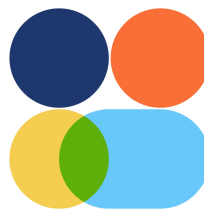


# LESSON PLAN



## Matan

Theme Yom Kippur and Anger Coping Skills

Grade Level(s)

Kindergarten - 2nd Grade

Time of lesson 30 Minutes

### Key Ideas

- We all make mistakes and we all have things that we wish we could change.
- Everyone expresses anger differently.
- We can be forgiven for things we do wrong and start again. Yom Kippur is a time to ask for forgiveness and learn how to make better choices in the future.

### Learning Outcomes

Students will be able to:

- explain that there are different ways we each express anger
- understand that one tradition of Yom Kippur is for individuals to ask for forgiveness

### Materials & Resources

- Images of stone tablets (included below)
- Visuals for the story of Moses and the Ten Commandments (included below)
- Images of coping strategies for feeling angry
- Building materials, cooperative play toys

### Warm-up and Overview

As students are entering the classroom, provide them with the opportunity to play together with figurines and building materials. Tell students to think about how it feels to play together with their friends and consider how it can be hard when we do not get our way.

### Introduction

- Explain to students that Yom Kippur is all about asking forgiveness for things we have done wrong.
- Explain to students that even people in the Torah made mistakes, and we can learn from them about how to ask for forgiveness
- Introduce the story of Moses breaking the tablets of the Ten Commandments
- Show students pictures of different types of tablets. Help students understand what material a tablet might have been made out of so that they are able to imagine how it could have shattered.

### Specific Accommodations

- pass around a stone for students to feel what the tablets might have felt like
- for students that may take stories very literally, preface the story by explaining that a tablet in bible is NOT like the tablets we use to watch YouTube
- Give visual learners their own copy of the visuals

## Activity

- Once the students have been introduced to the tablet of the Ten Commandments, tell them the story using a book or the visual provided (below).
- After reading, discuss the following with the class:
  - Why was Moses angry?
  - Is it okay to feel angry?
  - What are some positive things we can do to calm ourselves when we feel angry?
  - How can we forgive ourselves after we get angry?
  - Should we forgive others when they are angry?

## Specific

### Accommodations

- Give visual learners their own visuals to follow the story
- allow students to answer questions using the visuals (provided after this lesson plan)
- Allow students to act out their answers

## Options for Extensions

### Vocabulary work activities:

- challenge students to use the new vocabulary in different sentences (i.e. worship, atone, shattered)

## Options for Remediation

- Review options for coping with feeling angry with students who may be struggling with this. Show them different videos of the examples and role play scenarios in which they may need to practice these strategies.

## Review and Closing

- Have students use a sticky note as an exit ticket.
- Students can draw a picture or write a few words about what they do to calm themselves when they get angry.
- Ask the students to explain what is on their sticky note and place it on the board.
- Ask students to choose another calming strategy to try in the New Year.

## Specific Accommodations

- give students with fine motor needs larger paper to complete their exit ticket
- allow the more kinesthetic learners (or anyone) to act out their strategy
- give students the visual of coping strategies and allow those that need choices to circle which one they like the best

## Checking for Understanding

- Ask clarifying questions to all students throughout the lesson to ensure they are following along.
- Ask students to repeat parts of the story to ensure they understood what took place.
- Look at the exit tickets to ensure students came up with a calming strategy; if they did not, sit with them to go over the strategies again.

# Visual Examples of Tablets





God gave Moses  
the Ten  
Commandments



Moses sees the  
Israelites  
praying to the  
golden calf



Moses breaks the  
Ten  
Commandments



The Israelites  
repented (asked for  
forgiveness) for  
making the golden  
calf

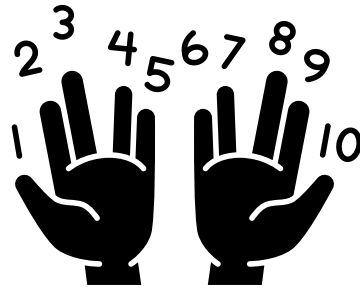


God forgave them  
and they recieved the  
ten commandments

## When I get Angry, I Can:



Punch a Bag



Count to Ten



Take a Deep Breath



Walk Away



Talk to Someone



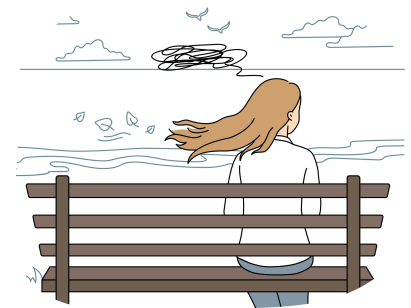
Exercise



Rest



Cry



Take a Break By Yourself