



CONSTRUCTING YOUR TOOLBOX

Consider the following prompts and select five objects that represent the different “tools” that will support you while contending with antisemitism. The “tools” can be symbolic objects, texts, images, poems, quotes, memories, people, etc.

What tool will help me care for myself and others?

What tool will help me clarify my thinking?

What tool will give me strength and courage?

What tool will help me build connections with other people?

What tool will give me hope?

MY TOOLBOX

Does anything strike you about the five tools you selected? Did you have to leave any out?