



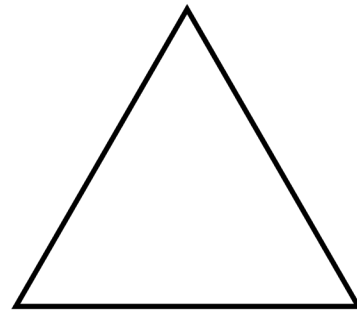
Head, Heart, Conscience: A Triangle

Adapted from FacingHistory.org

By Rabbi Rachel Simmons

This strategy for discussing difficult topics helps us to identify what we are thinking, how we are feeling, and what questions we have when we feel overwhelmed by what is happening.

Parents, feel free to use this outline to help guide your conversations with your kids. Adapt the questions based on how many specifics your kids know. They are written more generally for the littlest kids.



Opening questions:

1. What does it mean to “use your head”, to “lead with your heart/wear your heart on your sleeve”, or to “listen to your gut”?

Head:

1. What information have you heard about what is happening in Israel?
2. What parts of this information do you know are 100% true? How do you know is is true/what makes you trust it? What is uncertain or contested?
3. What additional information would you like to have to be able to understand better?

Heart:

1. How are you feeling about the situation in Israel? What emotions do you feel?
2. How are other people feeling? What are some emotions or words you have heard about?
3. Are there specific stories or details that you keep thinking about? Why do you think this is so?



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Conscience:

1. How were other people impacted by the event?
2. What do you want to see more of in the world? What do you want to see less of?
3. What questions does this situation raise about fairness or inequality for you?
4. What responsibility do you have in response to this situation? What can you do?



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