.3100

Coordinated by: Mrs. Goldy Goldberger
Written by: Mrs. Shana Rosenbaum, Mrs. Chana Leah Hertz, Mrs. Miriam Kerstein, Mrs. Nechami Sagi
Design by: Mrs. Malky Honigwachs, Mrs. Faigy Reich

© COPYRIGHT 2019
No part of this publication may be reproduced
in any form without prior written
permission from the copyright holder.

Use Allowed with purchase only.
All right reserved.



CHAIM & CHAYA BAILA WOLF
TEACHERCENTER

Use Allowed with purchase only.
All right reserved.

✂ AM I FLEXIBLE? | SOURCES:

- איזהו עשיר השמה בחלקו (פרקי אבות ד:א)
- וכדרך יוצאי הצבא במערכותיהם אשר אכילתם בחיפזון ושינתם עראי ועומדים תמיד מוכנים לעת קרב (מסילת ישרים ט:ד)
- וידעת עם לבבך כי כאשר ייסר איש את בנו ד' אלקיך מיסרך (דברים ח:ה)
- והחיטה והכוסמת לא נכו כי אפילות הנה (שמות ט:לב)
- רכות ויכולות לעמוד בפני קשה (שמות ט:לב - רש"י)

Use Allowed with purchase only.
All right reserved.

✂ MATERIALS:



1 set per class

FLEXIBILITY TEST SCENARIOS
Anticipatory Set



1 kit per student

FOAM DOME+PINS
Anticipatory Set



set of 3 per class

'CHANGE IT!' CARDS
Activity

Am I Flexible?

LESSON AT A GLANCE

INTRODUCTION

CONCEPT:

Learning to be flexible about my demands and expectations will make me a happier person.

ESSENTIAL QUESTION:

Can I succeed in uncomfortable/unfamiliar environments, or am I overly dependent on my needs and wants?

ANTICIPATORY SET:

'Flexibility Test'

Brainstorm: What do I need in order to be happy?

LESSON

DEMONSTRATION:

'How to Catch a Monkey' Picture Book

Purpose: Students will see how inflexibility denies a person opportunities to feel free and happy.

DEMONSTRATION:

'Tying the Knot'

Purpose: Students will see the importance of flexibility in forming relationships.

ACTIVITY:

'Change It!'

Purpose: Students will model and practice flexibility.

DISCUSSIONS:

- The Need for Comfort
- The Demanding Soldier
- Effects of Inflexibility
- Forming Strong Ties

CLOSURE: 'Regards From Camp' - Take it to Heart #11

Am I Flexible?



Learning to be flexible about my demands and expectations will make me a happier person.

ESSENTIAL QUESTION

Can I succeed in uncomfortable/unfamiliar environments, or am I overly dependent on my needs and wants?

ANTICIPATORY SET

FLEXIBILITY TEST

⚡ **BRAINSTORM:** What do I need in order to be happy?

On each student's desk, place a half-egg shaped Styrofoam ball, and red, yellow and blue (or any 3 colors) pushpins.

Read the first Comfort Statement out loud. Instruct students. If the statement on the card is -

ALWAYS TRUE - insert a [red] pushpin into the Styrofoam ball

SOMETIMES TRUE - insert a [yellow] pushpin into the Styrofoam ball

RARELY OR NEVER TRUE - insert a [blue] pushpin into the Styrofoam ball

Continue with the rest of the Comfort Cards, allowing a few seconds after each one for students to place the appropriate color pins in their styrofoam 'onies. (Explain to students that they can alter minor details to suit their reality, like switching 'brother to sister' in a specific example if that's how it applies to them.)

COMFORT CARDS:

- I must have a coffee/hot cocoa in the morning. If we run out of coffee/milk, I get very annoyed.
- When I turn on music, I get upset when someone asks me to lower the volume.
- I need to study with a certain friend for every test, otherwise I wouldn't do well.
- I get irritated if the supper menu includes things I don't like.
- If the food I always eat for breakfast gets used up and my mother forgets to buy more, I get upset at my mother.
- There is a specific seat in my family's car that I sit in. Nobody else can sit in my seat.
- I like to use a certain brand of shampoo. I'd get upset at my sister if she used up the shampoo that I usually use.
- I have used a specific blanket/pillow since I was young. If someone would move it off my bed, I would get very agitated.

