



6 FOR 6 FAMILY SHALOM CHAMPIONSHIP

6 Middos • 6 Seudos • Let's Go!

It's the Family Shalom Championship!

Choose one middah to focus on during each seudah of Shabbos and Shavuos. Take the Challenge and discuss the Table Debatable.

Work on each of the 6 middos over 6 seudahs for a chance to win one of 4 awesome family prizes!

After Yom Tov, email or mail the card at the end of the booklet to shalomchampionship@gmail.com for a chance to win one of 4 awesome family prizes!

Winners will be announced in the Circle Magazine and on the Chofetz Chaim Heritage Foundation hotline at 718.305.6960 Dial #8, 5 on June 20th 2022

THE SHARING CHALLENGE

Seudah #1

Can you share something at the seudah with a smile?

Dessert, your attention, best seat, your headband, the baby, the last cup of soda... Your creative sharing idea goes here _____

Try This Trick!

S.M.I.L.E Sharing Makes It Last Extra

It feels good to have stuff, but the good feeling lasts even longer when we share with others

TABLE DEBATABLE

Who feels better? The guy who just won a million dollars in the lottery or the guy who just donated a million dollars to a yeshiva?





THE ANGER CHALLENGE

Seudah #2

Can you stay calm even when you start to feel upset? Spills, annoying sibling, not getting the seat you want, getting interrupted... or something else? Your creative idea goes here _____

Try This Trick!

Don't pop, take a stop!

Pause before reacting in anger so you don't blow up, melt down, or say something you'll really regret.



TABLE DEBATABLE

Whom does anger harm more? The person who yelled or the person who was yelled at?

Seudah #3

THE JEALOUSY CHALLENGE

Can you focus on what you *do* have instead of what others have? There are so many things to appreciate at the Yom Tov Table, like delicious food, your family, nice weather, the conversation, yummy dessert... Your creative idea goes here _____

Try This Trick!

Hocus Pocus Change Your Focus.

Instead of focusing on what others have, it's important to focus on what you *do* have.



SHAVUOS TABLE DEBATABLE

Should you tell your friends about the awesome stuff in your life or keep it quiet, so they don't get jealous?

THE KIND SPEECH CHALLENGE

Seudah #4

Can you choose to use nice words at the seudah? Compliments, please and thank you, zemiros, Divrei Torah... Your creative idea goes here _____

Try This Trick!

Kind words are FREE-FOR-ALL

You'll see that kind words build relationships and cement the ones we already have—without costing a cent.

SHAVUOS TABLE DEBATABLE

What do you remember longer: a compliment or an insult?



THE LISTENING CHALLENGE

Seudah #5

What can you listen to at the seudah without interrupting? Dvar Torah, zemiros, a long-winded story, a joke, Parsha questions... or something else? Your creative idea goes here _____

Try This Trick!

Stop, Drop, and Listen.

Listening = Connection.
Listen to understand, not to answer.



SHAVUOS TABLE DEBATABLE

How can you show someone you are listening without saying anything at all?



THE EMPATHY CHALLENGE

Seudah #6

Can you show someone that you care about their feelings? Empathize with your brother who is upset about a broken tower, your sister who is angry about her dress the cleaners lost, your friend who is hurt by something a teacher said... Your scenario goes here _____



Become a Feelings Detective

See someone sad, mad, or just plain feeling bad? Think: Why do they feel this way? Then treat them the way you'd want to be treated, if you felt that way.

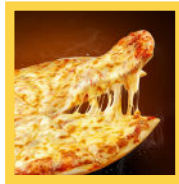


SHAVUOS TABLE DEBATABLE
Should you show someone empathy even when you think they are overreacting or being silly?

Send in the completed card below for a chance to **WIN** one of these great prizes!



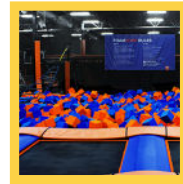
Family Carnival Games Set



Pizza on Rosh Chodesh



Jumbo Backyard Trampoline



Family Funday at Sky Zone



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FAMILY NAME

PARENT SIGNATURE

HOME ADDRESS

PHONE NUMBER

CHECK OFF EACH MIDDAH CHALLENGE THAT YOUR FAMILY PARTICIPATED IN!

- The Sharing Challenge
- The Kind Speech Challenge
- The Anger Challenge
- The Listening Challenge
- The Jealousy Challenge
- The Empathy Challenge

All done? Scan and email the card to shalomchampionship@gmail.com, or mail it to the Chofetz Chaim Heritage Foundation at 361 Spook Rock Rd, Suffern, NY 10901, for a chance to win one of 4 awesome family prizes.

Please note: Perfection is not expected. You may check off each challenge if you tried your best at the seudah. It is okay if you did the challenges in a different order.