



HOW TO PLAY

- This activity is primarily aimed at raising issues of freedom for youth, but is flexible for people of all ages to enjoy.
- There are 6 cards with pictures of individuals who face challenges in their pursuit of freedom. Each card includes suggestions on whether the person in the picture is free or not. These are not prescriptive but to trigger discussion.
- The leader of the seder should distribute the cards to people around the table. Ask each of them to present a card by introducing the character, posing the points for and against their freedom and ultimately giving their own verdict on whether or not the person in the picture is free.
- Additional ways to play include asking everyone at your seder to vote on whether or not each of the characters is free, or to debate about how they would arrange the cards along a scale of most free to least free. You may find other ways to play which best suit your Pesach seder.
- The pack includes a card which highlights the Jewish perspective on freedom. We hope that you find this useful for your discussion.



Can we measure freedom? Is it black and white? It's certainly worth a conversation!

The Tribe Pesach Freedometer will bring a new dimension of relevance to your seder table, providing a springboard for discussion about freedom, stretching from the Biblical era in Egypt to the modern times we live in.

As Pesach is the festival of freedom, the aim of this resource is to connect young people to the core dialogue of seder night while encouraging them to consider the meaning and implications of their own freedom.

Tremendous thanks to our generous sponsors and everyone at Tribe for their dynamic contributions to this project and to Stephen Pack the United Synagogue President, along with the Trustees, for their ongoing support of Tribe.

Tribe is about creating a future for our community through engaging, educating and inspiring the next generation. I hope that the Tribe Pesach Freedometer helps you to create a thought provoking, stimulating and transformative Pesach seder experience.

Chag sameach – Next year in Jerusalem!

לשנה הבאה בירושלים

Rabbi Eli Levin.



AM I FREE?

DISCUSS THESE IDEAS AND SUGGEST
YOUR OWN...

FREE	NOT FREE
<ul style="list-style-type: none">• I am partying with my friends• My parents are not watching	<ul style="list-style-type: none">• I feel peer pressure to drink alcohol• I can't party properly because my parents are picking me up

YOU DECIDE!

FREE

NOT FREE



FREE **NOT FREE**



AM I FREE?

DISCUSS THESE IDEAS AND SUGGEST
YOUR OWN...

FREE	NOT FREE
<ul style="list-style-type: none">• I can do whatever I want with my body• When people look at me they think I am powerful	<ul style="list-style-type: none">• I don't like my body so I covered it• I lack self confidence so use other methods to seek attention

YOU DECIDE!



AM I FREE?

DISCUSS THESE IDEAS AND SUGGEST
YOUR OWN...

FREE	NOT FREE
<ul style="list-style-type: none">• This refugee camp is better than my previous home• At last the world is aware of my plight	<ul style="list-style-type: none">• The living conditions are horrific• I can't trust anyone and fear for my life

YOU DECIDE!



FREE

NOT FREE



AM I FREE?

DISCUSS THESE IDEAS AND SUGGEST
YOUR OWN...

FREE	NOT FREE
<ul style="list-style-type: none">• I can dress to impress• I can spend my money on whatever I like	<ul style="list-style-type: none">• I am a slave to fashion• My friendships rely on my image

YOU DECIDE!



AM I FREE?

DISCUSS THESE IDEAS AND SUGGEST
YOUR OWN...

FREE	NOT FREE
<ul style="list-style-type: none">• I can practise my religion openly• I enjoy being with my family at the Pesach seder	<ul style="list-style-type: none">• I have no interest in religious rituals, Egypt, lamb offerings or bitter herbs• Actually... I don't like being with my family

YOU DECIDE!

FREE

NOT FREE



AM I FREE?

DISCUSS THESE IDEAS AND SUGGEST
YOUR OWN...

FREE	NOT FREE
<ul style="list-style-type: none">• I can explore my Jewish roots• I am so lucky to walk out of Auschwitz alive and to have been just a 'visitor' here	<ul style="list-style-type: none">• Jewish history is forced upon me... with guilt• I am born Jewish...for good or for bad

YOU DECIDE!

FREE

NOT FREE



THE JEWISH PERSPECTIVE ON FREEDOM!

Freedom is a most basic value of Judaism. Yet actually achieving it is not always easy.

We gain an insight into the Jewish perspective of true freedom from looking at the last 36 hours that the Jewish people spent in Egypt.

When we think of 'the Exodus' images of a bedraggled people running out of Egypt's borders comes to mind. However, their freedom was actually determined the night before that fateful day. On that night, each Jewish person had to make a free choice about his or her future. Did they want to leave Egypt? Did they want to be part of the Jewish nation? If they did, they were advised to mark their house so it would be clear which houses were Egyptian and which were Jewish.

The Torah tells us clearly who this sign was for: "And the blood will be for **YOU** as a sign upon the houses." (Exodus 10:13) The sign was for them, not for God or an angel. It was at this moment that they became mentally free: free from societal pressure and from past habits. Only after this could they experience physical freedom.

On 'this' night of Pesach, we remember 'that' night. We celebrate the potential for every one of us to find our own freedom.

We celebrate the Jewish vision of freedom. It does not just denote the lack of physical limitations. Nor does it mean that we don't have to adhere to any moral boundaries. Jewish freedom is about being free to express ourselves in a purposeful way.



Tribe helps young people to discover their Jewish freedom by creating a future for our community through engaging, educating and inspiring the next generation.

Some of our key areas of focus are:

- **Baby & Campus gift packs** - From one day old until leaving home for university, Tribe connects with young people and their families at each stage of the journey. Our baby gift and campus packs are full of treats, bringing meaning and fun to these milestones.
- **School assemblies & Shabbatonim** - Tribe visits Jewish and non-Jewish schools participating in assemblies and interacting with students. We also participate with Jewish schools to lead fun and educational Shabbaton weekend retreats. Delicious meals, exhilarating activities and inspirational Jewish learning combine to create a high impact Shabbat atmosphere.
- **Days out & Residential trips** - During half terms & summer holidays, Tribe takes hundreds of children on trips ranging from Go Ape to Cadbury World and from Snozone to water sports. Alongside these trips, Tribe attracts several hundred children and youth from across the country to its 6 summer camps, Israel Tour and winter retreat.
- **Learn To Lead** - Tribe's leadership programme for teenagers in school years 9-13 takes place within United Synagogue communities. Led by Rabbis, Rebbetzins and Youth Directors, the sessions provide participants with the tools they need to become active communal Jewish leaders. Year 10 students can enjoy a journey to Jerusalem packed with Jewish self-discovery. Year 12 students go to Poland to explore what it means to be a Jew in our society today.

**FOR MORE INFORMATION ON TRIBE ACTIVITIES
PLEASE VISIT WWW.TRIBEUK.COM OR CALL 020 8343 5656**

