



Ideas and Context for Using the Emotions Posters

The emotions posters are intended to demonstrate that the wide variety of emotions we experience today have been felt by people for thousands of years, even those who are often held up as exemplars of goodness and faith. Displaying the posters on walls will give viewers opportunities to find affirmation and comfort for the emotions they are experiencing; and the posters can help people feel welcome in a room, or building, regardless of how they feel.

This poster guide provides opportunities to extend engagement with the posters and includes the following:

- **Ideas for Connecting Students**—Use these ideas to encourage students to open up, to others or themselves, about the emotions they are experiencing.
- **Context for the Verses**—Each excerpt from the posters is included with its full verse and a summary of what motivates the emotion indicated in the verse.

Do remember that, while extension opportunities are important, simply affirming emotions is valuable in itself. These emotions are universal and normal. For a guide to engage with students who are looking for a trusted adult with whom they can have a meaningful conversation, use the Tips for Meaningful Interactions with Adolescents put together by the staff at Jewish Child and Family Services Chicago.

Ideas for Connecting Students

- Students curate and share playlists of the songs that most connect them to the emotions on the posters.
- Students create their own emotions posters. Urge students to find other examples of biblical figures who expressed strong emotions. Students design their posters with the verses they have found. For a tech option, allow students to design their posters on devices.
- Incorporate the posters into the regular curriculum. When learning about the narratives that include posters' verses, add layers to students' explorations by using the posters to delve into the emotions that provide depth to the actions taking place.
- Discuss how the art of each poster connects to the emotion conveyed on the poster. Then, conduct an emotions scavenger hunt. Students search through the building to find art that exemplifies the emotions on the posters. Bonus points for finding artwork that represents other emotions. Need students to stay in one area? Students do a scavenger hunt through the Bible for other examples of figures expressing the same emotions expressed on the posters.
- For students who have built trust with each other, divide students into pairs and encourage each pair to pick one poster that resonates with them and discuss between themselves why that poster resonates.



Context for the Verses

And Sarah laughed to herself... (Genesis 18:12)

And Sarah laughed to herself, saying, "Now that I am withered, am I to have enjoyment, and my husband so old?"	וַתִּצְחַק שָׂרָה בְּקִרְבָּהּ לֵאמֹר אַחֲרַי בְּלִתִּי הֲיִתְהַלְלִי עַדְנָה וְאֵדְנִי זָקֵן:
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After many years of not being able to have children, 100-year-old Abraham and 90-year-old Sarah were visited by three strangers. When the couple showed the strangers hospitality beyond anything that one could expect, the strangers revealed themselves to be angels of God and told Abraham and Sarah that they would have a child within the year. In response, Sarah laughed to herself, though it is not clear from the text what was behind the laughter. Was it a laugh of surprise? Disbelief? Joy?

Rachel was jealous of her sister... (Genesis 30:1)

Rachel saw that she had not borne children to Jacob. Rachel was jealous of her sister, and she said to Jacob, "Give me children or I shall die."	וַתִּרְאֶה רָחֵל כִּי לֹא יִלְדָה לְיַעֲקֹב וַתִּקְנֶנָּה רָחֵל בְּאַחֲתָהּ וַתֹּאמֶר אֶל־יַעֲקֹב הִבְהִלֵּי בְנִים וְאִם־ אֵין מִתָּה אֲנֹכִי:
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Rachel and her sister, Leah, were close; but they were also bitter rivals for the affections of their spouse, Jacob. Rachel was Jacob's chosen one, but Leah was able to give birth to four sons with Jacob while Rachel was unable to conceive with him. As a result, Rachel felt such jealousy towards her sister that she felt as though she wanted to die if she could not conceive.

Jacob was greatly afraid and distressed (Genesis 32:8).

