

#### לה' הארץ ומלואה This book belongs to

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# PROJECT TOMIM

#### Unit 1

Who Am I?

**ACTIVITY BOOK & JOURNAL** 

Project TOMiM is generously sponsored by

#### Mr. Alan and Lori Zekelman

in loving memory of his parents,

יחזקא־ל בן אברהם אהרון
and
רות בת אברהם

Project TOMiM is dedicated by

#### Tzvi and Simcha Gellman

In honor of their children

Yehoshua Moshe, Rivka, Yaakov Eliezer, Dovid Eliyahu and Chaim Elimelech Nissim

May Hashem bentch them to grow in the path of a Tomim with abundant blessings in every way

#### **Contents**

1	Activities for Unit 1	31	Journal for Unit 1
2	Lesson 1.1	32	Lesson 1.1
4	Lesson 1.2	34	Lesson 1. 2
8	Lesson 1.3	36	Lesson 1. 3
12	Lesson 1. 4	38	Lesson 1. 4
14	Lesson 1. 5	42	Lesson 1. 5
18	Lesson 1. 6	44	Lesson 1. 6
20	Lesson 1. 7	48	Lesson 1. 7
24	Lesson 1. 8	50	Lesson 1. 8
27	Lesson 1. 9	54	Lesson 1. 9
		55	Stickers



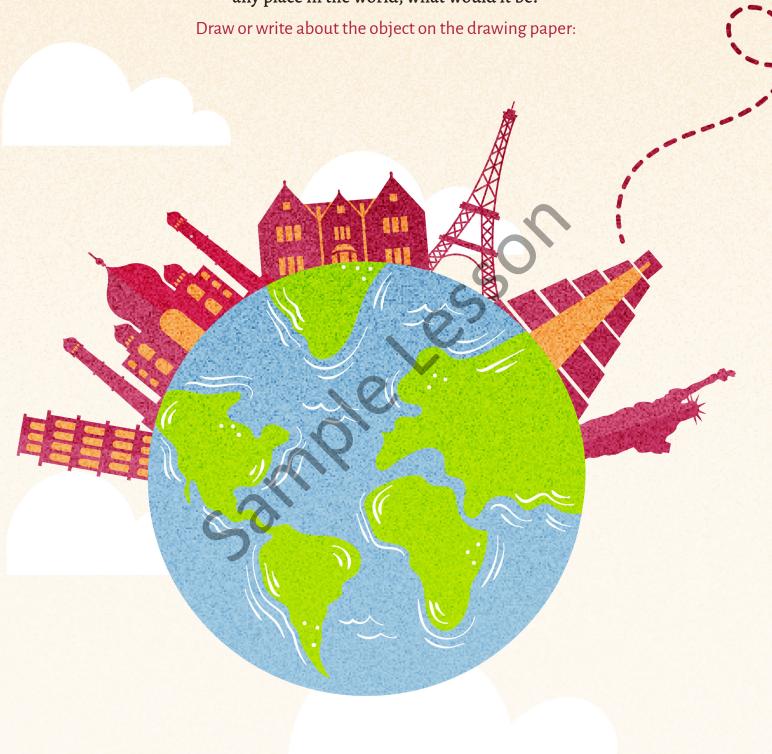
#### **ACTIVITIES**

Unit 1

Lessons 1.1 - 1.9

#### LESSON 1.2 | ACTIVITY

If you could choose anything you want in the world, from any place in the world, what would it be?





Draw an arrow from your object to the type of value that it has to you.

# Care Label for Hashem's Precious Treasure

#### **Instructions**

Have you ever bought a new item and noticed the complicated care instructions on the box? These instructions tell you exactly how to take care of your new purchase so that it can last a long time, work well, and look beautiful. Without knowing exactly what it's made of, we wouldn't know how best to take care of it!

The same is true for our *neshamah*. We have now learned that we each have a *neshamah* inside of us which is truly an actual part of Hashem! With this knowledge, we can now create a "care label" for how to best take care of ourselves, to continue to shine brightly.

