

What is Judaism?

Values in Action Worksheet

Middle School (Grades 6-8)

Values in Action: Connecting Jewish Values to Daily Life

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Name: _____ Date: _____ Period: _____

Part 1: Identifying Jewish Values

The video "What is Judaism?" mentions several core Jewish values. Review the list and check the box when you find each one in your notes:

- Education and learning
- Open debate and questioning
- Making the world a better place (Tikkun Olam)
- Respect for parents
- Care for animals
- Compassion for strangers
- Mindfulness in daily life
- Gratitude
- Accountability to yourself, the divine, and community

Part 2: Values Analysis

1. The video states that Judaism is about "what you do" not just "what you believe." Choose THREE values from the list above and explain what this might look like in action.

Value **#1:**

Action **example:**

Value **#2:**

Action **example:**

Value **#3:**

Action **example:**

3. The video mentions that Judaism emphasizes education and encourages debate about "literally everything," including the Talmud being "basically a collection of Jews arguing over the meaning of the Torah."

a. Why do you think debate and questioning are valued rather than discouraged?

b. How might this approach to learning and knowledge be beneficial?

4. Judaism teaches mindfulness and gratitude, including a prayer (Modeh Ani) expressing gratitude every morning upon waking.

a. Why might starting each day with gratitude be important?

b. What are three things you could be grateful for today?

1.

2.

3.

Part 5: Making the World Better

The concept of *Tikkun Olam* (repairing the world) is central to Jewish values. This means taking action to make the world a better place.

5. Identify three specific actions a middle school student could take to "make the world better" in their community.

Action **#1:**

Who **would** **this** **help?**

Why **is** **this** **important?**

Action **#2:**

Who **would** **this** **help?**

Why **is** **this** **important?**

Action

#3:

Who

would

this

help?

Why

is

this

important?

Part 6: Synthesis

6. Look at all the Jewish values discussed in this lesson. Write a paragraph explaining how these values work together to guide how people live and interact with one another.

Extension: Values Comparison Chart

Create a chart comparing Jewish values with values from your own family, culture, or community. What similarities do you notice?

Reflection Question

7. After learning about Jewish values, what is one value you would like to practice more in your own life? Explain why and how you could do this.

Value:

Why this value matters to me:

How I could practice this:
