

# Lesson One: Walking with Hashem



“הִצַּנֵּעַ לִקְּת עִם אֱלֹהֵיךָ.”

(מיכה ו, ח)

“And you should walk modestly with Hashem”



## Leah's Question

**CHARACTERS: Leah, Rivka, Mommy**

**Leah:** Mommy, I have a question. It's about Tznius.

**Rivka:** I also have a question about Tznius!

**Mommy:** One at a time, please! Let's hear. Leah, you go first.

**Leah:** I learned something interesting in camp today. Every person has an outer self. This is the body, which everyone can see. No one needs to work hard to show what color hair they have, or how tall or short they are. However, we each also have an inner self that is hidden. Our hidden self has all our personality and Middos. From the Pasuk “Hatznea Leches Im Elokecha”, we can learn that Hashem wants us to remember to give a voice to the ‘hidden’ part of us, which is the Neshama --

**Rivka:** -- I know what your question is!

**Mommy:** Rivkale, don't interrupt your sister. Let her ask her question and then, if you have something to add, you can do so when she's done speaking.

**Rivka:** Okay, fine.

**Leah:** Anyways... my question is this. The way my counselor was describing it made me all confused! Up until now, I always thought Tznius is about making sure that we impress everyone else.

**Mommy:** What do you mean?

**Leah:** Well, in school we always have to dress Tzniusdig because our principal and teachers remind us to. In camp, there's a dress code that says we need to make sure all our clothing is

Tzniusdig. At home, you always compliment us on how Tzniusdig and beautiful we look. And even when we are in public, we are always told to act in a Tzanua way so that people will see how refined and Aidel we are!

**Mommy:** Okay...

**Leah:** So, I'm confused. The Mitzva of Tznius is not about impressing other people?

**Mommy:** Of course not!

**Rivka:** What's wrong with impressing people?

**Mommy:** Nothing's wrong with that. It's wonderful to make a Kiddush Hashem! I think Leah is asking, what is the true reason why we keep the Mitzva of Tznius? Who are we doing it for?

**Leah:** Based on what I learned today, it's about doing it for Hashem.

**Mommy:** That's exactly it! When you light a Shabbos candle, it is true that you are bringing light into the world. It is true that it creates a feeling of Shalom in the house. But the Mitzva comes from Hashem, and so even if you were home alone you would still light that candle.

**Rivka:** Oh! I have another example like that! When I make a Bracha, I want everyone to answer Amen to me. But the Mitzva of making a Bracha is because Hashem made the food, and it's between me and Hashem that I want to thank Him for it.

**Leah:** I kind of get it now.

**Mommy:** So, Leah, you are correct. It's important that in school, at camp, and in public we should always make sure to be living examples. The job of the parents and the teachers are simply to train the children and to remind them to do the right thing. But at the end of the day, Tznius is YOUR Mitzva!

**Leah:** Okay! Now it makes sense to me why, as our counselor taught us, we need to dress in a Tzniusdig way everywhere we are -- even in the privacy of our own rooms.

**Rivka:** Hey, that was my question! But now I have the answer. Tznius is MY Mitzva! So it doesn't matter who's around me.

**Leah:** It's MY Mitzva too! But we can share it with others, by making sure to be an example wherever we are.

**Mommy:** You're very smart girls! I can't wait to hear about what you learn tomorrow in camp.

# Lesson Two: Separate = Special



וְהֵייתֶם לִי קְדוֹשִׁים כִּי קְדוֹשׁ אֲנִי יְהוָה וְאַבְדַּל אֶתְכֶם מִן־הָעַמִּים לְהִיּוֹת לִי

(קדושים: כ, כו)

*“And you should be holy because I, Hashem, am holy. And I am separating you from all the other nations, to be with Me.”*



## The Queen’s Announcement

**CHARACTERS:** Official, Malka, Fraida, Queen

**Official:** Calling all citizens of this royal kingdom! Please gather in the town square. There is an important message from the queen.

**Malka:** Fraida, did you hear that announcement?

**Fraida:** Yeah, the queen wants everyone to come! Let’s go!

**Malka:** Wow! What a crowd is gathering.

**Official:** Thank you, villagers, for arriving so quickly. Now that you are all assembled here, I will be reading an announcement from the queen herself.

**Fraida:** Oh my! I’m so curious to hear what the queen wants to tell us!

**Official:** Please listen very carefully to the words of Her Royal Majesty! I will be reading her letter out loud. “Dear Citizens, Thank you for gathering to hear my words today. As you all know, I have been living alone in the palace for a long time. I am therefore making an offer to the first twenty people who came to hear this announcement.

**Malka:** (*interrupts*) We are one of the first twenty people!!

**Officer:** “Anyone who was willing to drop what they were doing and run to hear my announcement is worthy of this privilege! I am allowing the officer to open the gates to the first twenty people who arrived. Please wait inside the palace lobby for future instructions.

**Fraida:** Yay! I'm so excited! I'm a little nervous though. I wonder what the queen is expecting of us.

**Officer:** Follow me.

**Queen:** Welcome! All of you who are standing here in front of me are officially invited to live in my palace for as long as you wish!

