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The Ushpizin Project

Thank you for hosting hope by taking part in “The Ushpizin Project”!

In these cards you will find information about each of the figures selected for the project and their work. Inspired by these figures and the important values they represent, you will also find suggestions for activities that can be held and daily actions that can be carried out privately, with family at home, or within the community.

We encourage you to explore a different figure or initiative each day of Sukkot, reflecting on the values they represent. Together, as a local community and in parallel with the global Jewish community, think about how these values can be incorporated into our homes - both personal and national - in the coming year.

These cards can also be used for learning and action throughout the year.

Wishing you fruitful learning and successful action!
The Project Team





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Iris Haim



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Iris Haim

Iris Haim, born in 1966, is married to Raviv and a mother of three. As a nurse accompanying patients with chronic illnesses and the elderly, she founded the organization "Refuat Chaim" (Life Medicine), aimed at providing quality of life. Her guiding belief, shared by the organization, is that as long as a person is alive, they deserve all the love, rights, care, and human warmth that can be offered.

Iris became a key figure in the struggle to bring back the hostages and a symbol of hope when her son, Yotam, 28, was abducted from his home in Kibbutz Kfar Aza on October 7, 2023. Yotam faced significant challenges throughout his life, such as a disease diagnosed in his infancy that caused him great suffering, and psychological difficulties that developed as a result. Despite this, Yotam showed strength, found solace in music and sports, and always aspired to overcome obstacles.

Yotam demonstrated extraordinary courage during the 65 days of his captivity. Despite physical and emotional difficulties, he maintained spirit and supported other captives.

On December 10, 2023, Yotam and two other captives were left alone after a battle between IDF forces and their captors. For five days, Yotam and his friends survived under harsh conditions in Gaza, attempting to contact the IDF. This choice to hold on to life, despite all, exemplifies the immense strength a person can reveal in moments of crisis. On December 15, 2023, in a terrible tragedy, Yotam and the two other hostages were mistakenly killed by IDF forces. Despite this immense loss, Iris continues to be a voice of hope and unity - like when she insisted on embracing the soldiers who accidentally shot the hostages, emphasizing that she harbored no anger. To her, Yotam's story is not just one of tragedy but of heroism. She stresses that Yotam's choice to survive is a testament to his inner strength and unbreakable spirit.

On February 2024, Iris was awarded the Jerusalem Prize for Victory of the Spirit. Her actions have become a symbol of maternal courage, human determination, faith in every person, and unrelenting hope in the face of an unfathomable reality, inspiring and strengthening many.



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Iris Haim - Generosity of Spirit

Part A: Discussion Questions - The Power of a Positive Perspective:

- What does having generosity of spirit mean to you? Share a personal experience of a moment when you managed to see the good in a challenging situation.
- How can a positive outlook approach contribute to personal and community resilience in difficult times?
- How does the approach of Yotam z"l and Iris Haim influence your personal perception of dealing with challenges and crises?
- How can we apply the approach of "heroes" instead of "individuals dealing with mental health issues" in our daily lives?

Part B: Suggestions for Interactive Activities:

1. Gratitude Journal (15-20 minutes)

- Distribute papers and pens to participants.
- Ask each participant to write 5 things they are grateful for, even if they are small or routine.
- Encourage sharing in small groups and discussion on how gratitude changes our perspective.

2. Role-playing Game - "Seeing the Good" (20-25 minutes)

- Divide participants into pairs.
- Give each pair a challenging scenario (e.g., job loss, family dispute).
- Ask them to play out the scenario twice: once from a negative perspective, and once trying to find the good in the situation.
- Discuss the differences in feelings and outcomes between the two approaches.

Notes for the Activity Facilitator:

- Encourage personal sharing, while maintaining sensitivity to experiences of participants.
- Help participants think of practical ways to implement a "good eye" in everyday life.
- Remind of Iris's approach - choosing hope and faith even in the most difficult situations.



