

Mia Schem

Injured

Background :

Mia Schem, 21 years old, a French-Israeli dual national, was one of 105 hostages freed in November after 54 days in captivity. In addition to the psychological trauma that she (and all the hostages) has endured, Mia was shot in the arm and will have a long recovery.



Watching

[Link to youtube](#)

(25:45-30:05)

Mia got a new tattoo after her return, explaining on instagram:

"We will never forget 7.10.23. The pain and fear, the difficult images, the friends who will not return and those we must bring back. But we will win. We will dance again! Hamas terrorists want to extinguish our light. But they will never succeed. We will rise from the ashes. We will live. This is the history of our people. The people of Israel live. Am Israel Chai."

Activity Idea:

1- "We will dance again" has become a popular motto in Israel - especially amongst participants in the Nova festival - since October 7th and has been printed on shirts, jewelry, and hats. "We will dance again" is an expression of hope and resilience. Design your own 4-word slogan that would meaningfully express hope and resilience.

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There is a time for everything,
and a season for every activity under the heavens:
a time to be born and a time to die,
a time to plant and a time to uproot,
a time to kill and a time to heal,
a time to tear down and a time to build,
a time to weep and a time to laugh,
a time to mourn and a time to dance,
a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,
a time to search and a time to give up,
a time to keep and a time to throw away,
a time to tear and a time to mend,
a time to be silent and a time to speak,
a time to love and a time to hate,
a time for war and a time for peace.

Activity Idea:

2- Kohelet Chapter 3

Write a journal entry on the tension that Kohelet presents and how it relates to your experience since October 7th: