



MAKING OF A MENSCH DISCUSSION GUIDE AGES 4-9*

If you haven't watched the 10 minute film *The Making of a Mensch*, you can watch it [here](#). Then dive in:

*Please feel free to tailor the language as appropriate for each age group.

1. What does being a “mensch” mean to you? Write a definition or draw a picture.
2. Think of someone you consider to be a mensch. It can be someone famous or someone you know. What makes them a mensch?
3. Look at the Periodic Table of Being a Mensch. Which qualities do you think are most important to being a mensch? Why?
4. Now look at the periodic table again. What are your top three strengths?
5. What are some qualities you want to work on to become more of a mensch?
6. Pick one of those qualities you want to work on. What’s something you could do right now to be more of a mensch?

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FOLLOW UP DISCUSSION GUIDE AGES 4-9: CHECK-IN

A little while ago, you watched *The Making of a Mensch*. Let's check back in and see what's changed for you since then.

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1. *The Making of a Mensch* describes what it takes to be a mensch, a better person. The film talks a lot about tradition. If you were to create a new tradition to help people improve themselves, what would it be?
2. One way that some people work on the quality of gratitude is to say 100 blessings a day. Write a short list of things you're grateful for today. Ten is fine!
3. Sometimes the best way to make a big change is to make a small change over and over. What's one small thing you're doing over and over to improve yourself?
4. To be a mensch, you create your own path. Imagine MENSCH as a country, and draw a map to get yourself there. Will you have to cross the desert of humility, the white-water river of bravery, the steep cliffs of self-control? Plot your path.

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FOLLOW UP DISCUSSION GUIDE AGES 4-9: CHECK-OUT*

Time for a wrap-up. How much of a mensch have you become this year?

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1. What are you proudest of doing this past year?
2. If you could do one thing over, what would you do differently?
3. Where do you want to be a year from now?