

**The Torah is our guide, our guide for meaningful living.**

The Mitzvot are the instructions, the tools, the strategies for meaningful living.

**In the 'Living with the Torah' curriculum, the students explore the Torah itself, and are introduced to various Jewish fundamentals and Mitzvot. From the exciting lessons, the children will gain an appreciation of the Torah itself, how the Torah is the guide for all Jewish living.**

**Please note!** The program is designed so that there are 14 concepts that can be explored; some have enough content and ideas so that the lesson can be expanded over more than lesson, as necessary for your school calendar.

Title	Description
<b>Learning from the Torah</b>	What is the Torah and how we learn our life lessons and directives from the Torah.
<b>How to learn from the Torah</b>	Working with the actual text, learning the story of Beraishit and how the world was created so that we can do as Hashem wants us to.
<b>Bikur Cholim</b>	We learn Jewish values from the stories of the Torah. Bikur Cholim from Hashem. Includes practical details of the Mitzvah.
<b>Chesed from Rivka</b>	We learn Chesed from Rivka. Details of how we should do for others.
<b>Hakarat Hatov from Moshe</b>	The attitude of gratitude. Moshe did not hit the Nile, an inanimate object. How much more so we should show gratitude to other people
<b>Learning how to behave from mitzvot</b>	All about Mitzvot: Mitzvot connect us to Hashem. So many opportunities to connect with Hashem. There are Mitzvot that teach us what to do, and what not to do.
<b>Aseret hadibrot are the big 10</b>	We analyze the Aseret Hadibrot, focusing on the first 3 (others are explored later)
<b>Shabbat</b>	We explore Shabbat, with a focus on Challah (Kiddush & Havdallah were covered in previous years).
<b>Taking challah</b>	We discuss how taking Challah helps us recognize Hashem in our lives.
<b>Preciousness of life</b>	We study Judaism's outlook on life. There are several Mitzvot about caring for our own health, for the safety of others, and of course, definitely not to harm anyone.
<b>Responsibility to others</b>	There are so many Mitzvot between people. We review many of these mitzvot, covering: peaceful ways of talking, do not take revenge, do not embarrass, do not gossip. We also explore that it is our responsibility to care for those less fortunate.
<b>Honoring our parents</b>	We explore the Mitzvah of Kibbud Av VaEm with a focus on how much our parents do for us so and are deserving of our respect.
<b>Respecting the elderly</b>	We discuss the mitzvah of respecting the elderly, and what that means practically.
<b>Eretz Yisrael is our Homeland</b>	We explore the biblical source of our connection to Eretz Yisrael.