

## LESSON 4

### THE נשמה PART OF ME

#### EXCERPT FROM LESSON PREVIEW

**תורה Reference:** חובות הלבבות states in שער הבחינה that our focus is always to strengthen our נשמה.

**Relevance Today:** In an ever-growing global environment of material temptation and acquisition, externality and image can matter so much more than internality. It is vital to teach pupils about themselves from their core, that each one has a נשמה. We aim to get pupils in touch with internality (נשמה, mind, heart) and their essence as a Jew, enabling their life-focus to be strongly linked to their most noble inner world and its potential. This strengthens them and their *Yiddishkeit*.

#### AIM

To convey to the pupils that we have a נשמה and a גוף (that we are not just our bodies) and to expand on the concept of the 'inner glow' of the נשמה.

#### 2 SELECTED ACTIVITIES FROM THE LESSON



#### 4. I have a נשמה in my גוף (Glove Demonstration)

Hand out gloves to the pupils. They should be opaque. It is preferable to use fabric gloves rather than rubber or silicon, since these may tempt pupils to blow balloons. Demonstrate the following, while allowing the pupils to copy.

Put on a glove and move your fingers. Ask the pupils to copy your hand movements.

##### Ask:

- Can we see our fingers now? Are they visible? (No.)
- What is visible, what can we see? (The glove.)
- What's moving, the fingers or the glove? (Both.)
- What's powering or causing the movement, the fingers or the glove? (The fingers.)
- Can the glove move by itself? (No.)

Explain that this is so with the גוף as well.

##### Ask:

- When we move, can we see our גוף – is it visible? (Yes.)
- When we move, can we see our נשמה? (No, it is invisible.)
- What's moving then, when we move – the נשמה or the גוף? (Clue: It's just like the hand in the glove.) (Both.)
- What's powering the movement? (Clue: It's like the hand in the glove.) (The נשמה.)

Keep checking throughout that the pupils understand the terms נשמה and גוף and that they can articulate the difference between the two.

**Note:** Avoid demonstrating the hand leaving the glove or discussing the corresponding concept of the נשמה leaving the גוף, that is, death. If a pupil brings this up in class, **please do NOT begin discussing death or dying in class**. Rather, it may be discussed individually with that pupil after class. This advice is based on תורה received by Noam Ziv for this age group, to avoid causing any anxiety or fear.

**Note:** Teachers may need to clarify that although the hand isn't actually invisible, it's as though it's invisible because when it is inside the glove, we can't see it.

**Teacher Talk:**

“You can only see a גוף, a body, and it looks like the visible גוף is acting and doing in the world all by itself, but really it's the נשמה powering us, moving the גוף when we do our מצוות.”

Just like a hand in a glove powers the glove, even though we can't see the hand, with us, our נשמה powers our גוף, even though we can't see our נשמה.”



**10. Invisible things can be very powerful (Worksheet 4.2: The Power of the Invisible)**

Bring in a torch and turn it on, representing the inner glow. Then take it outside the classroom or put it into a cupboard.

**Ask:**

- Is the torch still on even though we can't see it? (Yes, even though it is invisible to us, it is still there, just like our נשמה.)

Pupils fill in the accompanying worksheet highlighting the power of the many things in the world that are invisible to the naked eye. Point out that the נשמה has more power than any of these, except for ה'. Explain that one has been done for them as an example. Pupils who finish may colour in the worksheet.

Lesson 4: The נשמה Part of Me

Name \_\_\_\_\_

INVISIBLE POWER	WHAT DOES IT DO?
Oxygen In the air	Lets us breathe, Keeps us alive
Gas in the stove	
A breeze	
A hurricane	
Gravity	
My נשמה	
ה'	

colour in..

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## LANGUAGE

Word	Meaning	Meaning in this Context
נשמה	Soul	The 'spark from ה' in me, my pure goodness within
גוף	Body	The visible part of me, the set of tools that does מצוות together with my נשמה
Visible	Able to be seen by our eyes	For example, our גוף
Invisible	Something there, but unable to be seen by our eyes	For example, our נשמה
שמחה	Happiness caused by doing a מצוה	The good feeling of our נשמה when we do a מצוה or work on a good מדה. Knowing we have done the right thing
פנימיות	Inner world	My נשמה, mind, and heart
שמים	Heaven	Upper world. From where our נשמות come
Earth	World; land surface	Lower world. From where our bodies come