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Iris Haim - Take Action

Support the "Yotam's Life" Organization and Hostages' Families:

- Participate in support events for hostages and their families.
- Share inspiring stories of positive outlook on social media.
- Donate to the "Yotam's Life" association - you can purchase a "Believe to See Good" necklace, or contact and offer your skills or time. All information at:



Daily Actions in the Spirit of Positive Outlook:

- Start each day with a list of 3 good things in your life, big or small.
- Approach someone you're struggling with and try to find one positive thing about them.
- Initiate an "appreciation circle" at work or in the community, where everyone mentions a positive trait of another person.
- Create a family "compliment box" where each family member writes something good about the others weekly.
- Note one significant good thing that happened to you personally at the beginning of each month.

Choose one action from each category that seems most suitable for implementation. Start it this week. Write down one insight you learned from the experience and share it with the group members.

Remember: The goal is to develop a "good eye" as a way of life, to see the good in every person and situation, and to spread hope and belief in human strength. Every small act of positive vision can create significant waves of influence in your environment and society as a whole.



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Rabbi Bezalel Cohen



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Rabbi Bezalel Cohen

Rabbi Bezalel Cohen, born in 1975, is an ultra-Orthodox educator and social entrepreneur who grew up and was educated in leading yeshivas in the Haredi world, including Kol Torah, Ponevezh, and Mir yeshivas. He is married to Faigy and a father of six children. He lives in the Ramot neighborhood of Jerusalem and combines the world of Torah with active involvement in Israeli society.

Rabbi Bezalel is a central activist in promoting "State-oriented Haredi Judaism" and has been working for many years to create bridges between the Haredi community and the general Israeli society. Over the years, he has initiated programs for integrating Haredim into employment, higher education, and military service, and promoted inter-sectoral dialogue. Following the Iron Swords War that broke out on Simchat Torah 5784 (2023), Rabbi Cohen is now focusing on establishing "Tiferet Bachurim," the first Haredi Hesder Yeshiva of its kind, which "will allow young Haredi men to be combat fighters while remaining in the tent of Torah." This initiative embodies his vision for "State-oriented Haredi Judaism" that combines a unique Haredi identity with full partnership in the State of Israel, and represents a significant step towards unity and connection between all parts of the nation, especially in this challenging time.



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Rabbi Bezalel Cohen - Bridging

Part A: Discussion Questions - Polarization and Bridging

- What are the main sources of division in your local Jewish community? How do these divisions affect community life and cohesion?
- What could a "bridge" between poles look like? Are there examples of successful attempts to bridge gaps? What made them successful?
- How can Rabbi Bezalel's activity inspire solutions to similar problems in other communities? Can his approach be applied to challenges in your community? Which of his methods did you find inspiring or applicable?

Part B: Suggestions for Interactive Activities

1. Human Spectrum (15-20 minutes)

- Create an imaginary line across the room representing a spectrum of opinions on a controversial topic. It's recommended to prepare cards with numbers, where "1" is completely disagree and "5" is strongly agree.
- Prepare statements on controversial issues in your community, read them out, and ask participants to position themselves on the spectrum of opinions.
- Invite volunteers from different positions to explain their stance.

2. Identity Circles (20-25 minutes)

- Distribute paper and pens to all participants.
- Ask them to draw a large circle and divide it into sections representing different aspects of their identity (e.g., cultural, religious, political).
- In small groups, ask participants to share their circles and discuss the similarities and differences in how they view their Identity.
- How might these different aspects lead to connection or division within the community.

Notes for the Activity Facilitator:

- Adapt the examples and scenarios to the specific target audience.
- Encourage creative and practical thinking



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Rabbi Bezalel Cohen - Take Action

Act for Daily Connection and Bridging Between Different People in the Community:

- Invite a neighbor or colleague who thinks differently from you for a Shabbat meal. Share family traditions and encourage open conversation.
- Initiate a regular community meeting (walking group, coffee and chat meeting, book club, etc.)
- Encourage family members to hear different and diverse opinions - try watching news on a different channel, or reading content on social media of someone whose opinions are opposite to yours.
- Initiate a joint project for the benefit of the wider community and incorporate unique skills from each group. Encourage sharing personal experiences and finding common ground.

