



## **MAKING OF A MENSCH**

### **DISCUSSION GUIDE AGES 10-14**

If you haven't watched the 13 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?
2. Look at the Periodic Table of Being a Mensch. Which qualities do you think are most important to being a mensch? Why?
3. Choose a quality and explain how too much of it might not be good.
4. Look at the Periodic Table of Being a Mensch. What are your top five strengths?
5. What are five qualities you want to work on?
6. Pick one of the qualities you want to work on. What's something you could do right now to bring more of that strength into your life?
7. Draw a pie chart of the qualities that you're made of. Which quality is the biggest slice? Which is the smallest?
8. We rely on different qualities in different situations. Which qualities are most useful to you at school? At home? In sports?
9. Think of someone you consider a mensch. It can be someone you know, someone famous, or someone from history. What makes them a mensch?
10. Which middot do you use with your friends? Which middot do you use with your family? Why do you think they might be different?

11. Write your own "Mensch Code": Ten commitments toward being a mensch that apply just to you.
  
12. Think of a person or group you could work with to encourage these practices and hold each other accountable.

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## FOLLOW UP DISCUSSION GUIDE AGES 10-14: 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* explores what it takes to be a mensch, a better person. The film talks about tradition and rituals. If you were to create a new tradition or ritual 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. As the film suggests, one way to become more of a mensch is to focus on one specific quality each season. Take a look at the "Periodic Table of Being a Mensch" below and pick the qualities you want to work on this winter, spring, summer, and fall. What will you do each season to strengthen these four qualities?
5. 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 10-14: CHECK-OUT

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

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

1. What are you proudest of doing this past year?
2. If you could do one thing over, what would you do differently?
3. Which *middah* (*strength/quality*) was most important to you this year?
4. Where do you want to be a year from now?