**Fraida:** WHAT?! We get to live here?! We're so lucky! I can't believe it! But what about our families? I might get homesick!

**Queen:** Your families are invited to live here with you. There are twenty sections of the palace. You will have access to many beautiful rooms, private gardens, and more.

**Malka:** We couldn't have gotten a better deal!

**Queen:** There is one condition.

**Fraida:** What is it?

**Queen:** You will need to follow the standards of the palace. You may only wear certain types of clothing, both inside the gates and when you leave the palace. You will have to eat with proper table manners. You will need to take lessons in certain subjects, and speak in a refined way. This way, everyone who meets you will know that you are connected with me.

**Malka:** Wow. That's a lot of rules.

**Fraida:** But it's so worth it! We get to live in this beautiful palace.

**Malka:** I'm going to feel so different from all my regular friends in the village...

**Fraida:** You have me! And all the rest of the families here. We're so special! We were chosen by the queen.

**Queen:** That's right. I am choosing all of you to live with me!

**Malka:** Hey! I just realized! It's just like what we learned in camp today, about Tznius. In Parshas Kedoshim, Hashem tells us that He is separating us from all the other nations, so that we can be with Him.

**Fraida:** Right! When we dress in a Tzniusdig way, we will always remember that we are special. And everyone else will look at us and know that WE were chosen to be His nation!

**Malka:** Exactly! Hashem wants to keep us close. By keeping a Yiddishe lifestyle, we are reminding ourselves of how special we really are -- at every moment of the day!

# Lesson Three: Introduction to Halachos



“בְּרֵאשִׁית בָּרָא אֱלֹהִים”

(בראשית א, א)

*“In the beginning, Hashem created the world.”*



## The Cake Experiment

**CHARACTERS:** Faigy, Sara, Mommy,

**Mommy:** Girls, how would you like to bake a cake for Shabbos?

**Sara:** I’ve never baked a cake before.

**Faigy:** Me neither. But I love saying a Brocha on it!

**Mommy:** Let this be your first time, then! I think you are BH both very capable. It will be a big help for me.

**Faigy:** Okay, I’m up for it! Sara, what flavor should we make?

**Sara:** How about chocolate and vanilla layered cream cake with that yummy rainbow frosting that I once had by my friend Shifra’s birthday party --

**Mommy:** Sara, that sounds really complicated. Since it’s your first time, why don’t you start with something more simple?

**Faigy:** Chocolate with vanilla frosting?

**Sara:** And sprinkles.

**Mommy:** *(laughs)* Okay, as you wish. Check if we have all the ingredients in the cabinet before you begin. I’m going to put the baby for a nap now, so don’t disturb me unless you have any major questions, okay?

**Faigy:** Okay! Bezras Hashem we’ll be totally fine! Right Sara?

**Sara:** Absolutely!

**Mommy:** Good luck!

**Faigy:** So, where should we begin? Let's see.... I think we need chocolate bars for the chocolate part. Oh, here's a Klik bar we can use!

**Sara:** Are you sure we don't need to follow some instructions or something?

**Faigy:** Nah. Let's figure it out on our own. We're smart enough! Can you get a bowl and spoon? I think we should mix the chocolate up with some flour to make it more cakey.

**Sara:** What about sugar?

**Faigy:** Right, of course we need sugar! How many bags do you think we should dump in here? We want it to be really sweet!

**Sara:** I don't think we need so much... can we get the cookbook to check?

**Faigy:** Sara, why are you so into that? We can figure it out on our own.

**Sara:** Because! We don't know better! AHH!!! Faigy, what are you doing?

**Faigy:** I'm just putting the eggs whole into the batter, what's the problem? I'm sure the shells will melt in the oven or something.

**Sara:** I'm going to get Mommy. We don't know what we're doing.

**Mommy:** Girls, what's happening? I heard your arguing from all the way down the hall!

**Faigy:** Sara thinks we need to follow someone else's rules! I want this to be OUR cake! I'm happy figuring it out on my own.

**Mommy:** Ah. I see. Faigy, could you please put down that spoon and go and get a Sefer Bereishis for me from the bookshelf?

**Faigy:** Okay... one second... here. What does Chumash have to do with baking a cake?

**Mommy:** You'll see. Please read the first Pasuk out loud.

**Faigy:** Bereishis Bara Elokim, Es Hashamayim V'Es Haaretz.

**Sara:** It means "In the beginning, Hashem created the heavens and the earth".

**Mommy:** Great. Now girls, Hashem is the one Who created the world. He knows it best. Now let's skip ahead. Do you remember learning about what happened in Gan Eden?

**Sara:** Yes! Hashem told Adam and Chava that they can enjoy everything in Gan Eden, except for the Eitz HaDaas!

**Faigy:** And they broke the one rule Hashem gave them! They ate the fruit!

**Mommy:** Faigy, why did they break the rule?

**Faigy:** I guess because they listened to the Nachash, and they thought they knew better...

**Mommy:** Exactly. Now back to your cake... do you want it to come out tasting delicious?

**Faigy:** Of course!

**Mommy:** Then you need to follow the instructions.

**Sara:** Just like a Yid has to follow the Torah's instructions!

**Faigy:** I get it now. Hey, I actually just thought of a connection. My counselor said that we're going to learn Hilchos Tznius tomorrow.

