**Lessons on Modesty**

**Lesson 1- Jewish Pride**

**Goal:** to empower the children with the knowledge that they are Jewish- therefore have a special Neshama to be proud of.They can therefore wear their Jewish uniform with pride and don’t need to be embarrassed by what others say. In return, they will be respected more by their peers and even non-Jews.

**Visual:**

Materials: oil and water

Shake the water with the oil in a closed see through bottle. Observe how the oil always rises to the top no matter how hard you try to mix it. You can give each camper a try.

Lesson: Yidden are compared to oil. (We light the Menorah with oil.) No matter how hard we try to mix with the Goyim, we will always be different. Might as well be proud of it and live it.

**Story:**

1. From Lubavitch international: Yossi Lipskier is all of 9 yrs old. An avid sports fan and valued player, Yossi is the only Jewish kid on the team, possibly in the league, says his dad. At a recent game, Yossi was at the diamond, in uniform, prepared to give it his all. He came up to bat when the umpire noticed his tzitzis and ordered him to remove them.

Yossi paused to explain that what he was wearing was a religious undergarment, a Jewish uniform, and that it had never been an issue before. The umpire wouldn’t budge.

The third grader considered his options.

Respectfully, he walked off the field.

Fascinated by Yossi’s courage, his teammates rallied round him. They wouldn’t play, they told the coach, if Yossi would be forced to sit out the game.

Umpire and coaches duked it out. Yossi was called back, allowed to play in uniform, his fringes flying at his sides.

Asked later how he reached his decision, Yossi says: “At first I thought, he’s the boss, how can I argue with him? But then I quickly reminded myself that the reason I am here to begin with is for this- to set an example and live proudly as a Jew. How could I take my tzitzis off?”

1. **2)** A boy came before the Rebbe and said no one on his block does (a certain Mitzvah?). The Rebbe said (not exact wording): “Avraham was the only Jew who believed in one G-d. Everyone around him fought against his beliefs. In the end, because of his courage, we are all here today.”

**Discussion:**

What are you proud of for being a Jew? If you are in the mall and your father stops to put on tefillin on someone- are you embarrassed or proud? Where do we have the strength to do something that everyone else isn’t doing? (From our Neshama/ Hashem/ Rebbe).

**Lesson 2: Outside vs. inside (appropriate for grades 4-8)**

**Goal:** To make the children recognize the difference: we yidden view the world in a much deeper and real way compared to the non-Jews. The Torah helps us dig dipper into exterior: our bodies, our homes, our physical world and reveals to us our Neshama, the purpose for all the physicality. Tznius shows that we recognize that there is more to us than just our bodies. We don’t need to or want to show off our bodies, because then it’s as if we’re saying “This is all I’m worth. My beautiful arms and legs (G-d forbid).” We want people to look deeper into us and see who we are for real. We want true friends…

**Visual:**  Show picture of old man and ask “Is he old or wise?”

Picture of someone crying “tears or sadness?”

Picture of a healthy, colorful platter “colorful or healthy?”

Lesson: Everything in this world has an external and internal dimension. So too we have the external: our bodies, and internal: our Neshama, personality, feelings, etc.

**Discussion:** What’s a true friend? How do you want a relationship with a friend? Do you want her to be your friend, so you dress a certain way – cool enough so that she’ll want to be your friend? That means to have a friend who cares about you only because of your dress. So the moment that you won’t look cool enough the friendship is gone. But if the friendship is based on internal reasons: you help each other in growing and being better Yidden – that’s a true friendship.





**Lesson 3**

We cover what’s precious

**Goal:** to have the children realize that precious things are covered, protected. Our Neshama is precious. Our bodies are precious. Hashem chose our bodies over the non-Jews by Mattan Torah. We want to keep them safe and protected.

**Visual:** Show anything that covers or protects: A treasure box, bubble wrap, tzedakah box, purse, present wrapping or box etc. Or you can bring them to a shul and show them the mantle of the Sefer Torah, Aron Kodesh etc.

