

# Growing Jewish Heroes Through the Year

“Not by might, nor by power, but by my spirit...”

“לא בַּחַיִל וְלֹא בְכֹחַ פִּי אֶסְבְּרוּחֵי...”

“Lo ve-cha-yil ve-lo ve-ko-ach ki im b’ru-chi...”

(Zechariah 4:6)

**We can be heroes from head to toe and all throughout the Jewish year.**

Use these tools to guide your thinking while learning together.

**How can we use our bodies to be heroes? Fill in the blanks!**

**Head:** Think about what’s right.

**Eyes and ears:** \_\_\_\_\_

**Mouth:** “I don’t speak because I have the power to speak; I speak because I don’t have the power to remain silent.” – Rav Kook

**Heart:** \_\_\_\_\_

**Arms:** “I ask not for a lighter burden but for broader shoulders.” – Jewish Proverb

**Hands:** \_\_\_\_\_

**Legs:** “Run to do a mitzvah.” – Pirkei Avot 4:2

**Feet:** “When I marched in Selma, my feet were praying.” – Abraham Joshua Heschel



**There are heroes in every holiday and Torah story. Here are some examples, and space to add your own.**

## WELCOME TO SCHOOL

Rosh Hashanah

Yom Kippur

Sukkot

Simchat Torah

Noah

Lech Lecha

Thanksgiving

Hanukkah

Winter break

Shabbat

Tu B'Shevat

Purim

Pesach

Yom Ha-atzmaut

Shavuot



Jonah



Noah/Naamah

Abraham/Sarah



Family heroes

Esther/Mordechai



Herzl/Golda Meir

**OFF TO BE A HERO!**