בס"ד

 **Middah Master Lesson 16**

**גֶמֶשׁ – Gemesh (Flexibility, adaptability, resilience)**
Opposite: קַשְׁיוּת – Kashyus (rigidity, stubbornness).

## Case 1: The Changed Recess Plan

Rain pounded against the windows as the boys lined up for recess. “Sorry, boys,” Rebbi announced, “recess will be inside today.” “What?!” Yossi groaned. “But we were going to play soccer!” A few boys slumped in their seats. Just then, another boy pointed to the shelf. “Hey, there are board games here. Who wants to play?”

Yossi looked at the soccer ball still sitting by the door. He frowned, then thought, *Gemesh means finding a new way to enjoy myself when plans change. If I try, maybe this recess can still be fun.*

Solve it: What should Yossi do?

* A) Sit in the corner and complain the whole recess. (❌ Not good – This shows rigidity and unwillingness to adapt.)
* B) Join a board game or find another fun activity indoors. (✅ Best – This shows Gemesh, flexibility and resilience.)
* C) Keep begging Rebbi to let them outside anyway. (⚠️ Okay – At least he’s asking, but it ignores the reality of the situation.)

## Case 2: The New Chavrusa

“Today I’m switching chavrusas,” Rebbi announced. “Moshe, you’ll learn with Shlomo.” Moshe’s smile faded. He usually learned with his best friend, and Shlomo read very slowly. As they opened their Gemaras, Shlomo stumbled on the first line. “Sorry,” Shlomo said softly. “I’m still learning how to say the words.” Moshe tapped his pencil impatiently.

He leaned back and thought, *This isn’t how I usually learn. But Gemesh means I can bend instead of break. If I slow down, I can help Shlomo and still learn Torah well.* He looked at his new partner and said, “Let’s try again together. I’ll help you with the hard words.”

Solve it: What should Moshe do?

* A) Refuse to learn with the new partner. (❌ Not good – This is rigid and uncooperative.)
* B) Adjust to the slower pace and help the new chavrusa. (✅ Best – This shows Gemesh, adapting kindly and productively.)
* C) Do the work quickly by himself and ignore his chavrusa. (⚠️ Okay – At least he learns, but it misses the value of flexibility and partnership.)

## Teacher’s Note

Gemesh means being able to adjust when things don’t go as planned. Yossi showed Gemesh by choosing to enjoy recess indoors instead of sulking, and Moshe showed it by working kindly with his new chavrusa. Without Gemesh, boys stay stuck and frustrated. With Gemesh, they discover new opportunities and keep growing.Quick Facilitation Tips

* Flexibility Game: Play 'musical chairs' but change the rules halfway through. Discuss how it feels to adapt.
* Role-Play: Pretend a plan changes suddenly. Practice reacting with Gemesh instead of frustration.
* Exit Ticket: Write one way you showed Gemesh today.