

Welcome to Hidden Sparks Without Walls. We will be starting at 8:30pm.

To alleviate background noise and ensure a quiet session, your audio connection has been muted.

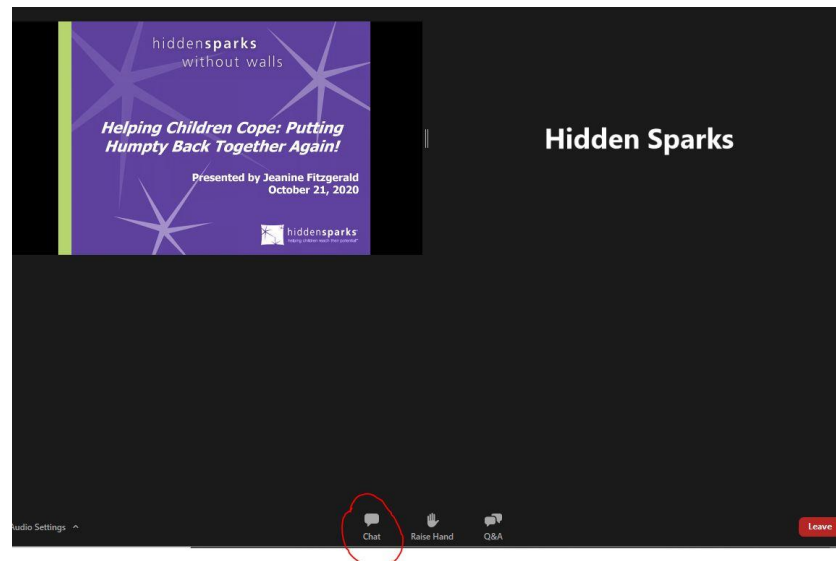
Chat: Asking Questions & Sharing Thoughts

You are encouraged to ask questions and share your thoughts on the chat.

Please activate the chat feature on the bottom of the screen. You may choose to chat to panelists and all attendees or just panelists.

Audio:

If you would like to call in via phone for audio, please look up the call in number, webinar id, and passcode information on your webinar invite.



ABOUT HIDDEN SPARKS

Hidden Sparks is a non-profit that helps educators and schools nurture the Hidden Spark within each student. We do this by developing and facilitating professional development programs for Jewish day schools to help increase understanding and support for **diverse learners**.

Hidden Sparks provides an award winning **professional development** program in understanding learning and behavior, conducting classroom **observations**, **coaching teachers** and developing **peer coaches**. By helping teachers meet the needs of struggling students, **ultimately all students benefit**.

- **125 Jewish day schools** across the country with **hundreds of teachers** participate in PD programs annually.
- Impacting over **7,000 students** every year.
- Over **350 school peer coaches** have received training and mentoring.
- Hidden Sparks Without Walls international webinar program has reached thousands of teachers and parents.
- New in 2020! SEL Initiative

Please be in touch to find out how to bring Hidden Sparks programs to your school!

hiddensparks
without walls

Promoting Spirituality in Children

Presented by *Rona Novick, PhD*
Co-educational Director Dean
Azrieli Graduate School
September 13, 2021



hiddensparks
helping children reach their potential™

Our Guest: Dr. Rona Novick



Rona Milch Novick, PhD, Co-Educational Director, is the Dean of the Azrieli Graduate School of Jewish Education and Administration at Yeshiva University and holds the Raine and Stanley Silverstein Chair in Professional Ethics and Values. She served for many years as the Coordinator of Child Psychology in the Division of Child and Adolescent Psychiatry at Schneider Children's Hospital and as the Clinical Director of the Alliance for School Mental Health, providing outreach services, treatment and training to schools, families and communities. She developed the BRAVE bully prevention program and is a trained cognitive behavior therapist with her own private practice. As one of two educational directors for Hidden Sparks, Dr. Novick provides training, supervision and ongoing mentoring to the Hidden Sparks teams of coaches, principals and Internal Coaches. Dr. Novick has been featured in an ELItalk

Overview of the Session:

- *What is spirituality – is it religiousness?*
- *Why does spirituality matter – it's role in development*
- *How does spirituality develop?*
- *How can parents and educators foster children's spiritual growth?*

What is Spirituality?

