

Indices







Theme Index

Abbreviations
L Lev Year
R Ruach Year

K Kol Year
B Bena Year
Ko Koach Year

E Essence Sheet
FR Facilitator's Resource
H Handout

The references are arranged in the order in which they are encountered in the program—for instance, Kislev (L) before Shevat (L), and Shevat (L) before Kislev (K). Most of these activities or items referred to in the text also appear as supplementary materials at the end of each month.

A

Active listening	Sivan (L)
Activism, social	Adar I (L), Nisan (K), Closing (K), Kislev (Ko)
Acts of kindness	Kislev (R)
Affirmation	Iyar (L), Sivan (L), Kislev (K), Tevet (K)
Afikomen	Nisan (L-E), Nisan (R-E)
Anti-Semitism	Adar II (L)
Apocrypha	Kislev (L-E), Adar I (L-FR), Sivan (L-FR)
<i>Aseret Yemey Teshuvah</i> (Ten Days of Teshuvah)	Tishrey (L-E), Tishrey (L), Tishrey (Ko)
Assertive communication	Adar I (R)

B

Bat mitzvah	Heshvan (K)
Bat mitzvah groups, mother-daughter	Additional Materials
Beauty	Adar I (L-E), Adar I (L), Kislev (K)
Beauty industry	Kislev (K)

Bible, Hebrew (<i>Tanah</i>)	Adar I (L-FR), Sivan (L-FR)
<i>Birhot Hashahar</i> (Morning Blessings)	Tevet (L)
Blessings, creating	Kislev (B)
Blessings, morning	Tevet (L)
Blessings, over food	Additional Materials
Body as temple	Tevet (L)
Body image	Foreword, Tevet (L), Kislev (K)
Book of Esther (<i>Megilat Ester</i>)	Adar I (L-E), Adar I (L-FR), Adar I (R-E), Adar II (R), Adar (K-FR), Adar I (B-FR), Adar II (B)
Book of Ruth (<i>Megilat Rut</i>)	Sivan (L-E), Sivan (L), Sivan (L-FR)
Booths (Sukkot)	Tishrey (L-E)
Boundaries	Adar I (Ko)
Boys, girls' behavior around	Adar II (B)

C

Calendar, culinary	Closing (K-FR)
Calendar, Jewish	Opening (L), Opening (L-FR), Adar I (L-E), Tishrey (R-E), Calendars
Change, social	Nisan (K), Iyar (K), Closing (K)

Charity (<i>tzedakah</i>)	Nisan (L-E), Kislev (R), Adar II (R)	Death and mourning	Loss (Manual)
Closing celebration (<i>Siyum</i>)	Closing (R)	Development, girls'	Foreword
Communal responsibility	Adar II (R), Tishrey (B)	Diaspora	Ḥeshvan (K)
Communication skills	Adar I (R), Sivan (L), Sivan (R), Shevat (B), Adar I (Ko)	Dreydel	Kislev (L-E)
Community	Nisan (L), Opening (B), Tishrey (B)	E	
Confirmation	Sivan (L-E)	Eating disorders	Tevet (L), Adar I (Ko)
Conflict management	Adar I (R), Sivan (R), Adar (K-FR), Shevat (B), Nisan (B)	Elevating the everyday/ordinary	Kislev (B)
Consumerism	Kislev (R)	Emotions	Sivan (R)
Coping strategies for stress	Iyar (R)	Empowerment	Kislev (L), Adar I (R), Adar II (B)
Counting the Omer (<i>Sefirat Ha'omer</i>)	Nisan (L-E), Iyar (L-E), Iyar (R-E)	Environment, protection of	Shevat (L-E), Shevat (R)
Courage	Nisan (L), Adar II (R)	Envy	Ḥeshvan (R)
Covenants	Opening (B)	Ethical speech	Tishrey (L)
Cultural context	Foreword	Ethical wills	Tevet (R)
Creation, story of	Ḥeshvan (Ko-H)	<i>Etz Haim</i> (The Tree of Life [Torah])	Shevat (R-E)
Creativity	Nisan (L)	Exodus, women's roles in	Nisan (R)
Criticism, constructive	Tishrey (Ko)	F	
Critique, feminist	Adar (K)	Family history	Tevet (R)
D		Fasting	Tishrey (L-E)
Dangerous situations	Adar I (L-E), Adar (K)	Fast of Esther (<i>Ta'anit Ester</i>)	Adar I (L-E)
Daughter-parent relationships	Sivan (R)	Feedback	Tishrey (Ko)
Day of Atonement (Yom Kippur)	Tishrey (L-E), Tishrey (R), Tishrey (B), Tishrey (Ko)	Feelings, clarifying	Sivan (R-FR), Adar (K-FR)
		Feminist critique	Adar (K)
		Forgiveness	Tishrey (R)
		Four Questions (Four Children)	Nisan (B-FR), Nisan (B)
		Friendship	Iyar (L), Sivan (L), Ḥeshvan (R), Shevat (K), Adar (K)

