

In those dark days, the horrifying reality in Israel is unbearable. We wanted to check in today and give you the space to share and provide support and tools to deal with the situation in Israel\effectively combat antisemitism\answer tough questions about Israel.

Eitanim first session will be focus on processing the situation in Israel and coming up with Ideas for actions

Guidelines:

- Separate - MS\HS
- Small groups (up to 7)
- Open for teens in your community
- Invite professionals from your region
- Set clear expectation for discussion

Activities ideas:

1. PRAYER WALL:

- Special prayer by Rabbi Mira Regev [HERE](#)



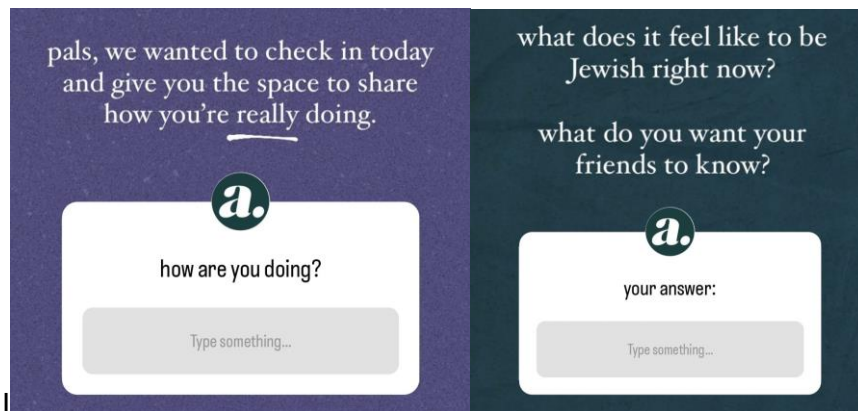
Leading questions:

- HOW ARE YOU DOING?
- What does it feel like being Jewish\Israeli right now?
- What do you want your friends to know

2. HOW ARE YOU FEELING WALL?

"In those dark days, the horrifying reality in Israel is unbearable. We wanted to check in today and give you the space to share. You are not alone. please reach out – (Contact info)"

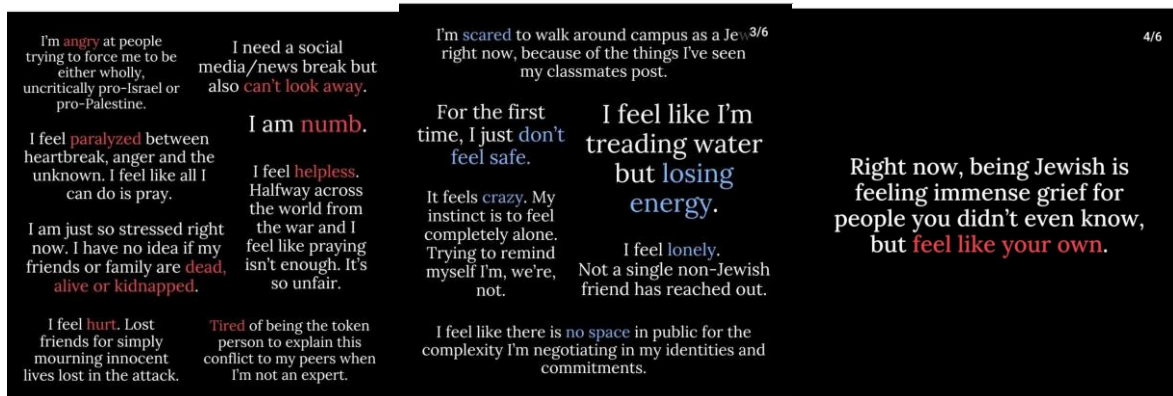
- Prompt example by [hey.Alma](#) IG page:



