



The Torah as a Lifesaver

Grade Level

All; adjust discussion based on age of the learners

Goals for the Lesson/Activity

Students will...

- Discuss general ideas and concepts that we learn from the Torah
- Make connections between what we learn from the Torah and their daily lives
- Create an art piece as a reminder of this connection

Materials needed

- Rolls of Lifesaver candies* – 2 for each Torah
- Fancy, frill end toothpicks
- Glue dots
- Ribbon
- Ball point pens or printed quotes

*Note: Lifesaver candies are not kosher.

Description of Activities

This project is an engaging way to enter into a discussion about the importance of Torah in Jewish life.

Suggested discussion questions:

- What's in the Torah? What do learn from the Torah?
Possible answers might include: stories of our people, Jewish history, *mitzvot*, Jewish values.
- How might the ideas we learn about in the Torah apply to how you think/act in your daily life?
- What does a “lifesaver” do? What are some examples of “lifesavers” that keep you safe and help you make good decisions?
- How do the ideas/stories that you find in the Torah act as a “lifesaver” to keep you safe and help you make good decisions?

If you are using the multi-flavor Lifesaver pack that has 5 colors, you might want to consider discussing how the 5 flavors might represent the 5 Books of Moses. The sweetness of the Lifesaver candy can also be compared to the sweetness of the knowledge we gain from the Torah.



The Torah as a Lifesaver

Creating the Lifesaver Torah:

Show an example of the “Torah as a Lifesaver” project.

Glue the two rolls together using glue dots.

Wrap a ribbon around the Torah (like a whipple)

Ribbon option 1: Glue the printed Ben Bag Bag quote around the “Torah”

Ribbon option 2: Distribute 15” lengths of ribbon. Have your students write the quote or their own thoughts about Torah directly onto the ribbon using the ball point pens.

Insert toothpicks into the top and bottom of each roll to imitate the Torah rollers.

Alternatively, you may want to make a mini Torah for each student as a little gift – *we will spend the year learning about the sweetness of our lives because of Torah...*

Torah Quotes for Inspiration:

משלי י"ג	Proverbs 13
י"ד תּוֹרַת חֲכָם מְקוֹר חַיִּים	14 The teaching (Torah) of the wise person is the source/fountain of life.
משנה אבות פרק ה'	Mishnah Avot Chapter 5
כב בן בג בג אומר, הפך בה והפך בה, דכ לא בה. ובה תחזי, וסיב ובלה בה, ומנה לא תזוע, שאין לך מדה טובה הימנה:	22 Ben Bag Bag says “Turn it and turn it, for everything is in it. Look into it, grow old and worn over it and never move away from it for you have no portion better than it.”