



This activity augments the Rodef Reads selection for 2018-2019, *My Jewish Year* by Abby Pogrebin. It is designed to support at-home family celebration of the Jewish holidays.

Your Behaviors: Helpful or Not?

The month leading up to the High Holidays -- the month of Elul -- is a time of reflection and introspection in preparation for Selichot and Yom Kippur.

In this activity, you will spend time with family and/or friends thinking about your behaviors during the previous year.

When to do this activity: Any time during the 30 days leading up to Rosh Hashanah. Consider making this a daily activity to fully observe the month of Elul.

Preparation: You will need:

- For the drawing option – a whiteboard with markers OR easel with large paper
- For the charades option – nothing is really needed, but it is fun to have a box of random clothes and items that can be used as costumes or props
- A list of traits for inspiration. Come up with your own list or, for your convenience, you can use all or some of the behaviors or traits mentioned in *My Jewish Year*. (Below)

The Activity:

Going around the group, each person:

1. Picks an item from the list and says what they think the characteristic is or means (An optional step could be to look up the meaning and discuss it.)
2. Acts out or draws a situation when it was helpful to have this behavior or trait. For example, act out or draw a time when being angry was a good thing. Everyone tries to guess what happened discusses the situation.
3. Acts out or draws a situation when it having this behavior or trait made things worse. For example, act out or draw a time when being angry made a situation worse. Everyone tries to guess what happened and the group discusses how the situation could have been handled differently.
4. Optional – Instead of acting out or drawing, each person could describe a situation when a behavior or trait had a negative impact and when the same trait had a positive impact.

Traits for Elul from *My Jewish Year*:

Abstinence	Alacrity/Zeal	Arrogance	Anger	Awe of G-d
Compassion	Courage	Cruelty	Decisiveness	Envy
Equanimity	Faith in G-d	Falsehood	Forgiveness	Generosity
Gratitude	Greed	Hatred	Honor	Humility
Joy	Laziness	Leadership	Fear/awe	Love
Loving kindness	Miserliness	Modesty	Order	Patience
Presence	Pride	Regret	Recognizing good	Repentance
Respect	Restraint	Righteousness	Self-Awareness	Shame
Silence	Simplicity	Slander	Strength	Truth
Trust in G-d	Watchfulness	Wealth	Willingness	Worry