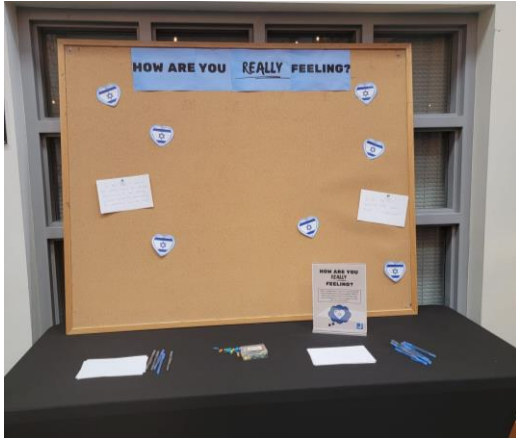
*Other prompt options:

1. What does Israel mean to you?
2. Why does Israel matter?

Here are the answers they received Two Days ago:



** For Zoom sessions you can use [THIS](#) padlet



3. LETTER TO ISRAEL STAND

- Print cards of **CITY NAME** stand with
- Ask all local schools to write for Israel
- Find IDF bases with residents of your twin city to send to (personal connection).

What do you need? Pens, colorful markers, newspapers/ magazines, Scissors, stickers, stamps

*Message to send or print and display on the table:

"In those dark days, the horrifying reality in Israel is unbearable. To get through those dark times Israel and the IDF soldiers need to know that Jewish communities around the world stand together to support them.

We would love to get drawings and letters, any heartwarming words from kids and teenagers to help lift the soldiers' spirits to keep fighting this existing war for the state of Israel.

If you'd like to help us collect those from your community and support Israel, please reach out – (Contact info)"

4. Krav Maga Session:

The History of Krav Maga video watch [HERE](#) (ENG)



**more ideas for processing activities [HERE](#)

Processing group ground rules:

Have the group establish and agree on ground rules for discussion. Clarifying expectations about the discussion early on can ensure a meaningful and positive experience.

- Set the tone from the beginning.
- Be patient and don't be afraid of the silence.
- Be respectful of your friends, your mentors and your facilitator.
- Always use a respectful tone
- No interrupting or arguing - this is not a political discussion - focus on feelings
- Maintain confidentiality (what is said in the session stays in the session.)
- One person speaks at a time. Refrain from side conversations. Pay attention to the person speaking. If you think you will forget an idea that comes to mind, write it down.
- When you speak, begin by introducing yourself - state your name, where you from etc'..

[HERE](#) is a guide for leading round tables / discussion group

Resources For Families

- [10 Ways To Have Conscientious Conversations on the Israeli-Palestinian Conflict \(ADL\)](#)
- [Here's How To Talk to Your Kids About the Violence in Israel and Gaza \(Kveller.com\)](#)
- [How To Talk to Children About the Conflict in Israel \(ReformJudaism.org\)](#)
- [Israel Under Attack \(JewishBoston\)](#)
- [PJ Library Israel Hub \(PJ Library\)](#)
- [Poems for Reflecting on the Israeli Palestinian Conflict \(Moving Traditions\)](#)
- [Situation Room \(StandWithUs\)](#)
- [Stand With Israel \(ADL\)](#)
- [Suggested Conversation Points \(Boundless\)](#)
- [Tips for Engaging and Disengaging on Social Media \(ADL\)](#)
- [Tools For Articulating Your Support For Israel Under Fire \(Tribe Talk\)](#)
- [Trauma Resources \(Child Mind Institute\)](#)
- [Videos To Help Parents and Kids Talk About Scary Situations \(PJ Library\)](#)