Remember: The goal is to build bridges, not to convince. To create personal connections and get to know people as individuals, beyond labels and politics.



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Yussef Alziadna



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Yussef Alziadna

Yussef Alziadna, born in 1975, is a Bedouin bus driver from Rahat. He is a father of seven children. For the bravery he displayed in rescuing dozens of young people from the Nova Festival on October 7, he was honored by lighting the flame at Israel's 76th Independence Day ceremony.

On the night between October 6-7, 2023, Yussef dropped off several young people at the Nova festival, with an agreement to pick them up the next afternoon. Shortly after 6:30 AM on October 7, Yussef received nonstop calls to come and save them. Without thinking twice, Yussef set out, risking his life, and under constant fire, he managed to get about 30 young people into the vehicle, thus saving their lives. His friend who worked with him as a driver at the same event, Abed Alnasasra, was murdered in similar attempts to save people. Four of Yussef's family members were kidnapped that day - two were returned as part of the deal in November, two others are still in captivity as of this writing.

Yussef receives death threat calls from people who are unhappy that he saved Jews, and is in therapy to deal with the trauma he experienced. But despite all this, he insists that he would do it again - from his perspective, he is Israeli and therefore a full partner in the State of Israel along with other Israelis. Yussef doesn't like being called a hero - he prefers to be called a human being.



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Yussef Alziadna - Partnership

Part A: Discussion Questions - Partnership and Inter-community Connection:

- What does "partnership" mean to you? Share a personal experience of meaningful partnership in your life, and how it affected you.
- What are the main challenges in creating partnerships between different communities? How do these challenges affect social cohesion?
- How can Yussef Alziadna's action serve as inspiration for creating partnerships between different communities? How can his approach be applied to challenges in your community?

Part B: Suggestions for Interactive Activities

1. Partnership Map (15-20 minutes)

- Divide the participants into small groups.
- Give each group a large Bristol board and colored markers.
- Ask them to create a "partnership map" of their community, showing existing and potential connections between different groups.
- Invite the groups to present their maps and discuss possibilities for strengthening and creating new partnerships.

2. Partnership Stories (20-25 minutes)

- Ask participants to think of a personal story of a successful partnership (at work, in the community, or in personal life).
- Divide into pairs and ask to share personal stories with each other.
- Ask each pair to identify the key factors that contributed to the success of the partnership.

Notes for the Activity Facilitator:

- Emphasize the importance of listening, empathy, and flexibility in creating partnerships.
- Help participants identify opportunities for partnership ideas in their communities.



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Yussef Alziadna - Take Action

Act to Create Small Yet Meaningful Partnerships in Everyday Life:

- Invite a neighbor or colleague from a different community for a cup of coffee. Share everyday experiences and find common ground.
- Buy products or services from a local business owned by someone from a different community.
- Join a WhatsApp or Facebook group that connects people from different communities in your neighborhood or city.
- Learn a new word in the language of another community every day. Use it in everyday conversations.
- Share a positive post or story about inter-community cooperation on your social media.
- Offer small help to a neighbor from another community (for example, buying something from the grocery store, pet-sitting).

Choose one small action that seems most comfortable for you to implement. Start with it this week. Write down one insight you learned from the experience.

Remember: The goal is to create personal connections and build trust through small, everyday actions. Every small gesture can lead to more meaningful partnership in the future.



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Efrat and Hanoach Daum



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Efrat and Hanoch Daum

Efrat and Hanoch Daum are leading social entrepreneurs who have been very active over the past year in creating support and solidarity for Israel's reserve soldiers, especially in the wake of the difficult events after October 7th. They are parents of four children and live in Elazar. Efrat is a high-tech professional who left her job to devote herself to social activity after October 7th, and Hanoch is a journalist, author, presenter, standup comedian and actor.

Hanoch and Efrat, together with a small team of volunteers, were among the first to identify the need for social support for reserve soldiers, whose reality - between war and personal life - makes their service an extremely challenging and complex experience.

