



2. How to Turn Lemons into Lemonade

Suitable for ages 5+

Goal:

There are lots of things that we can do to turn a bitter, bad, sad or difficult situation around, no matter how young we are. In other words, to turn sour into something sweet. The purpose of this activity is to help our little Mitzvah Makers think about the things they can do to “fix” different problems and what generosity of spirit is all about.

Preparation:

- Prepare the problem cards.
- Spread all the problem cards (frowns up) in a circle.

How to play:

- The first participant to play is one who can tell the group about a nice thing they did for someone once, or even better - recently.
- That participant gets to pick a card. If he or she thinks they have the solution to “fix” the problem stated in this card, they place their smiley on top of the problem and win a heart or candy. There can be many answers and if another participant can think of why their solution fixes the problem, they can also place their smiley card on top and make a pile. They also win a heart or candy for their solution. But the explanations have to make some kind of sense.
- Again, someone is asked to tell the group about a good deed they’ve done.
- The process continues until all the problem cards are covered with smileys.
- Ask the children to give examples of problems that have happened in their real lives and how they reacted/helped/ignored them. Ask if they were confronted again with any of these problems today if they would react differently.

Ideas for problem cards:

A doll with an arm torn off
A broken toy
A baby crying
An apple core on the ground
A flat bicycle tire
A cloud in the sky
A scraped elbow
Dishes in the sink
Two children fighting over a toy
A lost dog
A spilled glass of milk
A child crying
A child taking a toy away from another child
A kid throwing garbage out the window
A child pushing another child
A child sitting alone when everyone is playing
A dog pooping on the street
Someone picking a flower
Two kids screaming at each other
A big kid bullying a little kid
Someone taking a candy from a kid
A homeless person on a park bench
A pile of toys bigger than the child
A child afraid to pet a dog
A child afraid to get on skates
Two children whispering next to another sad child

Materials:

- Problem cards
- Solution cards (2 or 3 times the number of participants)
- Make the problem cards using pictures from magazines or simple drawings of your own
- Make enough cards so that there are as many cards as there are participants. Mark the back of the problem cards with a smiley-frown and mark the back of the solution cards with a happy smiley.
- Paper hearts or candies.