בס"ד

 **Middah Master Lesson 2  
אִזוּן – Izun (Balance, moderation, poise)**

## Case 1

During recess, two teams were playing basketball. Dovid loved to win, and every time his team scored, he shouted so loudly that the other team got upset.

*He’s too focused on winning,* Yossi thought. *It’s making the game less fun.*

Later, when Dovid’s team started losing, he got angry and almost quit.

*Balance means enjoying the game without going too far,* Yossi thought. *Not too wild when winning, and not too upset when losing.*

Solve it: What should Yossi do?

* A) Remind Dovid that it’s just a game and the goal is to have fun together.
* B) Laugh at Dovid for getting upset.
* C) Stay quiet and let Dovid quit the game.

## Case 2

At lunch, Moshe brought a bag of chips and really wanted to eat them all himself. Then Levi asked if he could have some.

*If I give away too much, I’ll have nothing left,* Moshe thought. *But if I don’t share at all, that’s not nice either.*

He looked at the bag again.  
*Izun means sharing enough to be kind, but not giving away everything I need,* he thought. *Balance helps me enjoy my snack and still be generous.*

Solve it: What should Moshe do?

* A) Give Levi the whole bag of chips.
* B) Refuse to share any chips.
* C) Share a portion of the chips while keeping some for himself.