The "Embracing Reserve Soldiers" project they are leading has succeeded in connecting tens of thousands of Israelis and Jews in the Diaspora to reserve soldiers and their partners, through initiatives such as identifying businesses owned by reserve soldiers and promoting them to the general public, as well as assisting the families and loved ones of these soldiers. In parallel, they initiated social-community activities aimed at creating a sense of belonging and support for the soldiers themselves. For her work, Efrat received the Israeli President's Volunteer Award.

Hanoch and Efrat's projects touch the very heart of thousands of Israelis and contribute to strengthening social resilience in Israel during this critical period. Their contribution to public discourse and social action is important and deserving of recognition, especially in these days.



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Efrat and Hanoch Daum - Solidarity

Part A: Discussion Questions - Solidarity in Society:

- What is the meaning of solidarity for you? Share a personal experience of encountering solidarity and how it affected you.
- What are the main obstacles to solidarity in the society you are a part of?
- After hearing about the "Embracing Reserve Soldiers" project, how can their approach be applied to other challenges in your local community?
- What role can citizens play in strengthening solidarity in society? What small step can you take this week to promote solidarity?

Part B: Suggestions for Interactive Activities:

1. The Solidarity Chain (15 minutes)

- Prepare colored notes, cardstock and writing instruments.
- Ask each participant to write on a note a small act of mutual responsibility they can do.
- Create a chain by connecting the notes.
- Read aloud a few of the ideas and emphasize how small actions accumulate to create a large impact.
- It is recommended to hang the chain in a sukkah, at home, in the office, or in any other place that will serve as inspiration!

2. "Embracing the Community" Simulation (30 minutes)

- Divide the participants into groups of 4-5 people.
- Each group receives a scenario of a community in crisis (e.g. neighborhood affected by a natural disaster, a family new to the community).
- The groups plan a project inspired by "Embracing Reserve Soldiers" that would suit the needs of the community in their scenario: Identifying the main needs, planning 3-4 practical support actions, proposing ways to recruit volunteers and resources, considering how to measure the impact of the project.
- Each group presents its plan to everyone for discussion and feedback.



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Efrat and Hanoach Daum - Take Action

Support reserve soldiers and their families!

- In Israel: If you're looking for a good restaurant, a photographer for your next event, or any other service, stop and think - maybe there's a reserve soldier who can do it?
- Living abroad with family or friends in Israel? You can, for example, treat them to a Shabbat meal or surprise them with flowers.
- A list of all the businesses can be found here (website in Hebrew):



Acts of Solidarity you can do Every Day

- Check on an elderly neighbor and offer to help with errands.
- Volunteer an hour a week at a local food bank.
- Share posts of small businesses in your neighborhood on social media.
- Offer to help with homework for a neighbor's child.
- Donate unused clothes or toys to needy families.
- Join a neighborhood WhatsApp group for mutual assistance.
- Buy an extra item at the supermarket and donate it to those in need.
- Offer a ride to someone who doesn't have a car.
- Organize a neighborhood dinner to strengthen community ties.
- Volunteer to babysit for a single-parent for a few hours.

First step - choose one action that seems most convenient for you to implement. Start with it this week. Write down one insight you learned from the experience.

Remember: You don't have to commit to something that's hard to stick to. There is value in every act, and what seems small to you can be huge for someone else.



