Ways to overcome or manage fear: facing fears, learning about the object of one’s fear, gradual exposure to the object of fear.

The Haggadah says: In every generation, each person should see themselves as having escaped Egypt. Imagine you were a slave...

Passover storytelling. How might you have helped someone during the Exodus? Act it out.

Leadership who inspired action: MLK/equal rights, Golda Meir/financing Haganah (Israel’s army), Obama/healthcare

Heroes act. They are not passive, not just watching from the sidelines

When to take a stand - anti bullying; holding a door, picking up trash in the hallway

Popular song: Kol ha’olam kulo gesher tzar m’od - The world is a very narrow bridge; the important thing is not to be afraid. (Rabbi Nachman of Bratslav) Click here for one version.

Explain the concept of midrash (Rabbinic legend) filling a “gap” or answering a questions in Torah (Examples: smashing the idols; Moses and the coal)

Vocab: Plagues, Yam Suf, Mitzrayim - realtes to gesher tzar m’od

Not standing idly by Lo ta-amod al dam rei-echa

Heroes take action even when they are afraid; courage is not always an absence of fear.

Courage in the Torah: David and Goliath Esther Moshe, Miriam, Aaron

Vocab: Kol hakavod Sit/stand Friend Neighbor

Heroes act.

Nachshon, Who Was Afraid to Swim

By Deborah Bodin Cohen
Illustrated by Jago
Kar-Ben Publishing

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