- Latin word *spiritus*- which means the breath of life
- Spirituality refers to a way of being that includes the capacity of humans to see beyond themselves, to become more than they are, to see mystery and wonder in the world around them, and to experience private and collective moments of awe, wonder, and transcendence.
- Spirituality is universal - All cultures have a concept of a transcendent, sacred and divine force

Spirituality vs. Religion

- the private intimate relationship between person and the divine
- the range of virtues that result from that relationship

- acceptance of the prescribed beliefs in a supreme being
- accompanying participation in public and private acts of worship

Why Spirituality Matters?

- **Increased health, both physical and emotional**
- **Better grades**
- **More optimistic**
- **Higher levels of happiness**

As children develop:

Concepts of
right/wrong -
good/evil are
formed

Image of God
formed

Personal
relationship with
spiritual being

Tendency to
believe in internal
causes for
external events

Building Blocks of Spirituality

Belief in the positive

- Einstein – the most important decision each person makes is deciding whether or not this is a friendly universe

Power to make a difference

Love of nature

Gratitude

Quiet/stillness

- limit technology

Prioritizing time for what is important

Generosity

Reflection

Recipe for Parenting Spiritual Children/Teens

- Value



- Live



- Teach



Value-ing Spirituality

- How do you communicate what you value?
 - What you celebrate
 - What you acknowledge
 - What is given “air time”



Living Spirituality

What is
seen

- Beyond the private

What is
heard

- Sharing your thoughts

What is
done

- Directly
- Indirectly

Avoid hypocrisy

Teaching Spirituality

Finding/making teachable moments

Teaching gratitude

Teaching reflection

Teaching generosity

Searching for meaning

The Power of Parents/Family

- Most important social influence on religious and spiritual lives of adolescents
- Typical adolescent is not reflective or appreciative of this
- Mothers play a central role in shaping religious affiliation and patterns of religious involvement
- Fathers play significant role in structuring son's religious beliefs and patterns of religious involvement while mothers play central role in how sons apply the principles of religion in everyday life

The Rav's Tribute to the Rebbitzen of Talne

I used to have long conversations with my mother, in fact, it was a monologue rather than a dialogue. She talked and I “happened” to overhear. . . . I used to watch her arranging the house in honor of a holiday. I used to see her recite prayers; I used to watch her recite the sidra every Friday night. Most of all I learned that Judaism expressed itself not only in formal compliance with the law but also in a living experience.

She taught me that there is a flavor, a scent and warmth to *mitzvot*. I learned from her the most important thing in life, to feel the presence of the Almighty and the gentle pressure of His hand resting upon my frail shoulders. Without her teachings, which quite often were transmitted to me in silence, I would have grown up a soulless being dry and insensitive

The fathers *knew* much about the Shabbat, the mothers *lived* the Shabbat, experienced her presence and perceived her beauty and splendor

Important Consideration: Individuality

- It is impossible to tell people what way they should take. For one way to serve God is through learning, another through prayer, another through fasting and still another through eating. Everyone should carefully observe what way his heart draws him to, and then choose his way with all his strength. ***Chozeh of Lublin in Buber, 1961, 313, Tales of the Hasidim: The Early Masters***
- ***The idea that there are multiple pathways is clear in Jewish thinking - Al shloscha devarim ha olam omed, al ha torah, v'al ha avodah, v'al gemilut chasadim.***



Important Consideration: Motivation

- Dangers of punishment/reward
- Consider the role of skills and skill challenges
- Constructing/facilitating situations where spirituality is “cool”, supported by social pressure



Important Consideration: Time

- Not a one-time lesson
- Endless opportunities
- Endless possibility for growth, new approaches



Closing Thoughts: Kirbet Qyiafah Epiphany

If we want to support each other's inner lives, we must remember a simple truth, the human soul does not want to be fixed, it wants simply to be seen and heard. If we want to see and hear a person's soul, there is another truth we must remember: the soul is like a wild animal- tough, resilient, and yet shy. When we go crashing through the woods shouting for it to come out so we can help it, the soul will stay in hiding. But if we are willing to sit quietly and wait for a while, the soul may show itself. *Parker Palmer – The Courage to Teach*

Upcoming Hidden Sparks Without Walls Sessions

Tuesday, October 12, 2021	For Teachers Best Practices for Co-Teaching and Teaching with an Assistant <i>Presented by Margaret Searle</i>
Tuesday, October 26, 2021	For Teachers Strategies for Hebrew Reading Comprehension <i>Presented by Meirav Kravetz</i>

**If you are interested in bringing
Hidden Sparks
to your school or city, please contact us:
[212-767-7707](tel:212-767-7707) or sara@hiddensparks.org**



Contacting Hidden Sparks

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