**Sara:** Halachos are like instructions!

**Faigy:** Exactly! I'm going to tell my friends this story about the cake mistake! How when we try to do things our own way, it might not always work. But when we do things Hashem's way, we can relax. Since He is the One who created the world, He knows what's really best for us.

**Sara:** Even if we don't understand every detail.

**Faigy:** Like what baking soda does.

**Sara:** Right. But just like we follow the Shulchan Aruch with complete Kabbalas Ol, so too we will follow this recipe to the very last detail!

**Faigy:** And then we'll eat the wonderful cake at our Misibas Shabbos! Wow, these instructions are so clear.

**Sara:** Following the rules sure pays off!

**Mommy:** Girls, I'm so proud of you. Enjoy serving Hashem! Enjoy having Kabbalas Ol!

## Lesson Four: Hilchos Tznius



“צָרִיךְ הָאָדָם לְהִיּוֹת צָנוּעַ”

(קיצור שו"ע סימן ג)

“A person needs to be Tznius.”



## The Pilot

**CHARACTERS: Mrs. Friedman, Raizy, Devorah**

**Mrs. Friedman:** Good morning, Kita Daled!

**Raizy, Devorah:** Good morning, Mrs. Friedman!

**Mrs. Friedman:** Please take a seat. I hope you enjoyed your recess. Now please take out your Hilchos Tznius booklets from yesterday.

**Raizy:** Ooh can I read first?

**Mrs. Friedman:** Go ahead!

**Raizy:** Okay. “A pilot flying an airplane has an important job. In order to train, he must learn how to work all the controls and switches in the cockpit. He needs to know which buttons to press at all times. Then he needs to take a test to make sure he really knows what he’s doing. Once he passes this test, he is officially a pilot!”

**Mrs. Friedman:** Great! Raizy, please pause over there. Devorah, do you have a question?

**Devorah:** Yes, I do... what does flying an airplane have to do with Tznius?

**Mrs. Friedman:** Oh! You’ll understand soon. Meanwhile, Devorah, can you please read the next section with the letter from the Rebbe?

**Devorah:** Okay! “According to the Shulchan Aruch, when a girl reaches the age of three years and a day, she should already conduct herself in a manner of tznius. Surely so this applies to a girl 10 years and older...”

**Mrs. Friedman:** Thank you. Please pause there. Now, girls, I want you to take a moment to think. Can anyone make a connection between the pilot example and the Rebbe letter?

**Devorah:** The pilot has to learn which buttons to press in order to pass his test.

**Raizy:** And, I’m reading ahead here... “If he forgets to press one button, or flips the wrong



switch at any point, the entire plane is affected. He needs to be really careful. He has a big responsibility!"

**Mrs. Friedman:** Thank you girls. I would now like to take a moment to explain how this all connects. I wanted to use this an introduction to Hilchos Tznius, because this beautiful Mitzvah has a lot of details. Just as a pilot carries a big responsibility, so too do we! The Rebbe speaks many times about the importance of Jewish women and girls. We have our own special Mitzvos, which bring incredible Brachos to our families and communities.

**Devorah:** I remember when we watched that video! The Rebbe said that we, the Jewish women, are the ones who will bring Moshiach.

**Mrs. Friedman:** Exactly. We're so lucky! So let's review the Halachos. Raizy, can you please read?

**Raizy:** Sure! "One: the skirt should cover the knees, even while sitting. Two: Elbows need to be covered. Three: Legs should be covered. Four: Neckline should cover the collarbone. Five: Clothing should not be too tight."

**Mrs. Friedman:** Thank you, Raizy.

**Devorah:** I can't wait to share the pilot example with my mother when I get home today! And with my older sister. Finally I can teach HER something interesting! I'm sure she will like it.

**Raizy:** Yeah, I really liked that example. It made the idea of Hilchos Tznius easy to understand.

**Mrs. Friedman:** I'm so glad it's clear! Remember girls, we are on an important mission -- to bring the Geulah Hashleima!

**Devorah:** Yes! We're so lucky! I'm going to do my best to be careful about every detail.

**Raizy:** Me too! Thank you Mrs. Friedman.

# Lesson Five: Beauty



“וְעָשִׂיתָ בְּגָדֵי קֹדֶשׁ... לְכָבוֹד וּלְתִפְאֳרָת”

(תצוה כח, ב)

“And you shall make holy clothing... for honor and for glory.”



