



Preschool - 2nd grade

CREATING YOUNG MENTCHES

Help children thrive emotionally and socially by playing the Young Mentch Game to incorporate these timeless values into their daily lives.

I FISHED A MENTCH!

HOW TO PLAY: OPTION 1 (K-1st grade)

Goal:

Students internalize various mentchlichkeit values, leading to a healthier, emotionally balanced classroom.

Objective:

- * Collect the most cards by the end of the game.
- * Deal 7 cards each for 2-3 players, and deal 5 cards for 3+ players.
- * Stack the rest of the cards face down in the “Fish Pond.”
- * Players ask each other for matching cards until the cards are gone.
- * Player with the most pairs wins.

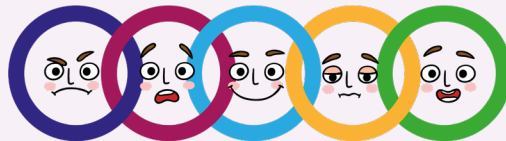
ADVANCED PLAY: Option 2

- **Explain** an example for each picture
- **Sort cards into categories** of Mentch characteristics using the values board on Card 3.



ADDITIONAL GAMES AND STRATEGIES:

- » **Play Charades-** pick a card and act out the scenario.
- » **Create Mentch Art-** Use an artistic medium to create a 'Kindness Quilt' or Banner or Mural.
- » **Improv Games** that help teach collaboration, being in the moment - awareness and creativity -
 - » **Ball Game** - One person has a ball and says a middah and tosses it to someone who has to give an example - the students must pay attention to know how to respond if the ball gets tossed to them. This helps with active listening and attention skills.
 - » **Themed Story Chain** - Someone starts a story by using one of the cards as the beginning of the story and the next person adds to the story making it a story told by the whole group.
- » **Bibliodrama Activity** - A teacher reads through selected text stopping at points of interest to ask children to step into the role of a character and voice what the character is experiencing or feeling.





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MINDFULNESS

מוֹדְעוּת

KINDNESS/EMPATHY

חֶסֶד, אֲמֶפֶתִיָּה

INTEGRITY

יְשָׁרָה

RESPONSIBILITY

אֲחֻרְיוּת

**THANKFULNESS/
APPRECIATION**

הַכָּרַת הַטּוֹב

OPTIMISM/ RESILIENCE

אוֹפְטִימִיּוּת, גְּמִישׁוּת



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BETTER LESSON RESOURCES:

Below are BL resources that can be used to expand on the mentch game ideas.



Emoji mood meter

Discuss how behaving like a Mentch influences moods.



De-escalation reflection

example from Torah - use the story of Joseph meeting his brothers in Egypt with Benjamin and Joseph needing a minute in private to deal with his emotions. This is also good for combining Parsha study with SEL.



Windows & Mirrors

This can be used to share stories about Mentch behavior the children have seen or experienced.



Word Wall

Create a Word Wall from Middot learned from the Young Mentch game. If possible, place the Mentch Word Wall towards Jerusalem, and mention a Mentch value before davening.



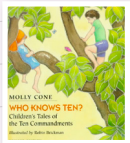
Scripted Stories to Teach Skills for Social Situations



Inferences from Illustrations to Determine Emotions

BOOKS FOR CHILDREN:

These books are excellent read aloud books that relate to various SEL Jewish values.



Who Knows Ten? Children's Tales of the Ten Commandments.

by Molly Cone

Each chapter contains stories relating to one of the Ten Commandments



A Mitzvah Is Something Special

by Phyllis Rose Eisenberg

This story is about a little girl who asks lots of questions about mitzvot. Through her questions, students learn about mitzvot and can be inspired to perform them.



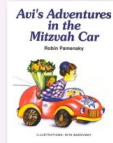
Mysterious Guests

by Eric A. Kimmel



Shanghai Sukkan

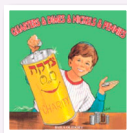
by Heidi Smith Hyde Baxter



Avi's Adventures in the Mitzvah Car

by Robin Pamensky

Follow the adventures of Avi and his mitzvah car. Learn about different types of mitzvot and discuss them with your



Quarters, Dimes, Nickels, and Pennies

by Baila Olidort

Show students how tzedakah works. Join David and his mom see with their own eyes how every little quarter, dime, nickel, or penny helps those in need.



The Pig Who Wanted to Be Kosher

by Laurel Snyder



Pearl Moscovitz's Last Stand

by Arthur Levine

BOOKS FOR ADULTS:



Teaching Kids to Thrive

by Deborah Silver and Deidre Stafford



A Big Quiet House

by Heather Forest



It Could Always Be Worse

by Margot Zemach



Mrs. Katz and Tush

by Patricia Polacco



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וְאֵהֱבֶהָ לְרַעֲהָ כְּמִוֶּהָ