



## **Piku-ach Nefesh** **(Saving a Life)**

***Easy at-home Jewish learning from the ISJL***

### **THE BIG IDEA: What is *Piku-ach Nefesh* (Saving a Life)?**

Saving a life might seem simple, but the topic of *piku-ach nefesh* (saving a life) is actually complicated. *Piku-ach nefesh* is a fundamental Jewish principle that says that the life of a person is so important that other major laws can be broken to keep someone in good health.

<https://www.youtube.com/watch?v=N-5hFUyxMTQ>

### **STORY: *The Passover Lamb***

Written by Linda Elovitz Marshall, *The Passover Lamb* is a book about how Miriam (Moses' sister) practiced *piku-ach nefesh* (saving a life) during the holiday of Passover. Click on the link below for a fun read-aloud of the book along with illustrations!

<https://www.youtube.com/watch?v=NSvs5-VvQqY&t=33s>

### **ACTIVITY: Build Your Own Superhero**

*Piku-ach nefesh* (saving a life) teaches us to save a person's life no matter what. Who do you know that saves people's lives? Using Play-Doh® or other molding clay at home, mold the figure of a real-life superhero that you admire. Some examples could include a doctor, a firefighter, a nurse, or anyone else you know that saves lives. Feel free to get messy with different colors of clay or use markers to add the color yourself!

### **FURTHER LEARNING: Navigating *Piku-ach Nefesh* (Saving a Life) For Yourself**

Currently, the whole world is practicing *piku-ach nefesh* (saving a life) by social distancing from our friends and loved ones. It might be difficult to spend so much time apart, but you can use this as an opportunity to reach out to the people you miss! Video call, text, or send a voice message to a friend or relative. Regular communication with those we love helps to keep us all connected.