## The Menorah

**CHARACTERS:** Tatty, Baila, Shterna

**Tatty:** Girls, I am going shopping for a Menorah. Would you like to come along with me?

**Shterna:** Yes!

**Baila:** I'll come too! Which store are we going to?

**Tatty:** Bezras Hashem We are going to Silver's Judaica. It's right around the corner.

**Baila:** Okay! That sounds exciting.

**Shterna:** Why are we buying a new Menorah? We have one already.

**Tatty:** Good question. I'll let you try to answer that.

**Shterna:** I don't know the answer!

**Baila:** Me neither.

**Tatty:** I'll give you a hint. It has something to do with beauty.

**Shterna:** Beauty? I'm so confused!

**Tatty:** Look, we're already at the store. Let's go check out their collection of Menorahs and I have a feeling your question will be answered when you see what they have.

**Baila:** WOW! Tatty, look through the window! Do you see that gorgeous Menorah?

**Shterna:** I want to see it closer up! Let's go inside.

**Tatty:** Yes, let's not get stuck by the window! Come in.

**Shterna:** Oh, there it is! Wait -- I'm getting distracted. There's an even more beautiful Menorah next to it!

**Baila:** This one over here is stunning. It's engraved with flowers and vines twisting all around. Is this real silver?

**Tatty:** Yes, it is.

**Shterna:** Yeah, they're really beautiful. I can see why we are buying a new Menorah. Ours at home isn't as nice as these ones.

**Baila:** I know! But wait a minute, check out these price tags! They're all so expensive! Tatty, are you sure we're buying such a fancy Menorah?

**Tatty:** Of course. That's the plan. Baruch Hashem, this year we can afford it, so I decided it's time to upgrade to something really magnificent.

**Shterna:** Why can't we just use our old Menorah?

**Tatty:** Good question! Well, I'll answer with a question. What's a Yid's mission in this world?

**Shterna:** To serve Hashem by learning Torah and doing Mitzvos.

**Tatty:** Exactly. So when we use the very best materials to serve Hashem, we are showing how much we care about fulfilling His Mitzvos.

**Baila:** Oh! I get it. That's why you always buy a really nice Esrog every year.

**Tatty:** You got it! We want to show Hashem how much we love Yiddishkeit. We do Mitzvos with great joy and excitement. It's called "Hiddur Mitzva". That's also why we take on extra Chumros and keep special Minhagim. It's our way of offering Hashem our very best when it comes to doing Mitzvos!

**Shterna:** That makes sense. It's also like that with Tznius. Now I understand why there are so many sensitivities when it comes to colors, length, and style.

**Tatty:** Yes. Halacha is basic, and is the same for everyone. But when it comes to Hiddur Mitzva, there is no limit. Besides for bringing pleasure to Hashem, we are inspiring others by showing how important Yiddishkeit is to us. Mitzvos can be personalized! That's why I'm so excited to buy a new Menorah.

**Baila:** I'm already inspired! I'm going to ask my counselor if she has any ideas of a Hachlata for a Chumra I can take on in Tznius. I want to make my Mitzva beautiful too!

# Lesson Six: Thoughts



“וְלֹא תִתּוּרוּ אַחֲרֵי לְבַבְכֶם”

(שלה טו, לט)

“And you shall not turn after your hearts.”



## The Babysitter

**CHARACTERS: Menucha (Babysitter), Shaina, Rosie**

**Menucha:** Hi Shaina and Rosie! I’m Menucha, your babysitter for tonight. Your parents just left the house. They’re going to be home after midnight. I see you’re already in pajamas, which is great! Would you like me to read you a bedtime story and say Shema with you?

**Shaina:** No thank you... our Abba always tells us a story.

**Rosie:** Yeah, and our Ima always says Shema with us.

**Menucha:** Right... but they’re not here tonight. Are you sure you don’t want me to do it? I can make it fun.

**Rosie:** We’re fine.

**Shaina:** I’m going to sleep. I’ll say Shema myself.

**Menucha:** All right... I’m turning out the lights. I’ll be right out in the living room if you want me to come back. Should I close the door all the way?

**Shaina:** Yes, please.

**Menucha:** Okay. Good night! I’m closing the door now.

**Rosie:** (*whispers*) Shaina, did she leave?

**Shaina:** Yes.

**Rosie:** I miss Abba and Ima.

**Shaina:** Me too. I can't fall asleep.

**Menucha:** Girls? I'm sorry, I just had to come back because I heard talking. Are you okay?

**Shaina:** We miss our parents. We want them to come back.

**Menucha:** I know you do. Try to fall asleep quickly, and you'll see them in the morning!

**Rosie:** We want to fall asleep, but our thoughts are keeping us awake!

**Menucha:** Girls, I know you didn't want me to read you a story, but I have the perfect solution to share that may make you feel better. I'm in high school, so I learn a lot of interesting things. This year, we actually learned a section of the Alter Rebbe's Tanya today which spoke about how to deal with thoughts that keep disturbing us.

**Shaina:** What does that have to do with not being able to fall asleep?

**Menucha:** Let me explain. The Alter Rebbe speaks about a person who has difficulty keeping distracting thoughts from entering his mind while he's davening. Instead of fighting a battle to keep the thought away, the person should simply pretend the thought doesn't exist, and keep on davening.

**Rosie:** I don't really get it.

**Menucha:** Let me give an example. Let's say you are in your house, and a stranger is knocking. Do you open the door if you don't recognize the person?