There is nothing wrong with enjoying a coffee every morning, feeling comfortable when you are with your friends, or wanting to have things a certain way. The question is, when things do not go the way I want them to go... do I get upset? Annoyed? Frustrated? Irritated? If those feelings do rise up inside of me... Do I scream? Do I express my feelings physically? Do I give the silent treatment? Or do I muster up the strength to try to stay calm and express myself calmly?

Prompt students to complete to following sentences:

- "I can't stand the smell of..."
- "I need the following three things in order to sleep well..."
- "I must have these two things in the morning to come to school feeling calm..."
- "I need my mother to buy _____ for me..."
- "If I don't have _____ on vacation, the vacation won't be fun."

There will be times when I won't have my favorite shampoo. Will I let that get me upset? There will be nights when my sister is freezing and closes the window, even though I need it opened in order to sleep well. Will I start a fight with my sister because of that? There will be times when my mother refuses to buy what I want. If one destination during my vacation is closed or too crowded. Will I let that put me in a bad mood for the rest of the day?

THE CHAINS THAT BIND US

DEMONSTRATION: "HOW TO CATCH A MONKEY" PICTURE BOOK

➔ **PROBLEM:** Students will see how inflexibility denies a person opportunities to feel free and happy.

Process:

- Teacher reads the "How to Catch a Monkey" picture book aloud the students, showing the pictures as she reads.

- After reading the book, teacher launches the Discussion that follows below.

🔗 **CONCLUSION:** The monkey's refusal to let go of the desired nuts ultimately trapped him.

🔗 **LINK TO LESSON:** Our inflexibilities bind us and prevent us from feeling happy when something doesn't go exactly as we want. If we learn to let go of things we think we 'must have', we will be free to be happy even in the face of disappointment.

FLEXIBLE IS STRONG

 **FROM THE SOURCE:** During *Makkas Barad*, all the plants in Mitzrayim were hit by hail. Many plants were destroyed. There were some plants that withstood the storm. What kind of plants survived?

החטה והכסמת לא נכו כי אפילת הנה (שמות ט:לב)

The stalks of wheat and spelt were not destroyed, because they were still unripe.

Since the stalks were not yet ripe, they were soft and flexible. When a hailstone hit a stalk of wheat or spelt, the stalk did not stand stubbornly upright. It bent. The hailstone rolled off of it, and then the stalk bent back into its standing position, unharmed. The stalks were (רש"י) קשה ויכולות לעמוד בפני קשה (רש"י) - they were soft and flexible. That is why they were able to withstand the hard hail stones. The other plants, which were stubborn and would not bend out of their usual position, were destroyed when the hail hit them.

We, too, are "hit" by challenges all the time. We have a choice: we can either remain stubborn and unbending, or we can be flexible. Those who decide to be flexible, who are willing to change from what they are used to when needed, will be able to go through a challenge successfully.

We are faced with challenges in the area of being flexible all the time, often when interacting with our family members and friends. Flexibility is a key tool in building strong, healthy relationships.

DEMONSTRATION TYING THE KNOT

» **PURPOSE:** Students will see the importance of flexibility when forming relationships.

Process:

- » Teacher demonstrates how a knot is tied using a rope by first bringing the two ends together

 **CONCLUSION:** In order to build a relationship successfully, we must be willing to 'bend' toward the other person and be flexible.

DISCUSS: Forming Strong Ties

What can this demonstration of tying a knot teach us about forming relationships?

How does inflexibility distance us from other people?

CLOSURE

[Take it to Heart]

REGARDS FROM CAMP

1. Imagine you are in sleepaway camp, and you are writing a letter home to your parents. Make believe you are inflexible. Include at least three complaints that make you sound inflexible.
2. Change it! Rewrite the letter. Write about the same events, but from the point of view of a flexible person.

Use Allowed with purchase only.
All right reserved.

Use Allowed with purchase only.
All right reserved.



CHAIM & CHAYA BAILA WOLF
TEACHERCENTER