



HOW CAN BEAUTY HELP ME PROCESS PAIN?

PREP FOR THE SESSION

Overview

This resource engages with **Israel** through the value of **Creativity**.

At-a-Glance:

This resource was created by the Values in Action team, in response to the horrific terror attacks on Israel by Hamas. It is designed by educators for educators as a tool for processing the events of the moment through a values-based approach. It does not engage with politics, history or religion per se, but rather offers a path for educators to help their learners and community members process the moment we are in, with values as a starting point.



Time Estimate:

30 minutes



Materials Needed:

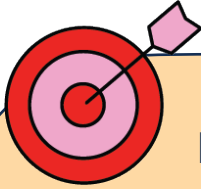
- Blank paper and pens, markers or other art supplies



Best Uses:

- For creative processing of emotions
- For small group reflection

LET'S GET STARTED



FRAME THE ISSUE

Facilitator reads for framing:

How can a symbol of beauty also become a symbol of pain? And how in the pain can we also see beauty? How can the value of creativity help us process these complex emotions? We will use the symbol of Israel's national flower - the *kalanit* - and its use by Israeli artists after the October 7th attacks by Hamas as our primary source for exploration.

The *kalanit* (anemone), is the national flower of Israel. It dots the landscape a bright, beautiful red every spring. In Southern Israel each year when the flowers start to bloom (usually late January) a month-long festival takes place called Darom Adom-The Red South, which includes hikes, tours, bike marathons, poetry readings, concerts, art exhibits, food festivals and communal celebrations, all somehow connected to the beauty of the *kalanit*. Many of the communities that were attacked on October 7 are ones that host festival activities and guests.

Facilitator prompts the group:

- Look at the image of Israel's national flower, the *kalanit*, anemone.
- Close your eyes for a moment and imagine you are holding the flower in your hand.
- Rub your fingers together. How does it feel? Describe the sensation.
- Fill in:
 - It feels _____ and _____.
 - Its scent reminds me of _____.
 - Its beauty is like a _____.



7 min



10 min



EXPLORE THE VALUE/JEWISH ANCHOR

Facilitator reads:

The value of creativity is one that individuals rely upon to see the world differently, in good moments and bad ones. Sometimes our creative forces flow naturally and at other times we need to dig in more deeply to bring them to the surface. Finding our creative outlets allows us to thrive, and also can be a way of coping when things are difficult.

Facilitator prompts the group to fill in the following:

- I feel most creative when
- My creativity has helped me during challenging moments such as
- When does being creative feel easy? When does it feel hard?

The *Kalanit* in Jewish poetry and song as creative expression:

Facilitator continues reading:

“Kalaniyot” is an Israeli song that became popular in the days leading up to the establishment of the state of Israel and remains a classic in Israel. The lyrics, by poet Natan Alterman (1910-1970), describe a little girl who dreams she is gathering anemones in a basket and brings them to her mother.

Read the following lines from the song:

Though generations come and go unending
Each age must have its *kalanit* and song,
And happy is the man, through storms' descending,
Whose *kalanit* has bloomed for him, but once.



Facilitator prompts the group:

- What do you think the poet means by the line “each age must have its *kalanit* and song”?
- What is the source of happiness in this poem?



ACTIVITY

5 min



Facilitator reads:

As Jews all over the world grapple with the horrific attacks on Israel by Hamas, one subsection, Israeli artists, have used the *kalanit* as a symbol to express their pain.

- Look at the three different images below that were created by the artists Einat Tsarfati, Noa Moram and Noa Nizzani after the attacks.
- Choose one image and give it a title.
- Why did you give it that title?
- Next, choose another image and fill in the blanks below.



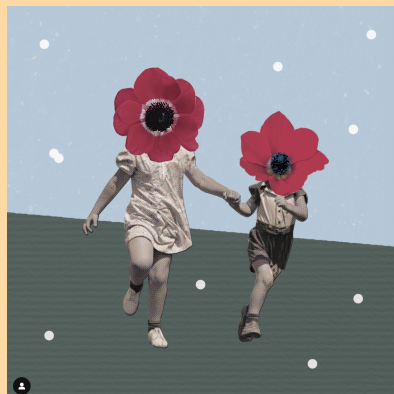
Einat Tsarfati

Title



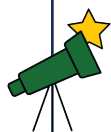
Noa Moram

Title



Noa Nizzani

Title



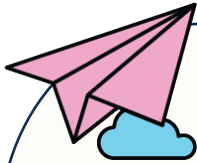
When I look at this work of art, I see _____ and _____ .

The beauty of the red petals has become _____ .

There is pain in this image, especially in _____ .

But I also see beauty in the way _____ .

5 min



PROMPT ACTION

Facilitator prompts the group:

- Spend a few minutes drawing your own image that combines both beauty and pain.
- Join with a *havruta*/partner and describe what you drew.
- What is one commitment you can make in the coming days to help you find beauty in places of pain?
- What is one action you can take to bring the creative process into your life right now? Share with the group.

3 min



CLOSE WITH INTENTION

Facilitator prompts the group:

- Return to the image of the *kalanit* that we started with at the beginning. What is one new way of thinking about this flower that you are leaving with?