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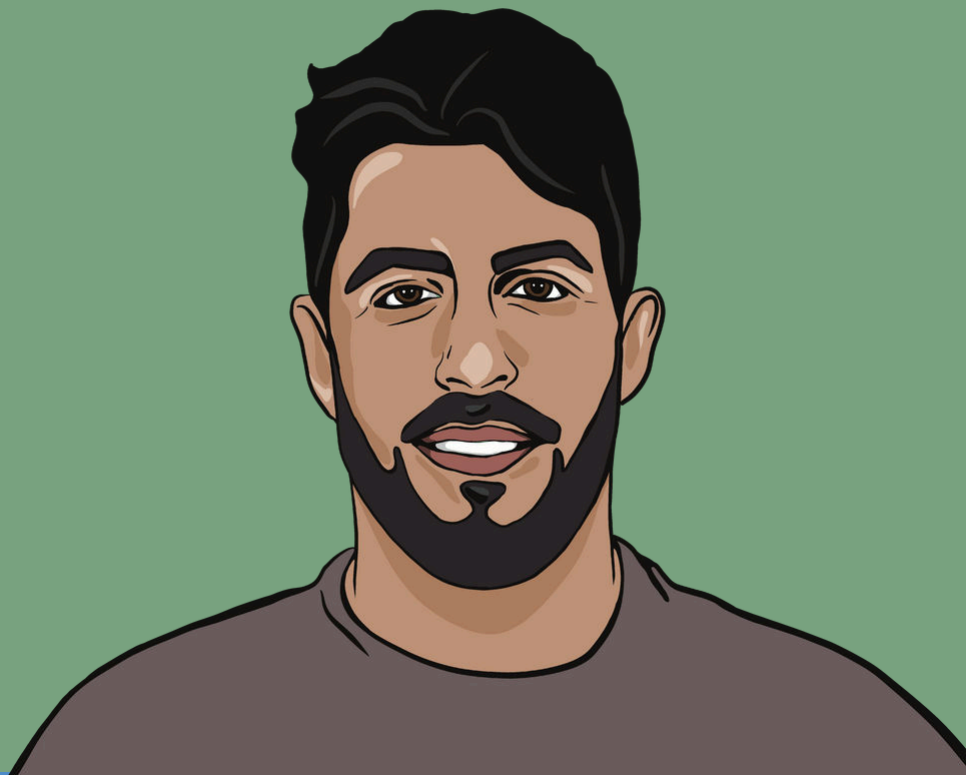
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Reef Peretz



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Reef Peretz

Reef Peretz, born in 1991, is a social entrepreneur and the chairman of the Nova Tribe Community Association (volunteer position). He is a father of two daughters, holds a degree in Business Administration and Finance from Reichman University, and is a former soccer player for Maccabi Tel Aviv.

Reef is one of the founders of the Nova Festival, an event that expressed values of community, peace, freedom, acceptance of others, and volunteerism. Following the tragedy on October 7th, where hundreds of young people were murdered, and hundreds more were kidnapped and injured, Reef took on a central role in establishing the Nova Tribe Community Association. The association operates in a series of projects providing mental health support to community members affected by the Nova massacre. It emphasizes strengthening community resilience and raising awareness about mental coping in the aftermath of the events.

Reef and the association also promote projects worldwide in memory of the murdered, including participation in the 2024 "Burning Man" festival in Nevada, USA, where they presented the "Nova Heaven" exhibit in memory of the victims, symbolizing resurrection from the tragedy and connecting art and community as a way of healing and rehabilitation. Simultaneously, a "Nova Exhibition 06:29" is being held in Los Angeles and New York. The Nova Tribe commemorates the memory of the murdered and creates a supportive space for community members while bringing people together and providing a supportive framework for healing processes through volunteering, action, and friendship. Despite the loss and pain, Reef continues to lead the community on a path of revival and shared vision. He emphasizes the importance of including all people and their worldviews and works to create positive social change. Reef believes that through the association's activities, the values of love, peace, and unity can be spread throughout the world.



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Reef Peretz - Community

Part A: Discussion Questions - Community and Mental Health

- What does "community" mean to you? Share a personal experience of a moment when you felt a significant part of a community.
- How can a community support the mental health of its members? What role does each of us have in this support?
- How can the values of the Nova Tribe (acceptance, togetherness) contribute to creating a healthy and supportive community?
- How can we create safe spaces in the community that allow for self-expression without judgment, like at the Nova Festival?

Part B: Suggestions for Interactive Activities

1. Community Listening Circle (20-25 minutes)

- Divide all participants into small groups, seat each group in a circle.
- Each participant will be invited to share for 2 minutes a personal experience of difficulty or challenge they have recently faced.
- The rest of the participants will listen without reacting or judging.
- Discuss the feelings and the power of non-judgmental listening.

