



Postcards

This set of 7 postcards have been specifically designed by Reshet to create conversations.

Conversations in your workplace. Conversations with young people. Conversations which help us to develop and formulate our own thoughts and options. Conversations which give space to hear the from others, who may agree or totally disagree with us.

‘...all of our conversations with each other are just practice for the existential act of listening... ‘

Redeeming Relevance: R Francis Nataf

The cards are designed to start conversations on a wide range of issues which relate to how young people feel in their day to day lives:

The themes raised are not exclusive but you might wish to discuss:

Friendships/Sadness/Joyfulness/Being part of a group/Inclusion/Exclusion	Lily H Montagu
Self-respect/Self-discipline Boundaries/Belief/Respecting others	Abraham Joshua Heschel
The behaviour of others/Understanding others/ Racism/Anti-Semitism	Isaac Bashevis Singer
Our own behaviour/Our own fears/Caring for others/International relations	Talmud Sota
Speech/Bullying/Kindness/Power	Ruth Bader Ginsburg
Purpose/Self-esteem/Courage	Hannah Szenes

Suggested ways you might choose to use the cards:**Triggers (beginning of sessions)**

You might use this set as triggers into educational activities.

Put the set together or use just one. Ask the questions on the back of the card/s and begin the conversation about one (or any) of the themes.

Sikkim (ending of sessions)

You might use this set to bring a group conversation to a close, asking people to choose a quote which most resonates and potentially to explain why the quote resonates with them.

Round the walls discussion

You might choose to stick the cards on walls around the room and ask people to move around the room discussing each quote with the people at the same card.

Quote Democracy

In groups, give participants one card per group.

Tell the group that you need to advocate why their card is the one quote that is the most meaningful. Bring the group together and create a debate, with people needing to decide on one quote which is the most meaningful for the group. Ask people from each group to advocate for their quote card. Have the groups convince others to choose their cards, stating why it is the most meaningful. Once this part of the exercise is done, ask people to step out of their groups and then go to the card that most resonates with them and explain their reasoning for choosing that card.

My quote, my way

Ask participants to choose their favourite quote cards and stand by it.

Ask participants who have chosen the same card to work together with the others who have chosen the same card to create a piece of artwork, expressing the quote in a different way.

Create your inspiration

Find quotes that are the ones that you perceive are the most meaningful for your group. You can simply write or print them onto cards. You might want to create and laminate your own set of cards, or have your quotes professionally printed so they can be utilised in your organisation in different ways.

One word

Using one word from each of the quotes, create alternative quotes that are meaningful.

Design those new quotes onto postcards.

Learn more

Look up each of the people quoted. Find out more about each individual and discuss why each of the people quoted might have decided to write down their words.

For the quotes from Talmud (Sota) and Proverbs, contextualise the quote. What has happened prior and what can we learn from this quote?



RESHET

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**SELF-RESPECT
IS THE ROOT OF
DISCIPLINE.
THE SENSE OF
DIGNITY GROWS
WITH THE ABILITY
TO SAY NO TO
ONESELF.**



ABRAHAM JOSHUA HESCHEL



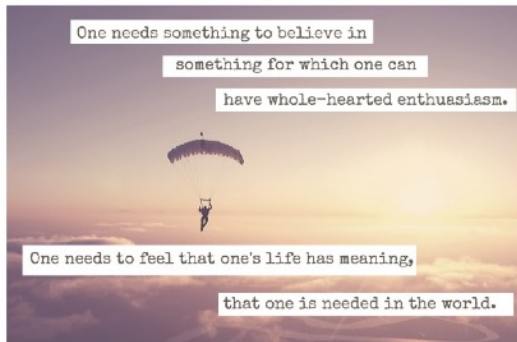
**WHEN A
THOUGHTLESS
OR UNKIND
WORD IS
SPOKEN, BEST
TUNE OUT**



Ruth Bader Ginsburg



One needs something to believe in
something for which one can
have whole-hearted enthusiasm.



One needs to feel that one's life has meaning,
that one is needed in the world.

- Hannah Szenes



**WE KNOW WHAT
A PERSON THINKS
NOT WHEN THEY TELL US
WHAT THEY THINK,
BUT BY THEIR ACTIONS.**

- Isaac Bashevis Singer




**ALL JOY SEEMS MORE
DELIGHTFUL,
ALL SORROW SEEMS
MORE TOLERABLE,
WHEN OUR FRIEND
SHARES OUR JOYS
AND SORROW WITH
US.**




Lily H Montagu



**WHERE THERE IS NO COUNSEL,
A PEOPLE FALLS
BUT IN THE MULTITUDE
OF COUNSELLORS
THERE IS SAFETY.**



PROVERBS 11:14



TALMUD SOTA

**Who acts from love
is greater than
who acts from fear**