Jacob was greatly afraid and distressed. He divided the people that were with him and the flocks and the herds and the camels into two camps.	וַיִּירָא יַעֲקֹב מְאֹד וַיִּצָּר לוֹ וַיַּחַץ אֶת־הָעָם אֲשֶׁר־ אִתּוֹ וְאֶת־הַצֹּאן וְאֶת־הַבָּקָר וְהַגְּמִלִּים לְשְׁנֵי מַחֲנֹת:
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After many years of living in exile in Haran in order to avoid his brother Esau, Jacob decided to return to his homeland. Along the way, he heard that Esau was coming to greet him. Still concerned that Esau was out to kill him for the perceived theft of their father's blessing, Jacob expressed fear for both himself and those who were among his traveling party.



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Moses burned with anger. (Exodus 32:19)

When he approached the camp, he saw the calf and the dancing. Moses burned with anger. He threw the tablets from his hands and he smashed them on the mountain.	וַיְהִי כַּאֲשֶׁר קָרַב אֶל־הַמַּחֲנֶה וַיִּרְא אֶת־הָעֵגֶל וּמַחֲלֵת וַיִּחַר־אַף מִנְּשָׁה וַיִּשְׁלֹךְ מִיָּדָיו אֶת־הַלְּחֹת וַיִּשְׁבֵּר אֹתָם תַּחַת הַהָר׃
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Moses spent 40 days receiving the word of God on the mountain. As he descended with the tablets that God engraved with God's own hand, he heard shouting and singing coming from the Israelite camp. As he approached, he realized what was happening; the Israelites were cavorting over the graven image of the Golden Calf. In that moment, Moses burned with anger over the actions of the people and smashed the tablets on the ground.

Therefore my heart is glad, and my soul rejoices. (Psalms 16:9)

Therefore my heart is glad, and my soul rejoices; even my body rests secure.	לָכֵן שָׂמַח לִבִּי וַיִּגַּל כְּבוֹדִי אֶף־בְּשָׂרִי יִשְׁכֹּן לְבַטָּח׃
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This Psalm is a song in which King David praises God for always supporting and protecting him. King David proclaims that he knows that he will continue to prosper as a result of God's protection. As a result of having such a protector in his corner, he sings out the joy that fills his body and his soul.

My spirit is broken... (Job 17:1)

My spirit is broken. My days are extinct. The grave is ready for me.	רוּחִי חֲבָלָה יָמִי נִזְעַכּוּ קִבְרִים לִי׃
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Job was successful and God-worshipping until the adversary challenged God to test Job. In order to prove Job's faith and loyalty, God took the challenge and struck Job with many plagues, taking away his wealth, his family, his health, etc. While Job remained faithful to God, he began to express the pain and suffering that he felt from the constant barrage of misfortune that befell him.



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...I sought the one my soul loves. I sought but did not find. (Song of Songs 3:1)

Upon my bed at night, I sought the one my soul loves. I sought but did not find.	עַל־מִשְׁכְּבִי בַלַּיְלוֹת בִּקְשֵׁתִי אֶת שְׂאֵהָבָה נִפְשִׁי בִּקְשֵׁתִיו וְלֹא מָצָאתִיו :
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Song of Songs is filled with expressions of unrequited love. Two figures try to find each other and get together but are unable to do so. Here, the expression of unrequited love begins a search that sends the speaker out into the streets on a unfulfilled search for her intended.

...My eye, my eye flows with tears... (Lamentations 1:16)

For these things I weep. My eye, my eye flows with tears. Far from me is my comforter who restores my spirit. My children are desolate because the enemy has prevailed.	עַל־אֵלֶּה אֲנִי בּוֹכֶיָה עֵינֵי עֵינֵי לִרְדָּה מַיִם כִּי־ רָחַק מִמֶּנִּי מְנַחֵם מְשִׁיב נִפְשִׁי הָיוּ בְנֵי שׁוֹמְמִים כִּי גָבַר אוֹיֵב :
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With the destruction of the First Temple, the city of Jerusalem was laid waste by the Babylonians. The lament that includes this verse describes how the author's home city has been made desolate and how the residents have been utterly conquered. The author describes the pain and suffering that result from seeing the enemy completely dominant in one's home.