



YAHADUS CURRICULUM – PSYCHO-SPIRITUAL THEMES

LESSON TITLE	PSYCHO-SPIRITUAL THEMES
אלול	
1. אני לדודי ודודי לי	<ul style="list-style-type: none"> Growth linked to the לוח – making ה' real Healthy regret; goodness is catchy
2. Jewish Priorities	<ul style="list-style-type: none"> What does this mean and living with them Jewish priorities for a נשמה-focused life
ראש השנה	
1. Valuing the Precious Gift Called Time	<ul style="list-style-type: none"> Why time is a gift; signals alerting me to capitalise on time Seeing ה' judgement as a טון and not to instil fear
2. Energy Fuels Our Time	<ul style="list-style-type: none"> Using positive mental, emotional, physical and spiritual energies Avoiding energy thieves and giving ourselves energy boosts
3. Royal Role Modelling	<ul style="list-style-type: none"> Crowning our King with our elevated TEBS – role models Defining royalty – living dignified, refined and controlled
4. Royal Clothing	<ul style="list-style-type: none"> How clothing affects my TEBS, both positively and negatively Royal attire versus betrayal of my true worth
יום כפור	
1. My Life – My תשובה, My Masterpiece	<ul style="list-style-type: none"> Achieving a clean slate – my TEBS, my most important project Linking a masterpiece artwork to a masterpiece life; investing
2. A Happy Holy Day	<ul style="list-style-type: none"> How מחשבה (thought) links to בשמחה (in happiness) We grow in a joyous distinct way
3. Many Roles in My Relationship With ה'	<ul style="list-style-type: none"> Six roles in my קשר with ה', requiring different skills Living יום כיפור as a rich deep bonding day
סוכת	
1. Why a סוכה?	<ul style="list-style-type: none"> A story with a משל – valuing detailed הלכות, elevated TEBS, looking up to ה'. I derive security from ה' and not materialism
2. Lessons ארבע מינים	<ul style="list-style-type: none"> ארבע מינים linked to my faculties; perfecting their use Put heart (linked to an אתרוג) in my ה' – blocked/unblocked heart, מדות of persistence and endurance Robotic versus heartfelt - putting feeling into words, value of tears
3. אושפיזין	<ul style="list-style-type: none"> Our exile into the סוכה linked to the exile of the אושפיזין I learn from my role models to value hardship
4. שמחת תורה	<ul style="list-style-type: none"> Celebrating with all my being Moving circles – the meaning שמחה and שלום according to the תורה

חנוכה

1. תורה-Mind Versus Worldly-Mind	<ul style="list-style-type: none"> Worldly-mind versus the תורה-mind; instability versus stability Always reverting to תורה-thinking Two ways of extracting oil, as an approach for challenges
2. Superficial Versus Deep	<ul style="list-style-type: none"> Exploring life in a deeper way versus a more superficial way – using thoughts and feelings תורה-depth; פרדס
3. Superficial Versus Deep in the בריאה	<ul style="list-style-type: none"> דבר דיבור, everything speaks a G-dly message; deeper thoughts generate richer feelings Deep message about myself from the sand and stars; ברכה
4. Conscience	<ul style="list-style-type: none"> Having a strong conscience leads to making better choices Vision, passion, discipline; conscience determines the outcome
5. Beauty and Wisdom	<ul style="list-style-type: none"> Interior and exterior תורה-wisdom Our approach to beauty versus the Greeks' approach. We elevate physicality מצוות of the mind

ט"ו בשבט

1. My Identity	<ul style="list-style-type: none"> Human compared to tree; my roots, my פנימיות, my personality, my מצוות and contributions Self-acceptance; my value from ה' and myself, not from others
2. My Self-Esteem	<ul style="list-style-type: none"> What it is and what it does for me; my worth and competence Healthy/poor self-esteem; what water and sunshine is to me
3. Growing My Self-Esteem	<ul style="list-style-type: none"> משל for nurturing/maintaining/protecting my self-esteem Taking ownership of my self-esteem and growing it
4. Self-Control Builds Self-Esteem	<ul style="list-style-type: none"> Defining self-control; what we can and can't control What lack of control looks like in nature linked to my TEBS
5. Enhancing My Self-Esteem	<ul style="list-style-type: none"> Dependability, correct motives and self-evaluating my TEBS משל with a cloth; tiny choices leads to greater self-esteem

פורים

1. Strengthening Bonds of Goodwill	<ul style="list-style-type: none"> How to seek and discover ה' who is hidden ונהפוך הוא and dressing up I can be a giver or a taker at all times; kindness to me too
2. Safety and Self-Protection	<ul style="list-style-type: none"> Interpret safe versus unsafe kindness 5 manipulation tricks: threats, bribery, guilt projection, having unhealthy secrets, force Noticing, trusting and knowing how to act on my gut feelings
3. Good Influences	<ul style="list-style-type: none"> Define peer pressure, which can be experienced at פורים Ways to deal with peer pressure, not buckling; with true stories