**Shaina:** Of course not! I would pretend I'm not even home.

**Menucha:** Exactly. Once you open the door, you are giving the stranger permission to be in your house. That's not a good idea. So, let's take it back to our topic here. You are having thoughts about missing your parents. Those thoughts are distracting you from falling asleep. How can you apply this idea from Tanya to help you out?

**Rosie:** Ohh! I can just tell my brain, "Please be quiet! I'm trying to fall asleep."

**Menucha:** Exactly. And what will you do if that thought comes knocking on the door of your mind again?

**Shaina:** I can think about something happy, like the free ice cream I'm going to get at the end of Project Elevate, our Tznius learning program!

**Menucha:** Wow! That program sounds really exciting. What did you learn in camp today about Tznius?

**Shaina:** I learned -- hey, it was actually about this! We need to make sure to keep our thoughts refined, because Tznius isn't just about how we dress; it's about how we think,

speak, and act! Today we learned about how important it is to make sure to be Tzniusdig with our Machshavos, our thoughts.

**Rosie:** Yes, just like when the Yidden would bring Korbanos. They had to make sure to have the right Kavanos in mind.

**Menucha:** What a great connection! Yes, it's super important to make sure our thoughts are positive and full of Kedusha. Well, now you are an expert. If a thought comes to your mind to try to disturb you, just remember the Alter Rebbe's advice and you will be okay!

**Rosie:** Thank you so much. I'm already feeling better.

**Shaina:** I'm even feeling happy right now for Abba and Ima, knowing that they are having a good time at the Chasuna!

**Menucha:** I'm so glad to hear that! Do you see? When we ignore the disturbing thoughts, we can quickly think about something good. Then we are on the right track!

**Rosie:** Wow, thank you! I like what you taught us! If the Yetzer Hara tries to disturb me with a thought, I'm going to imagine the stranger knocking at the door, and I'll quickly think about something good. It will help me for so many things, such as with the Mitzva of Tznius!

**Menucha:** I'm so glad to hear you found this advice helpful! You know girls, it would be a wonderful idea for you to keep a diary. Every day, you can write down some happy thoughts to think about before you go to sleep!

**Rosie:** I love that idea! Tonight I will think about how much Hashem loves me.

**Shaina:** And I'm going to look at the picture of the Rebbe one more time and think about all the Mitzvos I'm going to do tomorrow, such as giving Tzedaka right away!

**Rosie:** Menucha, I have a question for you. Could you teach us some more lessons from Tanya? Maybe you can come to our house again?

**Menucha:** Yes sure, Bezras Hashem.

**Shaina:** Thank you so much! I'm feeling so much better now. I'm ready to fall asleep.

**Rosie:** You're the best babysitter in the world!

**Menucha:** Oh girls, I'm really proud of both of you. Your parents will definitely shep much Nachas! Oh my, take a look at the clock -- we've been so deep in conversation that it's gotten very late... Have a good night!

**Shaina, Rosie:** Good night!

# Lesson Seven: Speech



“כֹּה תֹאמַרְ לְבִית יַעֲקֹב”

(יתרו יט, ג)

“So you shall say to the Daughters of Yaakov.”



## The Pizza Shop

**CHARACTERS: Zeldy, Rochel, Esther, Waitress, Mrs. Friedman**

**Zeldy:** I'm so excited! We're finally at the pizza shop!

**Rochel:** Yeah, we're so lucky! We're the best class ever!

**Esther:** And Mrs. Friedman is such a nice teacher for taking us! Where is she?

**Zeldy:** She's at the counter. I think she's making the order.

**Rochel:** I'm going to use the bathroom. Excuse me, Esther, could I please pass through?

**Esther:** Sure. No problem!

**Zeldy:** Look, Mrs. Friedman is coming with the pizza! Let's clear space so she can put it down. Those pies look really heavy.

**Mrs. Friedman:** Hi girls! How's it going?

**Esther:** Hi Mrs. Friedman! We made room for you to put all the food down so you don't have to hold it for so long. Here.

**Mrs. Friedman:** Why, you are all so sweet! Oy, I forgot to ask for a few cups of water for our table. Would one of you be so kind as to go up to ask the waitress for some ice water?

**Zeldy:** I'll go!

**Esther:** It might be a lot for you to carry, Zeldy. Mrs. Friedman, can I go and help her?

**Mrs. Friedman:** Sure. Wait, where's Rochel?

**Zeldy:** She went to the bathroom. Oh, wait she's coming back -- with a pitcher of water! How did she know to do that?

**Mrs. Friedman:** Rochel? I am so impressed!

**Rochel:** Oh, it wasn't an issue! I realized we had no water, Mrs. Friedman, and I didn't want to make anyone go back since I was anyways up from the table, so I asked the waitress over there for a pitcher.

**Waitress:** Excuse me, are you the teacher of these girls?

**Mrs. Friedman:** Yes, I am.

**Waitress:** I just wanted to compliment you on how polite and well-mannered these young ladies are! This girl over here came over to me and asked me if I was busy with anything else. Only then did she ask if I could please pour a pitcher of water. She quickly offered to carry it over herself because she saw that another customer was waiting for my service.

