

Nourishing Their Souls™

A new approach to Early Adolescent Education



nourishing the soul
By Tracie Bernstein

8 NTS SESSIONS + 3 Parent Sessions + Art Unit

SESSIONS:

- **Opening Session:** Being Commanded, Class Commandments, What We Want to Know
- **Peoplehood:** Why is my being Jewish important to the Jewish People? How is a Jewish celebration different than other celebrations?
- **My Body as a Holy Vessel:** What does it mean to be created in G'd's image?
- **Learning through Respect:** Study the Talmudic story of Reish Lakish and Rabbi Yochanan
- **Guilt and Responsibility:** Abraham Joshua Heschel and MLK
- **Holy Spaces, Holiness and Prayer:** What's the difference?
- **Israel as a Jewish Homeland:** What does that mean for me?
- **Gratitude:** How to be Thankful

OPTIONAL:

- **Art Unit:** Text to Symbol (Wordless Art Book of "My Jewish Story")
- **Parents:** What I Remember, What I Wish I'd learned, What I Want to Know
- **Parents: Peoplehood:** Becoming Bnai Mitzvah (Conversation for parents/Parents with Students)
- **Parents: Communication with my Child:** A conversation about respect through the lens of the Talmudic tale of Reish Lakish and Rabbi Yochanan (a follow-up to the student session)

SAMPLE SESSIONS:

My Body as a Holy Vessel:

- What is a vessel? Defining "keli kodesh"/ "Holy vessels"
- Student Survey of Self-care/Self-harm
- What does it mean to be created in G'd's image?
- The obligation to care for our bodies – Why?
- Through this lens, what does it mean to be created in G'd's image? What is holy about me?

Holy Spaces, Holiness and Prayer:

- In what spaces do I experience holiness?
- Examples of holy spaces
- Where have we prayed?
- Utilizing Israeli holy sites as a jumping off point to explore holy space vs place.
- The different power of formal religious spaces vs. organic holy spaces and moments

PRICING: * See early bird pricing below!

- ⚡ Mid-Sized/Large Synagogue/Institution (>500 member households): \$850*
- ⚡ Small Synagogue/Institution (< 500 member households): \$600*
- **Early bird cost (through May 8, 2022):** \$775 for large/mid-sized communities; \$525 for small communities

To engage *Nourishing Their Souls*, contact: Tracie Bernstein, Director, Nourishing the Soul Workshops
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