# Torah owellbeing Xme

# Sefer Bereishit

# Parshat Vayishlach Summary

Summary: The night before Yaakov was due to meet his brother Esav, he divided his family in two, then went to pray to Hashem on his own. He wrestled with a man (a malach) who blessed him and changed his name to Yisrael. Yaakov and Esav met peacefully and then parted ways and Hashem confirmed Yaakov's name as Yisrael. Yaakov's youngest son Binyamin was born as they were travelling and Rachel died giving birth to him. Yitzchak died and was buried by Yaakov and Esav. At the end of the parashah the generations of Esav are listed.

\*Note: Key words build by year group. Previous years' key words should be reviewed in addition to the ones specified.

# EYFS Middah/Mitzvah

#### Making up after a quarrel

The time has come for Yaakov to return home with all his family. He is frightened to meet his brother *Esav* because the last time they were together *Esav* was angry with him. Yaakov wants to make friends so he sends presents to *Esav*. When they meet they make up.

Key Words	Wellbeing PSHE RSE	Resources for teachers
יַעֲקֹב עֵשָׂו	Take Notice - Making Up After A QuarrelPhysical Health & Mental WellbeingBelonging to a communityRelationshipsLiving in the wider worldFamilies and people who care for me	<ul> <li>Books Gigi and Lulu's Gigantic Fight - Pamela Duncan Edwards</li> <li>Powerpoint LINK</li> <li>Video Uncle Moishy Let's Be Friends</li> </ul>

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# Year 1 Middah/Mitzvah

#### Doing everything possible to make peace.

As above. Yaakov prepares himself to meet Esav. First he divides his family into two separate camps in case Esav starts a fight (because he is still angry about Yaakov taking away his brachah). Then he prays to Hashem to save him and all his family (his four wives, eleven sons and daughter) and then he sends Esav presents. Yaakov and Esav meet and make peace.

Key Words	Wellbeing PSHE RSE	Resources for teachers
As above, plus; רְאוּבֵן, שָׁמְעוֹן, לֵוִי, יְהוּדָה, יִשָּׁשְׁכָר, זְבוּלֵן,דָן, נַפְתָּלִי,גֶד, אָשֵׁר,יוֹסֵף דִינָה	Take Notice - Do Everything Possible To Make Peace Physical Health & Mental Wellbeing Belonging to a community Relationships Living in the wider world Families and people who care for me	<ul> <li>Powerpoint LINK</li> <li>Activity Create a class charter for the best way to make up after disagreements, which can be referred to.</li> </ul>

# Year 2 Middah/Mitzvah

### Caring

*Binyamin* is born and *Rachel* dies and is buried in *Bet Lechem*. *Hashem* changes *Yaakov's* name to *Yisrael*. The Jewish people are his children. We are called *Bnei Yisrael*. We are one big family. That is why we try our best to show that we care about each other (e.g. giving *tzedakah* to needy Jewish people and supporting Israel). Examine the family tree to include all *Yaakov's* sons and *Dinah*. Identify which child belongs to which mother.

Key Words	Wellbeing PSHE RSE	Resources for teachers
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# Year 3 Middah/Mitzvah

#### **Being Prepared**

Examine the actions that *Yaakov* takes in order to prepare himself to meet *Esav*. First he divides the people who are with him into two camps. Then he prays to *Hashem* and then he sends messengers with gifts.

Key Pasuk	Chumash Skills	Wellbeing PSHE RSE	Resources for teachers
Vayishlach 32:8 (explain 12 and 14 as the other two steps)	Finding the place in the ChumashReading the pasuk accuratelyComprehending the plain meaning of a supportIdentify word families.Use of prefixes and suffixes to help comprehend textsKey Words:יַשָׁמַי עם ואַמַל בַּקַר שַׁני/שָׁנִיםPrefixes:יַשָּוי ה,הלSuffixes:יַשַר ה,והל	Take Notice - Be PreparedPhysical Health & Mental WellbeingBelonging to a communityRelationshipsLiving in the wider worldFamilies and people who care for me	<ul> <li>Books Ready For Anything</li> <li>Powerpoint LINK</li> <li>Video Aladdin One Jump - link lyrics to being prepared.</li> </ul>

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# Year 4 Middah/Mitzvah

# Keeping away from bad influences

The meeting of Yaakov and Esav. After making up, Yaakov and Esav go their separate ways (refer back to the separation of Avraham from Lot).

Key Pasuk	Chumash Skills	Wellbeing PSHE RSE	Resources for teachers
Vayishlach 33:16	Finding the place in the ChumashReading the pasuk accuratelyComprehending the plain meaning of a supportIdentify word families.Use of prefixes and suffixes to help 	Take Notice - Stay Away From Bad InfluencesPhysical Health & Mental WellbeingBelonging to a communityRelationshipsLiving in the wider worldFamilies and people who care for me	<ul> <li>Powerpoint LINK</li> <li>Activity Create a magazine article - shat is a bad influence and box to stay away?</li> </ul>

# Year 5 Middah/Mitzvah

### Respect for humankind - Citizenship

The *Torah* is not a history book containing useful information. Whatever is written in the *Torah* is there for the purpose of teaching us something. The *Torah* devotes a whole chapter to recording the generations of *Esav* demonstrating respect for him as an offspring of *Avraham Avinu*. Every human being is created in the image of *Hashem*. We have a duty to show respect to other people irrespective of their religion, race, culture or colour.

Key Pasuk	Chumash Skills	Wellbeing PSHE RSE	Resources for teachers
Vayishlach 36:1	Comprehending the plain meaning of a Torah text with little supportIdentify word families/ shorashim.Use of verb prefixes to help comprehend 	Take Notice - Respect for HumankindPhysical Health & Mental WellbeingBelonging to a communityRelationshipsLiving in the wider worldFamilies and people who care for me	<ul> <li>Powerpoint LINK</li> <li>Video Teaching Values</li> </ul>

# Year 6 Middah/Mitzvah

### Living up to one's Jewish identity

Yaakov wrestles with a man and wins. The man (according to Rashi, a malach) now tells Yaakov that he will no longer be called Yaakov ('heel', which implies deceit - that he appeared to obtain the blessings deceitfully) but Yisrael, which implies that he fought with a malach of Hashem and triumphed. From now on it would be clear to everyone that Yaakov received the correct blessings from Yitzchak because he deserved them. Hashem confirms this name change (35:10) and his rightful ownership of Eretz Yisrael (35:12). From now on the Torah uses both names. As Bnei Yisrael - the Jewish people - we have a responsibility to live up to our name.

Key Pasuk	Chumash Skills	Wellbeing PSHE RSE	Resources for teachers
Vayishlach 32:29 Rashi till ve'odah lecha aleihen (35: 10 and 12 summarised)	Comprehending the plain meaning of a Torah text with tittle supportIdentify word families/ shorashim.Use of verb prefixes to help comprehend Torah texts.Key Words:אמר עם עם עםאמר אמרPrefixes:ו,יוSuffixes:היש םיים	Take Notice & Connect - Living Up To One's Jewish Identity Physical Health & Mental Wellbeing Belonging to a community Relationships Living in the wider world Families and people who care for me	<ul> <li>Powerpoint LINK</li> <li>Video Why Am I A Jew (play as much or as little as you like).</li> </ul>