

# SINAI SPACE

## EPISODE 2 MENSCH MIDDAH

### OMETZ LEV אומץ לב COURAGE

*Ms. Marisa, Mensch Owl and Shabbat Spot taught about the Middah of courage.  
Here's how you can practice courage on your own!*

Together with your family, take a risk! Try cooking some new foods with interesting flavors.

<https://reformjudaism.org/reform-jewish-life/food-recipes/pumpkin-challah>

Take a hike on a slightly more difficult trail. We love hiking at Amicolola Falls

<https://www.amicalolafallslodge.com/>

Get out of your comfort zone! Try the monkey bars at the playground, or maybe the highest slide. Then call a friend a tell them about it!

Read about a very brave boy in The Purim Super-hero

<https://reformjudaism.org/jewish-holidays/purim/purim-superhero>

Be a hero and volunteer at Solidarity Sandy Springs Food Pantry

<https://solidaritysandysprings.org/>

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