**Discussion:** Ask the kids “what’s in common with all these things?” Then you can ask them what else covers or protects. They can think of more things. Then you can point to something on them and let them guess. Clothing! Then ask what is the most precious, priceless thing in the whole world, that Hashem gave you personally? Neshama and body. We want to cover and protect as much as possible. Why not the face like Muslims? Because our face shows on our internal. Look at lesson 2.

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**Lesson 4**

What’s hollow makes noise

**Goal:** have children recognize the emptiness of noise, and the beauty, meaning and “fullness” of modesty.

**Visual:** Have a pushka with 1 coin? Why is it making so much noise? When doesn’t it make noise?

Then you can scream “do you hear me?” and ask them if that made them respect you more. Then talk quietly. How does that make you feel?

**Lesson 5**

Protecting Eretz Yisroel

**Goal:** To impress upon the children that Tznius is not a bunch of rules. They’re like borders/walls that protect us. Eretz Yisroel is as holy as our Neshama. We need to protect it. The borders are there to make sure no terrorist will enter. Tznius are the borders/boundaries that protect our Neshama, making sure that no bad influences come in.

**Story/Mashal:** There was always a wall between the children’s school playground and the street. One day, the wall had to be taken down for construction. The teachers warned the kids not to go near the street. The kids were extra careful and stayed playing far away from the street. In the end, they had little room left to play. They were very glad when the new wall was built. Finally now they could play with freedom to move.

Lesson: The walls of Tznius actually give us more freedom. Freedom to be who we truly are, and not always trying to copy the new fashion (that a drunkard in France decides the next new craziness).

**Discussion:** Why do we need traffic lights and rules on the road? (So we can move with more freedom and protection.) Do we enjoy it at the end of the day when girls in your class don’t listen to the rules? Rules are for our own good.

**Lesson 6**

Brochos from Tznius

**Goal:** Hashem says, “Open for me like the hole of the needle and I will open for you as big as the doorway of the Ulam (of the Beis Hamikdosh – It was huge).” Hashem promises us tons of brochos for being tznius: Health, good children, livelihood… When you go above your nature, comfort zone and do a bit more for Hashem, Hashem reciprocates with goodness above and beyond our expectations.

**Story/Mashal:** You keep asking your mother for permission for your friend to sleepover one night in your home. Your mother says each time, “not tonight.” One day, you surprise your mother and clean up your room and also the kitchen spotless. Your mother is really touched by what you did for her and says, “tomorrow night your friend can come over to sleep.”

Lesson: When you do for someone else, they will do for you. What Hashem repays us is limitless, because Hashem is limitless, and the reward can’t be compared to the limited effort that we put in for Him.

**Discussion:** What’s your comfort zone? What’s hard for you to do? Whenever you push yourself to do it though it’s hard- Hashem will see and reward.

**Lesson 7**

Moshiach & Tznius

**Goal:** Empower the kids that they can bring Moshiach now! In Mitzrayim the yidden didn’t change the Yiddishe dress to copy the Goyim, and in that merit they were able to leave Mitzrayim. Your added effort to increase in Tznius might be that last Mitzvah that will tip the scale!

Now is the time to change: The 9 days- when we want to rebuild Yerushalayim’s walls. The walls of Tznius and Yiras Shamayim (Yeruahalayim=Yirah Shalem=fear of Hashem.) We want that Beis Hamikdosh back – better than before. It will be back thanks to your efforts in rebuilding!

**Discussion:**

The Rebbe says “The last test from Hashem (before Geulah) is to not be embarrassed by those who mock.” We want to show that we’re ready. If Moshiach walks through the door right now, will you be embarrassed by how you look? Or will you proudly tell the Rebbe, “I was your soldier and fought with the right uniform.”

The king sent his son, the prince to a far off country to teach them about royalty. Will his son resist the temptation to be like a regular civilian? Will he discard his royal clothes and lower himself to feel “regular?” Or will he be proud and teach others the beauty? Will he remain loyal to his father who sent him?

We are Hashem’s princesses and Tznius is the crown of every Jewish daughter. It’s our beauty. Will you discard it or wear it proudly? The choice is up to you! You can choose to show Hashem we’re ready for Him to take us back home. You can do it!