Resources For Educators and Professionals

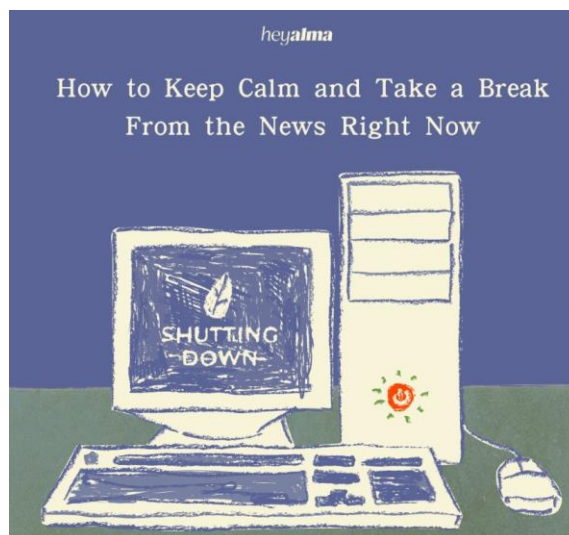
- [Educational Resources: Israel at War \(Lookstein Center\)](#)
- [Israel at War: Prayers to Mark Ceremonies and Small Conversations With Your Students \(The Jewish Education Project\)](#)
- [Israel Under Attack \(JewishBoston\)](#)
- [Processing Attacks in Israel and the Outbreak of War in the Region \(Facing History and Ourselves\)](#)

- [Resources for Teaching About Israel in Crisis](#) (The Jewish Education Project)
- [Responding to Crisis](#) (Jewish Education Center of Cleveland)
- [Situation Room](#) (StandWithUs)
- [HERE](#) is a printable of 10 things you can do to fight Antisemitism
- [HERE](#) is a printable of how to answer tough questions about Israel.
- [HERE](#) is a folder with videos and testimonials with English subtitles.
- [HERE](#) are files for printing as part of the initiative to raise awareness of kidnapped Israeli civilians in Gaza
- [HERE](#) is FAQ: Gaza and Israel

Future Webinars:

Mentors and Eitanim team Monday October 23 at 6 pm PST/9pm EST [ZOOM LINK](#)

Full post [HERE](#)



1. Set limits on your social media access (delete apps for a few hours a day or off your phone entirely).
2. Create a playlist.
3. Enjoy seasonal fruit.
4. Ask for pictures of dogs from loved ones.
5. Speak with loved ones: check in and center them.
6. Allow yourself to lean into your emotions. Do not bottle them up. Let out the tears when you need to cry!!!
7. Go to therapy.
8. Sleep.
9. Surround yourself with loving Jewish friends and community.
10. Try to do one good deed per day.
11. Take long walks with friends who get it.
12. Take long walks by yourself.



25. Art: painting, beading, drawing, knitting, anything creative.
26. Hold your Jewish baby extra tight.
27. Connect with your Hillel or your synagogue.
28. Wear your tichel and Star of David.
29. Show solidarity and support to the oppressed.
30. Practice gratitude for what you have.
31. Ask for hugs.
32. Watch "Real Housewives of Miami."
33. Stim.
34. Reach out to Jewish coworkers or classmates to connect and show love.
35. Volunteer.
36. Remind yourself that you are safe.
37. Lean on your community.
38. Thank your anxiety (swipe for more on what we mean).



13. Get into nature however you can.
14. Bake, a lot! And eat extra tasty food.
15. Take a mental health day.
16. Lean into comedy and humor.
17. Gather supplies to donate.
18. Stretch and take gentle care of your body.
19. Say the Shema, recite Tehillim, or pray however you want to.
20. Dissociate.
21. Meditate for 5 minutes every morning. Be mindful throughout the day, and practice breath work.
22. Cuddle your pets.
23. Attend vigils and rallies. Gather with likeminded people.
24. Write, journal, get the thoughts out of your head and onto the page.



On thanking your anxiety:

This might seem counterintuitive, but we promise it helps. In the end, anxiety is an instinctual physical response, a release of chemicals into your brain when your nervous system thinks that you need protection.

When we feel our anxiety rising, we say Hey Alma contributor Kate Hennessey's Jewish blessing for anxiety, which begins:

"Blessed are You, Force of the Universe / For creating me with anxiety. / You shaped me from a billion years of stardust / And breathed anxiety through my nostrils / And for that I give thanks. / I bless and thank my Anxiety Disorder for keeping me safe."

And then we tell our anxiety, "I've got it from here."