**Mrs. Friedman:** Rochel, I'm so impressed!

**Waitress:** Then, I couldn't help but overhear your other students offering to bring water at the very moment that she returned with it. I'm sorry for eavesdropping, but it's not very often that you see such kindness and respect!

**Mrs. Friedman:** Thank you very much! As a teacher, it warms my heart to hear such good reports about my own students.

**Waitress:** My pleasure. I'm going to head off back to the kitchen now. Enjoy your meal.

**Mrs. Friedman:** Thank you. Have a wonderful day. Girls, you just made an incredible Kiddush Hashem. The Rebbe teaches us that through a Yid's speech, it is clear that we belong to an "Am Kadosh", "a holy nation". When we speak in a refined and dignified way, the rest of the world can see that we respect ourselves as Hashem's cherished nation. How clear was that just now? I'm so proud of you!

**Rochel:** Thanks.

**Esther:** We're so lucky to live with Yiddishkeit. Speaking nicely should be so normal that no one has to point it out! Maybe that waitress will tell the story to other people and inspire them.

**Zeldy:** I hope so! Thank you, Mrs. Friedman, for always teaching us such powerful lessons!

**Rochel:** Yes. Thank you. Making a Kiddush Hashem was the best reward!



# Lesson Eight: Brachos and Rewards



“הַתְּחַזְקוּת בְּדַרְכֵי הַצְּנִיעוּת הִיא דֶּרֶךְ בְּטוּחָהּ לְבְרִיאוֹת פְּרֻנְסָה וְהַרְבֵּה נַחַת”

(אגרות קודש כרך ח ע' רד)

“Strengthening in the ways of Tznius is a guarantee for health, wealth, and much Nachas.”



## The Tznius Rhyme

**CHARACTERS:** Dina, Rina, Bina, Mina

**Dina:** We hope you'll have a lovely time, listening to our Tznius rhyme!

**Rina:** We know you will enjoy our show, so sit, relax... and here we go!

**Bina:** Tznius brings such great rewards; incredible Brachos to our world!

**Mina:** Just a couple, we'll relay. Starting with what the Gemara and Zohar say,

**Dina:** Keeping Tznius strengthens health! And the Ari HaKadosh says it brings wealth!

**Rina:** The Maharal says that since Tznius “conceals”, so Middah K'Neged Middah Hashem will deal,

**Bina:** The person who's Tznius won't ever feel alarmed, because Hashem will also “conceal” them from harm!

**Mina:** Kimchis was bentsched with seven sons, who became Kohanim Gedolim -- every single one!

**Dina:** Tznius was a Mitzva for which she so cared, that even her own house never saw her hair!

**Rina:** Hashem makes a promise to Yidden that wherever we are, He will always protect us and we will never feel far,

**Bina:** When He sees that we care about Tznius so, He says *"I will walk among you, wherever you go!"*

**Dina:** Reb Hillel Paritcher once said that as long as Yidden keep Tznius and remain strong,

**Rina:** In the Zechus of such Yidden Geula will come, for me and for you and for everyone!

**Bina:** Once in Russia there was made a decree, that women could no longer wear head coverings

**Mina:** But for those women who refused to give in, a miracle they saw with their own children

**Dina:** When the army collected boys for the army, the sons of those women all remained free!

**Rina:** Someone once wrote to hear what the Rebbe thought; all things he learned, he simply forgot!

**Bina:** The Rebbe responded that to help memory, a person should make sure to act Tzniusly.

**Mina:** The Mitzva of Tznius is such a gift, our lives and our homes it really uplifts!

**Dina:** In the merit of Tznius the Ari says something great; the children, Hashem will elevate!

**Rina:** Riches and wealth, safety and health;

**Bina:** Strength as a nation, and of course celebration

**Mina:** When Geula arrives, because we've all strived

**Dina:** To be our best, in passing the tests,

**Rina:** Forward we'll go, as the Rebbe will be

**Bina:** Smiling at us -- I can't wait to see!

**Mina:** Hashem makes a promise that we know is true: *"When you walk with Me, I will walk with you!"*

**Dina:** Thank you for coming and taking the time, to be here and listen to our rhyme.

**Rina:** Together we'll learn and together we'll grow, M'Chayil el Chayil, our efforts will show

**Bina:** Geula we need, it's been far too long -- who's up for the challenge? In Tznius to be STRONG!

**Mina:** And as we improve we surely will see, wonderful Brachos for you and for me!

# Lesson Nine: Women Throughout History



“כָּבוֹדָה בֵּית מֶלֶךְ פְּנִימָה”

(תהילים מה, יד)

“The entire glory of the King’s daughter is within”



## Time Travel

**CHARACTERS:** Shoshana, Sarah, Avraham

**Shoshana:** Where am I? Huh? What happened to all the buildings? Why am I in a tent in the middle of the desert? Help!!!!

**Sarah:** Dear child, relax. You have just traveled through time. You have received the privilege to meet your very own Imahos! I am Sarah, the wife of Avraham.