2. Creating a "Community Tree" (30-35 minutes)

- Prepare in advance a large tree template on a poster board, as well notes (see next).
- Distribute leaf, flower, and fruit-shaped notes to each participant.
- Ask participants to write on the "leaves" - ways of mutual support, "flowers" - ideas for creating safe spaces, and "fruits" - positive outcomes of a supportive community.
- Stick all the notes on the tree and discuss the overall picture created.

Notes for the Activity Facilitator:

- Encourage personal sharing while maintaining boundaries and privacy.
- Emphasize the importance of creating a safe and non-judgmental space, similar to the spirit of the Nova Festival.



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Reef Peretz - Take Action

Support the Nova Tribe:

@tribe_of_nova



- Volunteer with the Nova Tribe Community Association - contact the association and offer your skills or time.
- Participate in memorial events organized by the association.
- Donate to the association's support fund to aid trauma victims and families of the deceased.
- Share the community's stories and the values it represents on social media to raise awareness.

Daily actions in the spirit of the Nova Tribe, promoting community and mental health:

- Initiate a weekly "listening circle" in your neighborhood or workplace, allowing emotional sharing in a safe and non-judgmental environment.
- Organize a community event of free dance or group meditation, emphasizing body-mind connection and community.
- Create a neighborhood "time bank" where people exchange services and skills, growing connections and sense of self-worth.
- Establish a community garden promoting connection to nature, teamwork, and a sense of shared achievement.
- Initiate a community art project such as a shared wall painting or environmental sculpture.

Choose one action that seems most suitable for implementation. Start it this week. Write down one insight you learned from the experience and share it with the group members.

Remember: The goal is to create safe and supportive spaces, strengthen the sense of community, and promote mental health through connection, shared creation, and inclusion. Every action, even the smallest, can create positive ripples in your environment.



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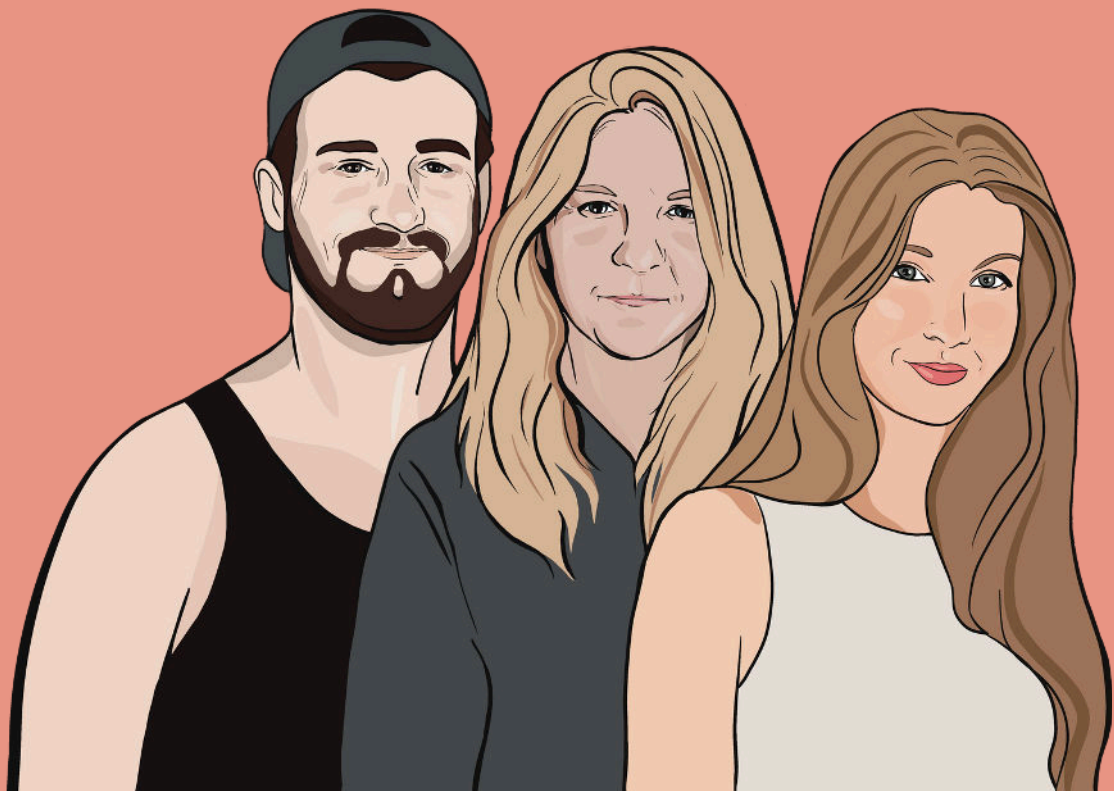
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Robinzon Family



