

# JSU CLUB ACTIVITY



## HOW FREE ARE YOU?

<b>Time needed</b>	30 mins
<b>Age range</b>	Any teen
<b>Background of teen</b>	Any background
<b>Set up</b>	

**Goals:** To talk about what really makes a person free

**Relevance:** Pesach or generally discussion about what choices we have

**Supplies needed:**

Copies of the freedom chart

**Active Learning:**

Define Freedom: Ask teens to write one word definitions of what it means to be free.

Ask the teens to rate what level of freedom they think each scenario is and then I go through each one, talking about what mental slavery is (rich and addicted to crack) and physical (in prison, but free like Natan Sharansky

I like to end with the famous story of Natan being set free, he was brought to the airplane and was told to go straight to the plain, and he walked in a crooked line.

**Step by step planning:**

<b>Time</b>	<b>Facilitator Activity</b>	<b>Teen activity</b>
5 mins	Intro: ask what freedom is	Write and compare definitions
5-10 mins	Fill in freedom chart	Fill in chart
10 mins	Discuss scenarios	Discuss scenarios
5 mins	Finish with Natan Sharansky story	

**Facilitation Questions:**

- ❖ What makes a person free?
- ❖ How can you be free if you are actually a prisoner?
- ❖ Can your attitude make a difference?

### Wrap up message and Torah thought:

Pirkei avot Chapter 4	משנה מסכת אבות פרק ד
21. Rabbi Elazar HaKapor would say: Envy, lust and honor drive a man from the world.	משנה כא [*] רבי אליעזר הקפר אומר הקנאה והתאוה והכבוד מוציאין את האדם מן העולם:
In the Chapters of the Fathers 4:21, Rabbi Elazar HaKappap says "jealousy, lust and honor remove a person from the world." <b>What does this mean?</b> One explanation is that these things color a person's vision. Instead of dealing with the "real world," he or she instead sees the world from a distorted perspective. And, of course, this unrealistic perspective limits the person, preventing him or her from doing things which otherwise would be entirely possible and appropriate. The victim is shackled, regardless of his or her self-perception.	

“Between stimulus and response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom” -**Victor Frankl**

“Most people do not really want freedom, because freedom involves responsibility and most people are frightened of responsibility.” - **Sigmund Freud**

“We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms -- to choose one's attitude in any given set of circumstances, to choose one's own way.” - **Viktor E. Frankl**

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### NATAN SHARANKSY

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As a result of increasing pressure of a mounting international campaign led by his wife, Avital, in 1986, Natan Sharansky was released after 9 years in Siberian prison. He was brought to East Germany and led across the Glienicke Bridge to West Berlin where he was exchanged for a pair of Soviet spies. Famed for his resistance in the Gulag, he was told upon his release to walk straight towards his freedom; Sharansky instead walked in a zigzag in a final act of defiance. Sharansky then emigrated to Israel, adopting a Hebrew given name, Natan. Following his release, Sharansky receives the Congressional Medal of Honor.

Scenario	How free scale 1-10	Why?
3 years ago I was taken by KGB and put into a labor camp in Siberia, I'm told when to get up and when to go to bed and everything in between		
I was shipwrecked on a small deserted island, I can do anything I want, but there is nothing to do here		
I'm a heavy heroin addict, luckily I have inherited a large fortune that easily allows me to support my habit, which is all engrossing, I often live my days to get to the next high.		
I worked hard all my life to be rich, at the height I was worth around 25 million, then came the crash and the bank took everything, my business, my house even my car. I now work 9-5 in a sweatshop just to make ends meet.		
When I had money I used to vacate all the time, we dined in the best restaurants at least 3 times a week, life was fun, now I'm lucky if I can afford to take-away.		
In the country I live in, cigarettes are banned, I used to smoke 60 a day, now I can't get them and I'm very depressed.		
I used to be a top athlete; I was even thinking of taking up pro-football, that was until I had my accident last year.		
I dove into a pool that was too shallow, I broke my neck and now completely paralyzed from my chin down, all I think about the entire day is what I used to be able to do.		
Last year I tried to commit suicide but a policeman caught me before I jumped, I was institutionalized, there is no possibility here to do what I most desire to, to kill myself.		