בס"ד

 **Middah Master Lesson 11**

**אֹמֶץ לֵב – Ometz Lev (Courage, bravery, strength of heart)**  
Opposite: רַךְ לֵבָב – Rach Levav (fearful, soft-hearted).

## Case 1: Speaking Up

Rebbi asked a tough question during Chumash. The room went silent. Most boys stared at their desks, hoping not to be called on. Yisrael’s heart thumped — he knew the answer, but his face felt hot.

He glanced at his friend’s pencil tapping on the desk and thought, *What if I get it wrong? What if they laugh?* But then he remembered: Ometz Lev doesn’t mean never feeling scared. It means being brave enough to try anyway.

Solve it: What should Yisrael do?

* A) Raise his hand and give the answer he thinks is right. (✅ Best – This shows Ometz Lev, courage to try despite fear.)
* B) Stay quiet so no one will notice him. (❌ Not good – This avoids the chance to show courage.)
* C) Whisper the answer to his friend instead of answering himself. (⚠️ Okay – At least he shares his knowledge, but it avoids personal courage.)

## Case 2: The Playground Bully

At recess, boys were playing ball when an older student snatched it from a younger boy. “This is mine now,” the bully smirked, throwing it high in the air while the younger boy reached helplessly. A few kids nearby looked away, pretending not to see.

Moshe stopped in his tracks. He felt nervous — what if the bully came after him next? But then he saw the younger boy’s eyes fill with tears. Ometz Lev means standing up for what’s right, even when it’s scary. Moshe knew he had to choose: ignore it, laugh along, or take action.

Solve it: What should Moshe do?

* A) Step in and tell the bully to give the ball back, or go get a teacher for help. (✅ Best – This shows Ometz Lev, protecting someone weaker.)
* B) Ignore it and keep playing with his own friends. (❌ Not good – This avoids helping and shows fear instead of courage.)
* C) Laugh along so the bully doesn’t turn on him. (❌ Not good – This encourages the bully and lacks Ometz Lev.)

## Teacher’s Note

Ometz Lev means bravery that comes from the heart. It’s not about having no fear — it’s about choosing to do the right thing *even when fear is there*. Yisrael showed Ometz Lev by speaking up in class, and Moshe showed it by standing up for someone weaker. Real courage is when a boy pushes past his fear to act with strength and goodness.

## Quick Facilitation Tips

* Bravery Share: Ask each boy to share a time he showed courage (big or small). Connect to Ometz Lev.
* Role-Play: Pretend someone is being left out or teased. Practice responding with courage.
* Exit Ticket: Write one way you showed Ometz Lev today.