בס"ד

 **Middah Master Lesson 2**

**אִזוּן – Izun (Balance, moderation, poise)**  
Opposite: קִצוֹנִיוּת – Kitzonius (extremism, going to either end of a spectrum).

## Case 1: The Basketball Game

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. (✅ Best – This shows Izun, keeping things balanced.)
* B) Laugh at Dovid for getting upset. (❌ Not good – This adds to the conflict.)
* C) Stay quiet and let Dovid quit the game. (⚠️ Okay – At least no fight starts, but it misses the chance to bring balance.)

## Case 2: The Snack Trade

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. (❌ Not good – This leaves him with nothing, going to an extreme.)
* B) Refuse to share any chips. (❌ Not good – This is the opposite extreme, showing selfishness.)
* C) Share a portion of the chips while keeping some for himself. (✅ Best – This shows Izun, a balanced choice.)

## Teacher’s Note

Izun means finding the middle path, without going to extremes. It applies in games, in learning, and even in sharing food. Balance helps boys get along, enjoy fairly, and avoid both selfishness and over-giving. Extremes usually create problems, but Izun keeps life steady.

## Quick Facilitation Tips

* Balance Game: Have boys stand on one foot, then try balancing something on their heads. Connect physical balance to life balance.
* Role-Play: Act out being ‘too extreme’ in different situations (too silly, too strict). Discuss how moderation works better.
* Exit Ticket: Write one way you showed Izun today.