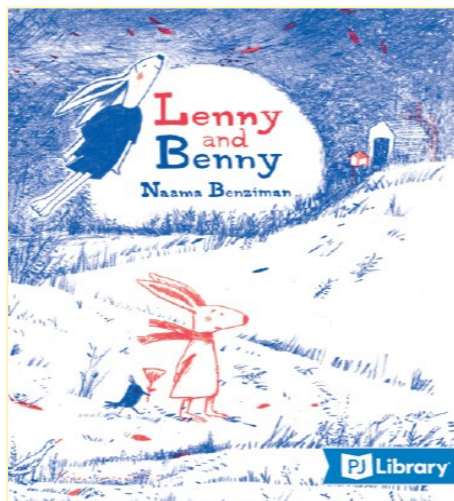


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{ How can we express our anger? }

### The Power of Words

This tale is based on a story from the Talmud (the core collection of rabbinic writings). During the time of the second Temple, a man named Kamsa was invited to a party, but the invitation mistakenly went to a man named Bar Kamsa. When Bar Kamsa arrived at the party, he begged to stay, but the host turned him away, shaming him in front of everyone -- including many rabbis, who did nothing to help resolve the argument. Humiliated and angry, Bar Kamsa sought revenge by telling the Romans, who ruled Jerusalem at the time, that the Jews were planning a rebellion. Then the Romans destroyed the Temple. Imagine if Bar Kamsa and the party host had been able to use words to repair their relationship instead! To learn more, visit [pjlibrary.org/lennyandbenny](http://pjlibrary.org/lennyandbenny).

### HANDS ON!

#### Create a Wheel of Choices

Conflicts arise in all relationships, and feeling angry is natural. Some reactions are more helpful than others. Keep healthy conflict resolution techniques in mind by creating a Wheel of Choices.

Supplies:  
Large paper or poster board  
Markers or crayons  
Tape

On your large piece of paper or poster board, draw a big circle and divide it into wedges, like a pie (make sure the pieces are large enough to write and draw on).

Think of different things you can do when you're angry to help you calm down and make good choices. Options might include dance it out, take deep breaths, count down slowly from 10, run to your favorite quiet place in your house or yard, call a friend...whatever works for you.

Write each of your actions on a piece of the wheel and draw a picture to go along with it.

Consult the wheel for help the next time you feel mad!

#### Choosing Love

The rabbis of the Talmud say that *sinat chinam* (Hebrew for "baseless hatred") was the reason the Temple was destroyed. When hurtful things happen between people (or rabbits), it takes hard work to make things right. Lenny and Benny exchange angry words, but eventually they both soften, and soon they decide to literally "jump" out of the fight together. What's the remedy for *sinat chinam*? *Ahavat chinam* – baseless love! Opening our hearts to each other again after a conflict is a redemptive act.

#### You're Invited!

We all want to belong. It's painful to be shut out. But we can always choose how we react. We can seek revenge, like Bar Kamsa did, or take some time and then let it go, like Lenny does. Lenny's choice breaks the cycle of bad feelings, allowing him and Benny to repair their relationship. Benny has a choice, too -- to forgive or to reject. Hopefully, when those situations arise, we'll decide that life is too short to pass up chances for friendship.

### TALK IT OVER WITH YOUR KIDS

**HAVE** you ever gotten really mad at someone? What happened? How did you behave?

**WHY** did Lenny and Benny speak so angrily to each other? What could they have said or done in order to avoid such hurt feelings?

**HOW** did Lenny and Benny make up and become friends again? What did they say to each other?