

One Perek Each

Facilitator note: The engine is chessed designed to last: a commitment fails not because girls stop caring but because it was sized for week-one enthusiasm, so the fix is architectural - make it small (one perek), owned (yours like your locker), backed (a silent buddy), and shame-free (a missed day is resumed, never confessed) - and the smallness is what lets it widen from one class to five. Three balances to hold in discussion. First, nobody in this story is the villain: the blaze week is real love, the fading is ordinary human weeks, and the objector's "it feels like nothing" is a sincere position that gets a sincere answer ("sacrifice is what you do once; practice is what you still do in week six"). Second, the story is careful about what Tehillim is: the circle never claims to cause the recovery - the doctors are "pleased and still careful" - and what moves Blimi is the dates on the grid, the faithfulness itself. Third, Aidy's insight generalizes to anything started in a burst: make it small, owned, backed, and shame-free - which is why the coda is one mishnah, not a magnificent list. Keep discussion off the medical details and on the design question: what makes a commitment survive its sixth week?

Teacher answer key

Activity 1: 1. The whole sefer daily, divided among volunteers taking five or ten perakim; by week three the chart has gaps, six girls carry it, and Aidy catches herself racing the words. 2. Week-one hearts cannot be the plan for week six; a lasting chessed must be designed, not just felt. 3. One perek each, same one daily, owned like a locker; a silent buddy pair who covers a miss; a missed day is resumed, never confessed - and because one perek is small enough to ask anyone, the circle widens to five classes, a hundred and fifty girls, so the sefer completes daily. 4. Their buddies quietly say two perakim and they resume without a speech; Blimi reads the dates - seven weeks - not the names.

Activity 2: 1. Guess (nine days out of twenty-one). 2. Guess (resumed, never confessed). 3. Fact. 4. Fact (the buddies sit near each other, so the cover is a whisper, not a walk).

Activity 3: Sample answers - 1. Impressive is visible and ends; presence is quiet and continues. It is hard because blaze feels like love and practice feels small. 2. Open; look for one-off vs sustained correctly distinguished. 3. It would trade faithfulness for a result; the story's point is that the girls' steadiness is the gift, whatever the outcome - and it would be claiming to know Heaven's arithmetic, which people cannot.

Activity 4: 1. (a) One fixed Shabbos a month each, same senior, written on a grid; pairs so a missed week is covered quietly; the missed girl takes the next open slot without a speech. (b) "Fifteen blazing visits in January and then nobody is worse than one a month forever. The senior needs our Shabbos, not our bonfire." 2. Debt turns a missed day into avoidance; girls start hiding from the chart. Removing shame keeps the door open to return. 3. Open; look for correct sizing logic.

Activity 5: 1. PEREK. 2. SEFER. 3. GRID. 4. BUDDY.



Activity 6: 1-c, 2-b, 3-d, 4-a.

Activity 7: TEHILLIM row 1 columns 1-8; PEREK row 2 columns 1-5; SEFER row 3 columns 1-5; GRID row 4 columns 1-4; BUDDY row 5 columns 1-5; DAILY row 6 columns 1-5; CIRCLE row 7 columns 1-6; RESUMED row 8 columns 1-7

Activity 8: Open response; look for all four design elements (small, owned, backed, shame-free) mapped onto the chosen commitment.