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Robinzon Family

The Robinzon family - mother **Orly** and children **Adaya** and **Ido**, are social entrepreneurs and leaders of the "Home Front" project. Orly is a renowned architect and interior designer, Adaya is a talented interior designer and content creator, and Ido is a psychology student. Following the events of October 7th, the family volunteered to assist families evacuated from their homes due to the war, aiming to provide a sense of security and rehabilitation to affected families.

The project, which received the President of Israel's Award for Excellence, was established to furnish apartments for evacuees and transform them from a "house" to a "home", understanding the true loss of family feeling and security that a home provides. The project provides emotional and domestic support for families, with the help of hundreds of volunteers and professional groups including architects and designers. Within days of October 7th, "Home Front" volunteers collected thousands of furniture and item donations and concentrated them in a logistical center also donated for the project's purpose - a 1700 square meter hangar containing everything needed for a home: from spoons to sofas or vehicles.

"Home Front" provides not only physical assistance in furnishing homes but also connects to additional resources and provides personal guidance to help cope with loss and trauma. "The goal is to make citizens not feel like refugees in their own country," Adaya explained in one of her interviews. "This is a service that the state doesn't always provide." The project operates in Emek Hefer and collaborates with local and national businesses. The project, which grew out of the need to respond to evacuated families, has become much more than furnishing homes - it represents a point of light for many in a challenging time and echoes the importance as well as the power of home and family.



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The Robinzons - Family

Part A: Discussion Questions - The Value of Family and the Power of Social Entrepreneurship:

- What does "family" mean to you? Share a personal experience of a moment when you felt the power of family during a challenge.
- How can a family serve social entrepreneurship? What role does each family member have in contributing to the community?
- How can the values of the Robinzon family (community support, volunteering) contribute to creating a strong society?
- How can the "Home Front" approach be applied in your community, even without significant resources?

Part B: Suggestions for Interactive Activities:

1. "Family Dynamics" (15-20 minutes)

- Divide the participants into small groups and ask each participant to present their "role" in their own family, along with a family challenge they are currently facing.
- In the groups, discuss how each family member contributes to helping one another cope with these challenges, based on the different roles.
- Encourage the participants to see themselves through the eyes of other family members, fostering understanding and a desire to support one another.

2. Creating a "Family and Community Wall" (20-25 minutes)

- Prepare a large board or empty wall.
- Distribute brick-shaped notes and colored pens to participants.
- Ask each participant to write on the "brick" a family or community value.
- Stick the "bricks" on the wall to create a symbolic "house". Discuss the structure created and the importance of each value in "building" a strong community.

Notes for the Activity Facilitator:

- Encourage personal sharing while maintaining sensitivity to complex family situations.
- Emphasize the importance of creativity and initiative in solving community challenges.



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The Robinzons - Take Action

Support "Home Front":

- Donate to the "Home Front" association.
- You can contact and offer your skills or time here -



Everyday Individual, Family and Community Actions:

- Identify Community Needs: Conduct a small survey in your neighborhood or community to identify urgent needs. List at least 3 challenges you've identified that can be addressed locally.
- Family Gratitude Journal: Start a family journal where each family member writes one thing they're grateful for in their community. Share the entries at a weekly family dinner.
- "Mini Home Front": Identify a family in your community that needs help. Plan and execute a small project to improve their quality of life (cleaning, small repairs, help with shopping).
- Adopting a Public Space: Choose a small public space in the neighborhood (garden, playground) and "adopt" it. Set a family rotation for weekly cleaning and maintenance of the space.
- "Chain of Kindness" Project: Start an initiative where each family performs an act of kindness for another family in the community.

