בס"ד

 **Middah Master Lesson 9**

**הִסתַפְּקוּת – Histapkus (Contentment, simplicity, satisfaction)**  
Opposite: קִנְאָה – Kinah (envy, jealousy).

## Case 1: The Fancy Pen

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. (❌ Not good – This shows kinah, not contentment.)
* B) Remember that his pen works well and focus on his learning. (✅ Best – This shows Histapkus, being satisfied with what he has.)
* C) Borrow Avi’s pen and use it instead of his own. (⚠️ Okay – It avoids jealousy for a moment but misses practicing contentment.)

## Case 2: The Snack Trade

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. (❌ Not good – This is jealousy and ingratitude.)
* B) Appreciate his crackers and enjoy them without comparing. (✅ Best – This shows Histapkus, being happy with what he has.)
* C) Try to grab someone else’s snack instead. (❌ Not good – This is selfishness and envy.)

## Teacher’s Note

Histapkus means being satisfied with what we have instead of always looking at what others own. Moshe showed Histapkus when he decided to value his own pen, and Yossi showed it when he appreciated his snack. Without Histapkus, boys will always feel jealous and upset. With Histapkus, they feel calmer, happier, and more thankful.

## Quick Facilitation Tips

* Gratitude List: Have each boy write three things he already has that make him happy. Connect to Histapkus.
* Role-Play: Pretend one boy has a fancy object and others don’t. Practice showing Histapkus instead of jealousy.
* Exit Ticket: Write one way you showed Histapkus today.