בס"ד

 **Middah Master Lesson 9
הִסתַפְּקוּת – Histapkus (Contentment, simplicity, satisfaction)**

## Case 1

During class, Avi pulled out a brand-new pen that could click into three different colors. Right away, boys crowded around to watch him switch between red, blue, and green.

Moshe looked at his own plain blue pen. It didn’t shine. It didn’t click into colors. For a moment, he felt small compared to Avi.

But then he remembered: Histapkus means being happy with what you already have. His pen worked just fine for writing and learning. Did he really need something fancy to feel good?

Solve it: What should Moshe do?

* A) Feel jealous and complain to his parents to buy him a new pen.
* B) Remember that his pen works well and focus on his learning.
* C) Borrow Avi’s pen and use it instead of his own.

## Case 2

At lunch, boys began swapping snacks. Cookies for pretzels, chips for chocolate. Yossi opened his bag and saw only a pack of plain crackers. He looked around at the sweet trades happening at every table.

He sighed. It was tempting to complain or beg for something better. But then he thought about it differently: those crackers would still fill him up, give him energy, and keep him going through the afternoon. That’s what really mattered.

Histapkus is not about always getting the best — it’s about being satisfied and thankful for what you already have.

Solve it: What should Yossi do?

* A) Whine that his snack is never as good as everyone else’s.
* B) Appreciate his crackers and enjoy them without comparing.
* C) Try to grab someone else’s snack instead.