פסח

1. My Journey To דביקות	<ul style="list-style-type: none"> ▪ Daily journeys to דביקות linked to the journey from מצרים ▪ Map to דביקות – TEBS stops and my needs for my journey
2. יראת שמים	<ul style="list-style-type: none"> ▪ Good fears; handling unhealthy fear in daily life linked to fear/awe of ה' ▪ יראת שמים prevents barriers, distance from ה'
3. אמונה	<ul style="list-style-type: none"> ▪ What is אמונה and how does it make us feel? ▪ אמונה being the birth of אמונה, faithfulness and loyalty to ה' ▪ 'Why?' in Judaism/Yiddishkeit. Is it my emotions or my אמונה crumbling?
4. תפלה	<ul style="list-style-type: none"> ▪ Traveller needs הדרך; I need תפלה on my life journey ▪ Babble or speak? Formal and informal תפלה and tears ▪ Why it can be hard to daven
5. כונה	<ul style="list-style-type: none"> ▪ Focused thought brings more feeling; the TEBS cycle ▪ מחשבה כמעשה
6. בטחון	<ul style="list-style-type: none"> ▪ What is trust? Integral to a relationship; worry means not trusting ▪ Relying on ה' to do what is good for me; His trustworthy qualities ▪ Acceptance; I am not in control and need to trust
7. אהבת ה'	<ul style="list-style-type: none"> ▪ Physical heart versus emotional heart; my power ▪ What brings love? Nurture, feel express love from my whole self; TEBS ▪ Innate and unconditional love; truest test ▪ Being in this world is a gesture of love; שמע – 3 ways of loving ה'

ספירה

1. דודות and Sensitivity to Others	<ul style="list-style-type: none"> ▪ Meaning of דודה; Sensitivity in human behaviour ▪ Shifting away from ה's will; using my will negatively
2. Solitude and Togetherness	<ul style="list-style-type: none"> ▪ Pros and cons of solitude and togetherness with examples ▪ Caring for my נשמה and my community
3. Anger Management – What It Is	<ul style="list-style-type: none"> ▪ Why is anger dangerous and so severe? What is beneath it? ▪ Why we get angry; Self-will versus ה's-will; Pride and acceptance
4. Anger Management – Styles of Anger	<ul style="list-style-type: none"> ▪ Different types and levels of anger ▪ Needs versus wants; ה' determines what is good for us
5. Anger Management – Triggers and Reactions	<ul style="list-style-type: none"> ▪ Triggers causing warning sensations within me ▪ Pot משל – letting off steam and emotional regulation
6. Anger Management – The Right Way to Express Ourselves	<ul style="list-style-type: none"> ▪ Gauging severity – number line method ▪ כשר, טרפה, היתר responses to triggers – using my tools well ▪ Defusing/solutioning – 'Och/Oh Dear' for mistakes/irritations
7. Anger Management – Expressing Healthy Assertiveness	<ul style="list-style-type: none"> ▪ Three communication styles – wimpy, assertive, aggressive ▪ Technique to prevent an anger explosion; common decency
8. Skills and The Most Important One	<ul style="list-style-type: none"> ▪ Exploring skills in general and process to build them ▪ Interpersonal skills self-assessment – Demonstration of these

9. Flexibility	<ul style="list-style-type: none"> ▪ 4 human flexibilities – Physical, mental, emotional and רוחניות ▪ Humility, שלום and respect ▪ Flexibility and non-flexible reactions in nature – reed משל
10. The Skill of Open Relationships	<ul style="list-style-type: none"> ▪ The skill that builds relationships – being appropriately open ▪ Knowing you and you knowing me – open with and open to
11. Living Together Peacefully	<ul style="list-style-type: none"> ▪ Differences and diversity – ה' chose this family for me for a reason ▪ What is a נאמן? Valuing the home atmosphere ▪ Debating 2 profound statements linked to relationships
12. עין טובה	<ul style="list-style-type: none"> ▪ Stingy versus generous eyes ▪ Eyes see according to understanding – 3 messages (pointing the finger)
ל"ג בעומר	
1. The Powerful Message of Light	<ul style="list-style-type: none"> ▪ Exploring the meaning of dark and light ▪ What makes a great fire? Link this to שבועות; me, a flame ▪ The message of bows and arrows
שבועות	
1. The Value Of תורה	<ul style="list-style-type: none"> ▪ Bringing חשיבות to תורה; ה', ethics and morals ▪ Effects of תורה on me – linked to שבועות seeds and flowers
2. תורה-Power	<ul style="list-style-type: none"> ▪ Varying degrees of light linked to תורה, מצוות and ברכה ▪ Spreading light; It matters how we do מצוות
3. חז"ל and Their Fences	<ul style="list-style-type: none"> ▪ Fences in life and spiritual protection – creating my own fences ▪ Linking parental roles to תורה and חז"ל
בין המצרים	
1. Moaning, Mourning and Building	<ul style="list-style-type: none"> ▪ Reflect on past צרות with a purpose to build for the future ▪ Repercussions and growth from our history e.g. limit complaining ▪ Bring the גאולה – what is tough for me reveals my תפקיד (play on words)
2. Emotional Wounds and Burdens	<ul style="list-style-type: none"> ▪ Challenges change us, as a people too – antisemitism, assimilation ▪ Emotional wounds/burdens – clear משל for healing – seeking help ▪ 2 כוונות linked to שמע - to deal with hardship
שבת	
1. שבת, Our Love Sign	<ul style="list-style-type: none"> ▪ שבת the source of ברכה – what is a love sign? Appreciating it ▪ Enhance and appreciate שבת in good and challenging times ▪ Why we get restless before the end of שבת