

Objectives: Young Students will discuss challenges they have faced and different journeys they have been on through watching Dr. Ruth's Journey.

Outcome: Students understand that there are different obstacles you may have to face in life, but what's important is how you keep moving forward and never give up, just like Dr. Ruth. They also get a little introduction into the notion of the Holocaust by learning lessons that surround it more so than the true horrors of the Holocaust they may be too young to understand.

The Lesson: Courage

Introduction / Background information on the topic: used to set up the lesson but also help instructor teach it

- **Key points:** information/content that should be provided
 - **Supplemental information:** at the discretion of the educator. Can be things such as primary and secondary texts, images, audio or video recordings, etc.
- The students will be watching a video titled Ruth: A Little Girl's Big Journey. They will learn about the journey that Ruth had to go on at a very young age, and how she felt during it and what happened to her life. There is some discussion of discrimination and death, as she lived through the Holocaust, but no graphic details are included as the film was made for young students.
- Definitions to talk about with the class:
 - Journey: a long and often difficult process of personal change and development
 - Challenge: a task or situation that tests someone's abilities
 - Determination: firmly set in one's decision or course of action, especially with the aim of achieving a particular goal. Someone who's determined to do something is extremely motivated and unlikely to quit or change their mind. Someone who's determined in general has a very strong desire to achieve their goals.
 - Persistence: the quality that allows someone to continue doing something or trying to do something even though it is difficult or opposed by other people.
 - Courage: Standing up for what you know is right – even when you are afraid and others do not stand with you
- If you want to give the students a small bit of context on the Holocaust that is suitable for their age, here is what you can say:
 - In the 1930s, there was a group of people in Germany called the Nazis. The Nazis did not like people that were different from them, particularly the Jewish people. During this time, many families were forced to leave their homes and be separated, and some of them were killed. This event is called the Holocaust.

Pre-lesson reflections: can be used to get the students ready to learn about the topic

1. What is a long journey you have been on in your life?
 - a. Where did you go?

- b. Who were you with?
 - c. How did it feel?
 - d. Why did you choose to talk about it?
 - e. What did it teach you?
2. What is a challenge you've faced?
 - a. How did you overcome it?
 - b. Who helped you?
 - c. Why was it hard?
 - d. What lessons did you learn?
 - e. How did you feel afterwards?
 - f. Do you think you had courage?
3. How do you think someone can show courage?

Whole-group activity:

Watch USC Shoah Foundation's Short Film

[Ruth: A Little Girl's Big Journey](#)

(around 16 minutes)

Discussion:

1. What are some of the challenges Ruth faced in the video?
2. How did she get through those challenges?
3. Do you think Ruth showed courage?
4. How did Ruth have courage?
5. How did this film make you feel?
6. Can you think of a way that Ruth's story can connect to your own?
 - a. Perhaps the importance of family, bravery, or even singing, dancing, swimming
7. What did you learn from Ruth's story?
8. How are you going to handle your next challenge?