

For Students and Families, School and Home

Grades 4-5:

1. Have you ever been to Israel? If so, what is something special about Israel? If not, what do you think Israel is like?
2. What are things that make you feel better when you are scared? What would you say to someone your age who is feeling really scared? How would you try to make them feel better?
3. If you could talk directly to God right now, what would you say? What would you ask for? Write a letter to God or write your own prayer to recite.

Grades 6-9:

1. Does the existence of the State of Israel make you feel proud? How and why (or why not)?
2. If you were an adult, what would you say to someone your age to help them deal with fear? Would you share with your own children what you're experiencing right now? If yes, what would you want to share with them? How would you tell them?
3. If you could talk to God right now, what would you say and/or ask God?
4. Do you connect with the [Prayer for the State of Israel](#) and the [Prayer for the Welfare of Israeli Soldiers](#)? Why or why not? What kind of prayer for Israel and/or the Israeli soldiers would you compose?
5. How do you feel when Israel is under attack? Why do you think you feel this way?

Grades 10-12:

1. How does the existence of the State of Israel impact your identity as a Jew? How does it make you feel?
2. Do you feel personally vulnerable when Israel is under attack? Why or why not?
3. Some of our prayers ask God to take revenge on our enemies. Do you feel that taking revenge is acceptable? Why or why not, under what circumstances?
4. How do you deal with fear and uncertainty? What would you suggest as "best practices" for helping people deal with fear and uncertainty?
5. Does praying and/or talking to God help you in difficult times? Why or why not?
6. It's been 50 years since the Yom Kippur War, the last time Israel suffered a surprise attack. How do you think you'll remember this time in Jewish history 5, 10, or even 50 years from now?

TO DO - Take Action! One way of coping during times of crisis is to keep busy! Whether it means volunteering opportunities, collecting money, sharing letters of support, or getting involved politically may find great comfort in taking action.

Here are a few ideas for students and families, to get involved or actively help during the current crisis:

- Write letters of comfort and support to Israeli soldiers and families of Israeli soldiers. Younger kids can draw pictures to send to the soldiers. Also, coloring pages of Israeli flags, drawings of support, etc. can be used to decorate homes, shuls, schools, etc.
- Start a video campaign to show support for Israeli citizens (holding up signs of support and encouragement).
- Conduct research projects into cities in Israel or Israeli history, etc. A mock visit to Israel/the Kotel for younger students can help them feel connected.
- Write letters to local representatives/senators, thanking them for their support of Israel and asking for their continued support.
- Social media activism makes a difference! Post pro-Israel info/memes on social media, be alert to and combat anti-Israel propaganda, and be actively pro-Israel on social media.
- Work and create with your synagogues and Federation to organize fundraisers for gift packages to soldiers, help with those evacuated from their homes (Kibbutz Beerli, Sderot, etc.), ambulances for MDA, etc. Students and families can help organize, get the word out, select recipient organizations, etc.
- Light a yahrzeit candle in the school with pictures of those who have fallen.