This treasure is called

YOUR NAME

and was born on

YOUR BIRTHDAY

# Which care instructions should be found on Hashem's <u>Precious Treasure?</u>

Make a check next to each one that applies.

Remember: sometimes we may think that some of these care instructions make sense, but we have to make sure that it doesn't go on our item because it is not the right way to treat it.

#### Contents

Body parts, thoughts, feelings, and neshamah.

#### Materials

A חלק אלוקה ממעל ממש, a one hundred percent certified, authentic, part of Hashem Himself.

#### Handle With Care

Always remember, you're made with a spark of Hashem's own infinite light. Treat yourself with kindness and care. When you make a mistake try to correct it without insulting yourself.

#### Exposure

Hide your mistakes because your worthiness comes from what other people think about you.

#### Maintenance

Exercise, eat foods that are good for you, shower, brush your teeth and get enough sleep so you can serve Hashem with joy.

#### Resale Value

The more wins, toys, gadgets, and money you have, the more valuable you'll be.

#### Durability

Hashem provides me with everything I need to live, learn, and grow.

#### Hazard Warnings

Your light shines brightest when you are serving Hashem and following His *mitzvos*. Making poor choices can dim this light, but it's always within you, ready to shine brightly again with teshuva.

#### Non-Toxic

Nothing you do can diminish Hashem's love for you.

## Environmental Considerations

It doesn't matter what you watch, read, and say.

#### Certified Repair Shops

If you're feeling sad, disappointed, or broken remember that Hashem is the best fixer. Talk to Him and share your challenges with Him, and don't forget to reach out to trusted adults who can help too since Hashem put them in your life for that reason!

#### Return Policy

You can always do *teshuva* and return to Hashem by asking him for forgiveness and to help you going forward.

Sample

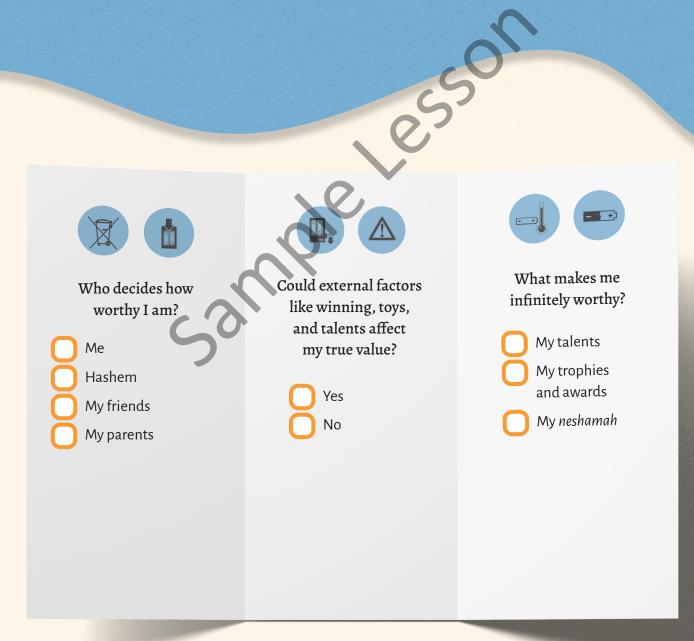
### PROJECT **TOMIM**

Journal Unit

Unit 1 Lessons 1.1 - 1.9

## I Am Worthy

Check one answer for each question:







## What does the knowledge that your *neshamah* is a חלק אלוקה ממעל mean to you?

	Hashem loves me because a part of	I have a special connection to Hashem
	Him is inside me. I don't have to earn	that can never be cut or broken or taken
	it; I am loved just because I exist.	away by anyone or anything because I am
	C.0.	his treasure, joy, and pride. It is my job
0	I am the greatest thing on earth	to keep this connection strong, but it is
	and I don't have to respect	always there deep down ready to shine.
	anyone or listen to any rules.	
	This part of me that comes from	Add your own answer:
	Hashem means I am never really alone	•
	because Hashem is always with me.	
	I have the important job of doing	
U	the things that allow Hashem's	
	light to shine in this world.	
	inglie to simile in this World.	

I must be perfect and never

make mistakes.



A true woman of valor.

שיינה בת אפרים