Start small: Choose one action from each category to implement in the coming month.

Document the process: Create a photo album or social media sharing of your activities. Tell about your initiatives on social networks to encourage other families.

Adapt the actions to the capabilities and resources of your family and community.

Mark milestones and achievements, even if small, to maintain motivation.

Remember: Every small action can lead to big change. Good luck!



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Kosha Dillz



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Kosha Dillz

Rami Matan Even-Esh (born 1981), known by his stage name **Kosha Dillz**, is not only a successful Jewish rapper TV star on MTV's Wild N Out and Billboard charting artist, but also a prominent figure in the Jewish community and in the struggle for Israel. Following the events of October 7th, Rami committed himself to representing the Jewish and Israeli voice on the international stage through his music, live performances, and "man on the street interviews." He has become one of the strongest defenders of the State of Israel in U.S. popular culture, and contributes greatly to raising awareness of the Jewish story. He has created personal connections with diverse audiences and has become an important spokesperson for Israel, both through music and through advocacy efforts.

In the past year, Kosha Dillz has released several successful hits, including "Bring Home the Family," "Watermelon (Avatiach Avatiach)" and "Doomscrolling" all related to the post October 7th emotions we are collectively going through. These songs, alongside TV appearances and performances around the world, emphasize Jewish pride and the power of community, and the importance of genuine human connection. Beyond music, Rami uses his platform to promote values of self-acceptance, especially during difficult times, and explains that the strength of community and family is what allows the Jewish people to survive and thrive. His words are full of pride, love for Israel, and a vision for a stronger future.



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Kosha Dillz - Identity

Part A: Discussion Questions The Power of Positive Identity:

- What does "positive identity" mean to you? Share a moment when you felt proud of your identity.
- How can pride in our roots and culture strengthen us during challenging times?
- How does Kosha Dillz's activity influence your perception of identity representation in media and culture?
- How can we integrate personal and community pride with openness and respect for other cultures?

Part B: Suggestions for Interactive Activities:

1. "Open Mic" - Open Stage for Self-Expression (30-35 minutes)

- Create a "stage" (can be a corner in the room).
- Invite participants to present a song, story, or any other expression of their identity and pride to the group.
- Encourage the audience to give positive feedback and share insights.

2. Creating a "Community Identity Wall" (25-30 minutes)

- Prepare a large board or empty wall.
- Distribute creative materials to participants (colors, stickers, pictures).
- Ask each participant to create a visual representation of what makes them proud of their community.
- At the end of the activity, conduct a tour of the "gallery" and discuss the various sources of pride and identity in the community.

Notes for the Activity Facilitator:

- Encourage authenticity while maintaining mutual respect and cultural sensitivity.
- Emphasize Kosha Dillz's message about combining identity with community.
- Remind participants of the importance of using art and culture as means to promote dialogue and awareness.



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Kosha Dillz - Take Action

Expressing identity through art and daily actions:

@koshadillz



- Follow Kosha Dillz on social media and share his content.
- Participate in Jewish events and festivals that promote Jewish pride.
- Donate or volunteer for organizations promoting Jewish art and culture.

Daily actions to promote self identity and positive pride:

- Write a journal where you write down one thing you're proud of in yourself or your community, daily.
- Wear something that represents your identity, lifting your head high - a necklace, shirt, or kippah.
- Organize a family or community "roots evening" where everyone shares a story or tradition from their heritage.
- Participate in or organize creative writing or art workshops focusing on expressing identity and pride.
- Initiate a "local pride" project - showcase stories of inspiring people from your community.

Choose one action from each category that seems most suitable for implementation. Start it this week. Write down one insight you learned from the experience and share it with the group members.

Remember: The goal is to foster positive pride that strengthens personal and community identity, while building bridges and dialogue with others. Every act of positive self-expression can influence the environment and promote understanding and unity.