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through a generous grant by the
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PROJECT TOMiM™

TRANSFORMING OUR MINDS AND MIDDOS

ACTIVITY BOOK & JOURNAL

Unit 1: Who Am I?



לה' הארץ ומלואה

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בס"ד

PROJECT TOMiM

Unit 1
Who Am I?

ACTIVITY BOOK & JOURNAL



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Project TOMiM is generously sponsored by

Mr. Alan and Lori Zekelman

in loving memory of his parents,

יחזקאל בן אברהם אהרון

and

רות בת אברהם



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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*



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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 or write about the object on the drawing paper:



Sample Lesson



Sentimental Value



Monetary Value

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 Precious Treasure?

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.

- | | |
|--|--|
| <p><input type="checkbox"/> Contents
Body parts, thoughts, feelings, and <i>neshamah</i>.</p> <p><input type="checkbox"/> Materials
A חלק אלוקה ממעל ממש, a one hundred percent certified, authentic, part of Hashem Himself.</p> <p><input type="checkbox"/> 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.</p> <p><input type="checkbox"/> Exposure
Hide your mistakes because your worthiness comes from what other people think about you.</p> <p><input type="checkbox"/> Maintenance
Exercise, eat foods that are good for you, shower, brush your teeth and get enough sleep so you can serve Hashem with joy.</p> <p><input type="checkbox"/> Resale Value
The more wins, toys, gadgets, and money you have, the more valuable you'll be.</p> <p><input type="checkbox"/> Durability
Hashem provides me with everything I need to live, learn, and grow.</p> | <p><input type="checkbox"/> Hazard Warnings
Your light shines brightest when you are serving Hashem and following His <i>mitzvos</i>. Making poor choices can dim this light, but it's always within you, ready to shine brightly again with <i>teshuva</i>.</p> <p><input type="checkbox"/> Non-Toxic
Nothing you do can diminish Hashem's love for you.</p> <p><input type="checkbox"/> Environmental Considerations
It doesn't matter what you watch, read, and say.</p> <p><input type="checkbox"/> 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!</p> <p><input type="checkbox"/> Return Policy
You can always do <i>teshuva</i> and return to Hashem by asking him for forgiveness and to help you going forward.</p> |
|--|--|

Sample Lesson

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JOURNAL

Unit 1

Lessons 1.1 - 1.9

LESSON 1.2 | JOURNAL

I Am Worthy

Check one answer for each question:



Who decides how worthy I am?

- Me
- Hashem
- My friends
- My parents



Could external factors like winning, toys, and talents affect my true value?

- Yes
- No



What makes me infinitely worthy?

- My talents
- My trophies and awards
- My *neshamah*



My *neshamah* is a

חֵלֶק אֱלֹהִים מִמֶּעַל מִמַּשׁ



What does the knowledge that your *neshamah* is a חֵלֶק אֱלֹהִים מִמֶּעַל מִמַּשׁ mean to you?

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

Serving Hashem Each Day in a Happy and Healthy Way!

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*Project TOMiM Unit 1
is dedicated in loving memory of*

Sonya Slifka

שיינה בת אפרים

A true woman of valor.

This TOMiM Track belongs to:

