



Venture into Tu B'Shevat



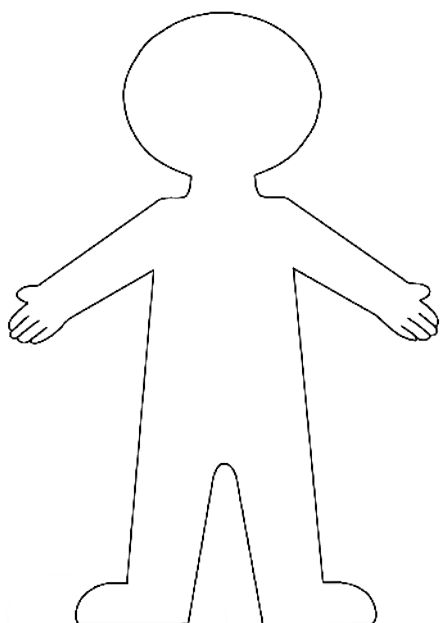
Keep Learning! Jewish Value: *Ometz Lev* Courage

The Hebrew term for courage, *Ometz* or *Ometz Lev*, literally means “strength” or “heart-strength.” This doesn’t mean you have no fear, but that you have the inner strength to move forward anyway. Even if you sometimes feel scared or worried, you can still access *Ometz Lev* at any time. It’s also important to remember that sometimes it takes courage to not move forward when you feel scared. Listening to your heart and your body and pausing when there is fear and anxiety can be difficult and *Ometz Lev* may also mean having the courage to take a moment and regroup.

What are some of the ways in your life that you live the Jewish value of *Ometz Lev*? Are there times when you

Activity: *Create a Superhero*

When we think of superheroes, we think of characters who have amazing powers and often use them to go into scary situations to help people. Think of Superman using his courage to rescue someone from the top of a burning building. Or Storm courageously creating toxic rain to save people from harm. Create your own superhero. What special powers do they have and how do they use them to act with *Ometz Lev* (courage)?



My Superhero is named:

They have the superpower of:

They use this superpower to show courage by:
