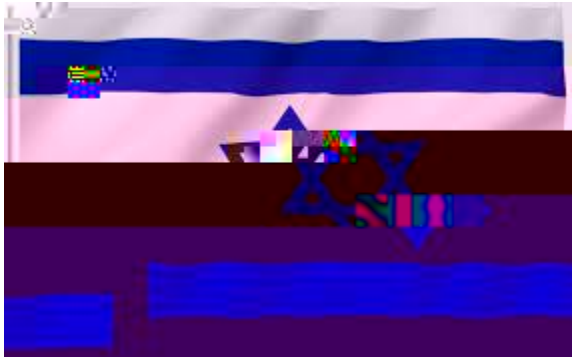
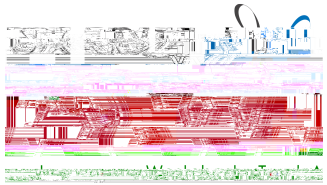


There is a War in Israel

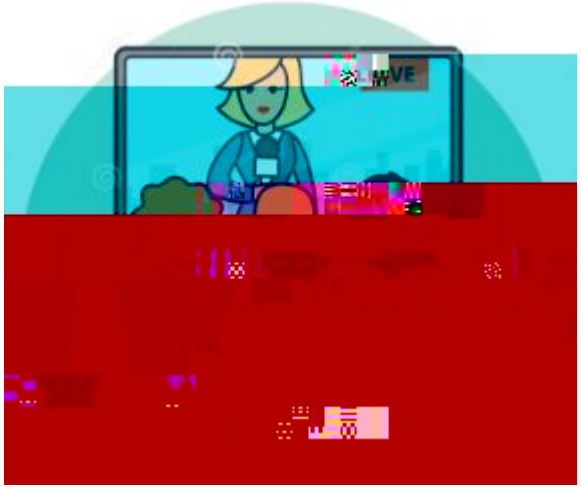
adapted from Leah Kaufman & Bat Chen Berl
by Nellie Harris & Jen Vegh



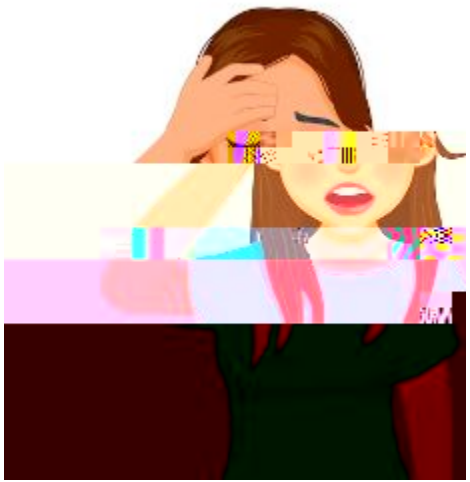
For many years, Israel has argued with its neighbors.

In a war, people want what the other group has.
It is very important to them.

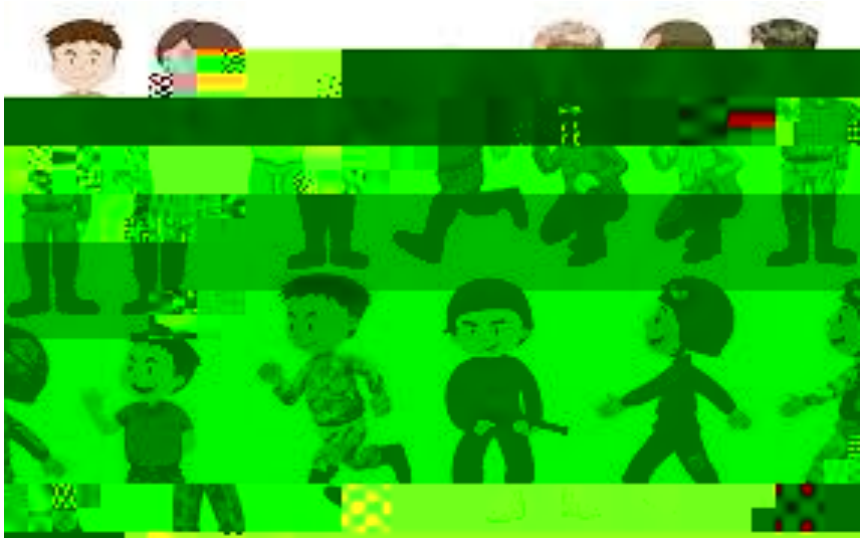
In a time of war, we might see that the grown ups around us pay extra attention to the news - on TV or on their phones.



Our parents and grown ups might seem different - a bit worried or even sad.



They might be thinking about the soldiers who are fighting to protect the people in Israel.



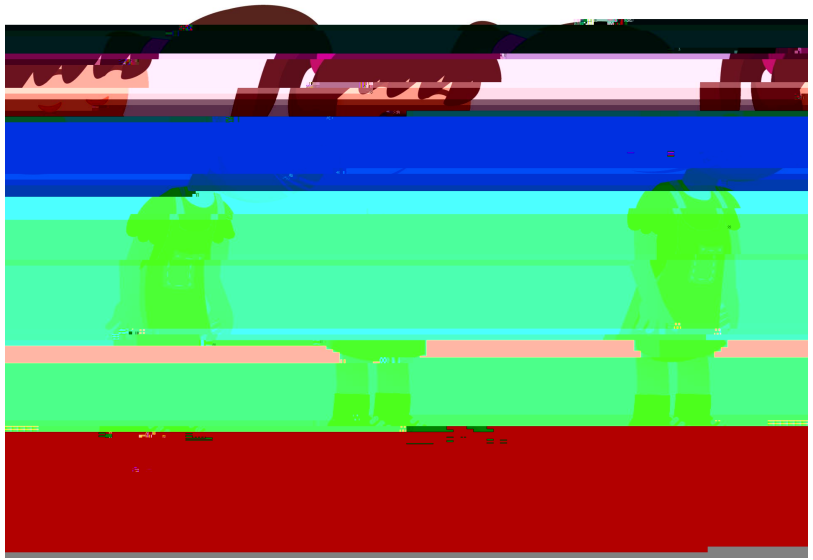
They might also be thinking about friends, family, and people they know in Israel and praying for their safety.

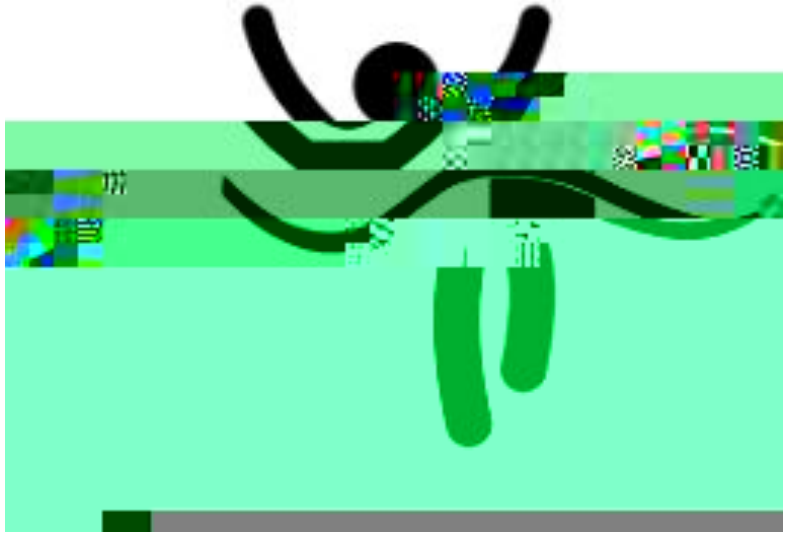
When you notice that people around you are feeling stressed or sad, you might want to give them a hug, bring them a cup of water, hold their hand or tell them how much you love them.

It's okay to have big feelings - it's okay to feel worried or sad or nervous or confused or any other feeling.

There are things we can do that help us feel calmer. We can read a favorite book, hug a stuffed animal, listen to a song, or pray to Hashem.

We can also practice taking deep breaths as if we are slowly smelling a flower and blowing out a candle. We can do that a few times.



We can also look around and count the number of things we see around us and name them out loud.

In the past, there have been many wars in Israel. They all came to an end. This one will too.