



מסכת אבות פרק ב משנה י: "יהי כבוד חברך" חביב עליך כשלך, ואל תהי נוח לכעס.



The Mishna:

Avot, Chapter 2, Mishna 10:

... Rabbi Eliezer said:
Let the honor of your friend be as dear to you as your own;
And be not easily provoked to anger.

המשנה:

אבות ב,

... רבי אליעזר אומר:
יהי כבוד חברך חביב עליך כשלך,
ואל תהי נוח לכעס.

A short explanation on the Mishna:

Rabbi Eliezer says that one should treat a friend with respect, in the same way that he wants to be respected. He also recommends avoiding anger as much as possible.



Level 1:

- **Memorizing** the Mishna with hand movements.

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- **Discussion:**

How do you respect a friend? Give examples of honoring a friend in your thoughts, speech and actions.

Discuss with the students:

- *In your thoughts: think about your friend's good qualities, and you will respect him more. Just as a person thinks about his own good qualities, it is good to focus on his friend's good qualities.*
- *In speech: just as a person wants people to say good and positive things about him, and minimize words of criticism or reproach, that's how he should talk about others.*

When you talk to your friend or about him, think – is this how I would like others to speak to me? Or about me?

- *In actions: just as you want your actions to be respected, so you should respect your friend's actions.*

For example:

- *My friend should offer me foods I like when I stay with him; share his games with me in class or at home.*
- *When I invite a friend to sleep at my home – do I offer him to sleep in a bed or on a mattress? (Is it important for me to sleep on a bed?)*

❖ The following points can be raised:

- Why does the Mishna say that you should respect your friend in the same way that you would want to be respected?
- You can tell the students that this phrase comes from the commandment "Love your fellow [Israelite] as yourself."

- **Exercise:**

How do I choose to respect a friend? (in the same way that I respect myself).

● *Discussion:*

“And be not easily provoked to anger”

We know that anger is not a good trait.

- Anger leads to more negative thoughts and behaviors. Share what happens to a person when he is angry? How does he behave?
- How do you think you can avoid becoming angry?
 - ❖ Share the breathing exercise with the students of counting to 10 when someone makes us angry. Or use the traffic light method – Red: stop. Orange: Think about what you want to say. Green: say what you want to say while thinking about your words.
 - ❖ Try to see the situation from a different perspective. Using this strategy, you will learn to avoid anger.



Level 2:

● *Discussion question:*

Some people are naturally angrier than others. Do you think such a trait can be changed? If so, how?