**Shoshana:** Wow! For real? Wait, so the time-travel machine worked! I really wanted to meet you. I’ve learned all about you in Chumash! My name is Shoshana, by the way.

**Sarah:** It’s my pleasure to meet you, Shoshana. Here, have a drink of water.

**Shoshana:** Thank you so much. I have a question. Would you please be able to teach me a lesson in real life? Then when I time-travel back home, I can share it with all my friends and family!

**Sarah:** Of course. It would be my absolute pleasure to spend some time with you. I have a personal story which I feel would teach a wonderful lesson. On second thought... maybe my husband, Avraham, can tell the story. He’s sitting outside the tent, waiting for guests as usual! Avraham? Are you there?

**Avraham:** Boruch Hashem Yes, I’m right here. Do we have a guest?

**Sarah:** Yes, Avraham. She would like to hear a special lesson or story from me. I have a

recent event in mind, but I told her that it would be better for her to hear it from you. Do you know which story I am talking about?

**Avraham:** The one about the tent?

**Sarah:** Yes.

**Avraham:** Okay Bezras Hashem. A few days ago, three messengers came to visit me. They asked me, "Where is Sarah your wife?" I knew that behind their question was a deeper meaning. They wanted to know -- in what Zechus did a woman of ninety years merit having a child?

**Sarah:** I still ask that question myself sometimes! I can't believe Hashem bentsched me with a child at the old age of ninety. It's a true miracle!

**Avraham:** Yes Boruch Hashem. A true miracle. Anyways, I answered them, "She is in her tent." I will give you the deeper meaning of my answer. In the Zechus of Sarah's Tznius, she became worthy of Hashem's promise: 'Kings will come from you'.

**Shoshana:** Wow. Sarah, you merited to have future generations of *kings*? That is really special! That's a big reward for a Mitzva.

**Sarah:** Yes. Shoshana, the Mitzva of Tznius is a big gift. I know you will be traveling back to the future soon. If there is one lesson you can take from today's meeting, it is "Kol Kevuda Bas Melech Penima"! All the honor of a Bas Melech, the daughter of Hashem, is within.

**Shoshana:** What do you mean by "within"? Aren't we out in the desert?

**Sarah:** Yes. But look at where all the special things are happening! Inside my tent is where I perform all my Mitzvos, such as baking Challah and lighting my candle. Shoshana, remember that these Mitzvos are yours as well! When your Neshama shines, you affect the world in a great way. You have the power to change the world. Remember that it all starts from the inside!

**Shoshana:** Thank you! Your tent is a very special place. I feel so lucky to have experienced it firsthand. True glory really does come from within. I can't wait to tell all my friends and family back at home. This was definitely one adventure I won't forget!

# Lesson Ten: Overcoming Challenges



“אין הולֵכִין בְּחֻקֹת הַגּוֹיִים”

(רמבם הלכות עכו"ם פרק יא)

“Do not go in the ways of the other nations.”



## The Camping Trip

**CHARACTERS: Chani, Bracha, Yocheved, Rina**

**Chani:** I can't believe we're actually going on a camping trip! This bus ride is taking so long. Rina, when are we there?

**Rina:** We should be arriving at the campgrounds any second now.

**Bracha:** I think we're here! I see a sign that says Wilderness Adventures.

**Rina:** Boruch Hashem Yes, we're here. Girls, the bus driver is pulling in to park. When we exit the bus, please go straight to those picnic tables over there and wait for further instructions.

**Yocheved:** Okay! I'm so excited! Chani, Bracha, come. Wow, thank Hashem it's so beautiful here.

**Rina:** Bunk Five, is everyone here?

**Chani, Bracha, Yocheved:** Yes!

**Rina:** All right. I'm assuming you all ate lunch on the bus. Please put your backpacks on and follow me. Bezras Hashem we are going on a four-hour hike to the campground. Come, let's go.

**Yocheved:** Four hours? That's a long hike!

**Rina:** Yes. Before we begin, we're going to see something special. Follow me.

**Bracha:** Are we going towards the river?

**Rina:** Yes. Stand by the edge of the riverbank, by the shallow part, and tell me what you see.

**Chani:** I see water flowing over rocks, spilling downwards into the bigger part of the river.

**Bracha:** Yeah. If you'd drop a leaf in there, it would float away in a second!

**Yocheved:** I see a FISH!!!

**Chani:** Where? Oh, I see it too! Why isn't it swimming down the river? Why does it look like it's struggling?

**Bracha:** I've never seen anything like that before! That fish is working so hard to swim up the stream, even though all the water is rushing in the opposite direction.

**Rina:** Girls, you are witnessing one of Hashem's many wonders of the natural world. This fish is a salmon. What is unique about the salmon is that they don't go with the flow. They swim *against the current* in order to reach their destination.

**Yocheved:** Hey, we are kind of doing that too! The hike is going to be long and tiring, especially by the uphill parts, but we know we're going to reach the campground and so that's what will keep us going.

**Rina:** Yocheved, that was beautiful! Thank you. That was exactly what I was going to explain. Can anyone think of a second connection? It has to do with Tznius.

