



# THE TRIBE SCRIBE

CHUKAT-BALAK: BE COOL!

IN THE FIRST OF THIS WEEK'S PARASHIOT, MOSHE GETS ANGRY AND HITS THE ROCK INSTEAD OF SPEAKING TO IT. THE CONSEQUENCES OF LOSING HIS TEMPER ARE VERY SERIOUS.



BUT WHEN I GET ANGRY IT'S SO HARD NOT TO LOSE MY TEMPER! I FEEL SO FURIOUS, I WANT TO PUNCH SOMETHING, SHOUT OR SCREAM AND LET THE ANGER OUT!



YOU DON'T HAVE ANY CHOICE ABOUT FEELING ANGRY, BUT YOU DO CHOOSE HOW TO REACT. DR TSORIS, HERE ARE SOME IDEAS OF WHAT YOU CAN TRY WHEN YOU FEEL ANGRY, INSTEAD OF SCREAMING OR PUNCHING.

DEEP BREATHS. IMAGINE YOU ARE BLOWING OUT THE CANDLES ON YOUR GREAT GRANDPA'S CAKE WITH LOADS OF CANDLES. TAKE A GIANT BREATH IN AND BLOOOOOOW!



DO STAR JUMPS UNTIL YOU ARE ALL WORN OUT AND HAVE JUMPED OUT THE ANGRY ENERGY.



IF YOU FEEL LIKE YOU WANT TO HIT SOMETHING AND YOU DON'T HAVE A PUNCHBAG, YOU COULD TRY HITTING A PILLOW OR A CUSHION.

DRAW A PICTURE OF YOUR ANGRY FEELINGS FLOATING AWAY. THEY COULD BE ON A CLOUD, IN THE SKY, RIDING ON A MOTORBIKE, OR SAILING IN A SHIP - YOU DECIDE!



COUNT BACKWARDS FROM 100. TRY NOT TO FALL ASLEEP!



WRITE DOWN ALL YOUR ANGRY FEELINGS IN A LETTER. WHEN YOU HAVE FINISHED YOU CAN TEAR IT UP!



Page Editor: Rabbi Nicky Goldwaser Writer: Shira Chaik Cartoonist: Paul Solomonov

©Tribe 2023. All Rights Reserved.



Tribe is the Young People's Department of the United Synagogue: Creating a future for our community through engaging, educating and inspiring the next generation.