

רַחֲמִים (Rachamim) - Acting with your heart

(From the root rechem/ womb - acting like someone is your family, forgiving them, always loving them and caring for them, compassion)

Quotes to foster understanding:

This is what God said to Israel: My children what do I seek from you? I seek no more than that you love one another, and honor one another, and that you have awe for one another. Midrash (Tanna de Bei Eliyahu Rabbah 26:6)

That is the way we treat people and the way we talk to them really matters. We have the ability to choose to treat people with kindness and compassion.

Situations in which this middah might be appropriate:

Fights and disagreements between campers

When someone is having a bad day

When someone is having trouble caring about the feelings of someone else

When you see someone who is upset.

Reinforcing example:

Counselor in response to seeing a camper comfort someone else, say a kind word, pay a compliment etc., says, "That showed great *Rachamim*. Good job taking care of our camp family."

Redirecting example

Camper says, (to another camper), "I'll never forgive you." or "I can't stand how they are sad all the time." Or "I don't care that they are upset."

Counselor says, "That not the way we treat family, and we are family here at camp. We all make mistakes, Find your *Rachamim* and let's work together to get through this."

How to use *Rachamim* in a sentence:

Treat each other with *Rachamim* today.

We show *Rachamim* when we take care of each other.

Camp is a place filled with *Rachamim* -we take care of everyone.

Where is your *rachamim*?