**Chani:** Oh, I know! I bet we're going to see a lot of other hikers on the trail, and they might wonder why we're wearing skirts and tights. But we can be proud of the fact that we are dressed in a Tznius way. We're going against the current, too!

**Bracha:** Yeah. Even that salmon knows not to go with the flow! If he would, he'd end up someplace he's not meant to be.

**Yocheved:** Hey, everyone, look! That salmon was struggling for so long, and he's finally swimming upstream! He made it!

**Bracha:** Yay! I'm sure Hashem is watching us right now and feeling the same Nachas from seeing us keep the Torah and Mitzvos with such strength.

**Rina:** Yes! So girls, before we start the hike, I'd like to read a section of a letter from the Rebbe on this topic. I have it right here:

*"...The message of Chanukah for Jewish girls and women is that they should not allow themselves to be influenced by the environment, even though they are "few" and "weak" (as mentioned in Al HaNissim). Victory will be theirs if they stand strong. The benefit of this will be not only for them but for the entire Jewish people, for all future generations, as was the case with Chanukah..." And here's another one: "Hashem knows that we are lowly Neshamos, and expects of us only what we are capable of doing, so He gives us only small challenges which we can handle."*

All right Bunk Five! Now that we are inspired for the day -- who's ready? Let's go!

# Lesson Eleven: Pride



“שלא להתבייש מפני בני אדם המלעיגים”

(שו"ע אדה"ז סימן א, ס"א)

*“Do not be embarrassed in front of those who mock.”*



## The School Project

**CHARACTERS: Mussia, Nechama, Chaya**

**Mussia:** Chaya, thanks for letting us work on the Tznius project in your house! I hope we don't make your room a big mess.

**Nechama:** Yeah, these glitter pens, scrapbooking paper, and stickers are so shiny and bright. Thanks Hashem!

**Chaya:** It's okay. We'll clean up together.

**Mussia:** So, let's get to work. Does anyone have the paper with the instructions?

**Nechama:** Yes, I do. I'll read it out loud. 1) Choose a Tznius theme we learned about this year. 2) Make a big poster board to illustrate the concept. 3) Find a Rebbe letter or source for the concept, and glue it to the poster board.

**Chaya:** Okay. Let's pick a theme. What should we choose?

**Mussia:** Well, we could do it on Hilchos Tznius. But I think Leah and Esty's group chose that theme.

**Chaya:** Yeah, let's do something different. I know! We could talk about being proud.

**Nechama:** I love that idea! I'm already imagining what the poster board is going to look like... we can make a big trophy with that shiny gold paper. The trophy could say, "I'm Tznius and I'm Proud". Then we can decorate it with royal blue ribbon...

**Mussia:** Nechama, we'll leave it to you for the creative part! You're an artist, that's for sure. Just tell me what to cut and glue and I'm happy to help.

**Chaya:** And I'll go downstairs to ask my father for a Rebbe letter or source that talks about being proud of being Tznius. I'll be back in a few minutes.

**Nechama:** Okay. Mussia, would you be able to cut this gold paper into the shape of a trophy? Meanwhile, I'll use the glitter pens to write "I'm Tznius and I'm Proud!" on a mini banner.

**Mussia:** Sure! Wow, I'm so excited to present our theme. We've been learning so much about Tznius this year. I love that we are able to make our own project about what it means to us.

**Nechama:** Yes. Ever since we started learning about Tznius, I've been feeling so happy and special that I get to keep this Mitzva. But wait -- aren't we supposed to be humble?

**Mussia:** Yes, but do you remember what we learned about Shavuot time? The Torah was given on Har Sinai because it was a small and humble mountain. But if being humble is so important, shouldn't the Torah have been given someplace really low, like a valley?

**Nechama:** Oh! Yes, I remember the answer. The Torah was purposely given on a mountain and not in a valley so that we should remember to hold our heads up high and be proud of our Yiddishkeit.

**Chaya:** Hi, I'm back! Your conversation sounds really interesting.

**Mussia:** Oh, we were just talking about important it is to be proud of our Yiddishkeit. What did your father say? Did he find a source?

**Chaya:** Yup! It's right here. I made a photocopy from the book.

**Nechama:** Great! Can you read it out loud, please?

**Chaya:** Sure! The Rebbe says: *"It is high time for Jewish women and girls to show their Jewish pride, and free themselves of the fashions that surround them... In the Zechus of staying true to the standards of Tznius, may Hashem bentsch that the Brachos which the Torah promises be fulfilled."*

**Mussia:** Wow. That's so inspiring!

**Chaya:** Yes. The way my father explained it, it's like this: sticking to our standards of Tznius will not make us lose respect in the eyes of our non-Jewish neighbors. On the contrary, it will make them think even higher of us! Showing pride is the path that will lead us out of Galus.

**Mussia:** I like that! Thanks, Chaya.

**Nechama:** Yes, it's perfect! I'm sure our poster will be beautiful, but if we don't get the highest mark that's okay. We have a deeper understanding of Tznius, the most beautiful Mitzva of all!