G

General Day of Kaddish (<i>Yom Hakadish Haklali</i>)	Tevet (L-E), Tevet (R)
Gender issues	Adar II (B), Tevet (Ko-FR), Tevet (Ko), Shevat (Ko-FR), Adar I (Ko)
Gift-giving	Kislev (R)
Gifts to friends (<i>Mishloah Manot</i>)	Adar I (L-E), Adar II (R), Adar I (B-FR), Adar I (B)
Girlcotting	Adar I (L)
Giving to underprivileged (<i>Matanot Le'evyonim</i>)	Adar I (L-E), Adar I (L), Adar I (R)
Goal setting	Tishrey (K)
God, envisioning	Tishrey (R), Iyar (Ko)
Grief and loss	Loss (Manual)
Ground rules	Opening (L), Opening (L-FR), Opening (Ko)
Groups: development, dynamics, process	Tevet (B), Tevet (B-H), Nisan (B), Opening (Ko)
Growth, personal	Tishrey (L), Iyar (L)
Guardians of Our Souls (<i>Shomrot Neshamah</i>)	Shevat (R)

H

<i>Ḥag Habikurim</i> (Holiday of First Fruits)	Sivan (L-E)
<i>Ḥag Hakatzir</i> (Harvest Holiday)	Sivan (L-E)
<i>Hagadah, hagadot</i>	Nisan (L-E), Nisan (R-E), Nisan (R)

Ḥamsa	Ḥeshvan (K)
Ḥanukkah	Kislev (L-E), Tevet (L-E), Kislev (R-E), Tevet (R-E), Kislev (B), Tevet (B), Tevet (B-H), Kislev (Ko-FR)
Harvest Holiday (<i>Ḥag Hakatzir</i>)	Sivan (L-E)
Ḥassidism	Iyar (R)
<i>Havdalah</i>	Closing (Ko)
<i>Ḥevruta</i> (peer education, partner learning)	Adar (K), Iyar (K-FR), Iyar (K), Closing (B)
History timeline	Calendars
Holiday of First Fruits (<i>Ḥag Habikurim</i>)	Sivan (L-E)
Holidays, Jewish, and giving	Adar II (R)
Holocaust Memorial Day (<i>Yom HaShoah</i>)	Nisan (L-E)
Hoshanah Rabah	Tishrey (L-E)

I

Identity, Jewish	Adar II (L)
Identity, personal	Adar II (L)
Images of God	Tishrey (R)
Images of women	Adar I (L)
<i>Im Tirtzu</i> (If You Will It)	Tishrey (K)
Individuality	Tishrey (L-E)
Injustice	Adar II (R), Kislev (Ko)
Inner voice	Tishrey (B-FR), Tishrey (B)
Interpretation of biblical texts	Ḥeshvan (L)
Intimacy	Shevat (K), Adar (K), Shevat (Ko)
Introspection	Tishrey (K)

Israel Defense Forces Memorial Day (*Yom Hazikaron*) Iyar (L-E), Iyar (Ko)

Israel Independence Day (*Yom Ha'atzma'ut*) Iyar (L-E), Iyar (R-E), Iyar (K-FR), Iyar (B), Iyar (Ko)

J

Jealousy Heshvan (R)

Jerusalem Reunification Day (*Yom Yerushalayim*) Iyar (L-E)

Jewish calendar Opening (L), Opening (L-FR), Adar I (L-E), Calendars

Jewish identity Adar II (L)

K

Kabbalah Shevet (L), Adar II (L), Iyar (L-E), Sivan (L-E), Sivan (R-E)

Kaddish Loss (Manual)

Kaddish, General Day of (*Yom Hakaddish Haklali*) Tevet (L-E), Tevet (R)

Kenya, teenage girls in Iyar (K-FR), Iyar (K)

Ketubah Opening (B)

Kindness, acts of Kislev (R)

L

Labor movement Heshvan (B-FR), Heshvan (B)

Lag Be'omer Iyar (L-E)

Lamentations Adar I (L)

Lashon hara Tishrey (L), Iyar (L)

Lashon tov Tishrey (L)

Leadership roles, leadership styles Opening (B), Heshvan (B), Kislev (B), Adar I (B), Nisan (B), Closing (B), Opening (Ko); see also Groups

Letter-writing Tishrey (L), Adar I (L), Kislev (Ko)

Limits Adar I (Ko)

Listening, active Sivan (L), Shevat (B)

Loss and grief Loss (Manual)

M

Ma'ot Hitim (Wheat Money) Nisan (L-E), Nisan (R-E)

Matanot Le'evyonim (giving to underprivileged) Adar I (L-E), Adar I (L), Adar I (R), Adar II (R)

Materialism Kislev (R)

Meditation Shevat (L), Tishrey (B-FR), Tishrey (B)

Megilat Ester (Book of Esther) Adar I (L-E), Adar I (L-FR), Adar I (R-E), Adar II (R), Adar II (B)

Megilat Rut (Book of Ruth) Sivan (L-E), Sivan (L), Sivan (L-FR), Sivan (R-E)

Midot (Jewish virtues/values) Shevat (R)

Midrash, midrashim Opening (L), Heshvan (L)

Maimonides' Ladder of Tzedekah Kislev (R)

Miriam's Cup	Nisan (L-E), Nisan (L)
Miriam's Well	Heshvan (L), Shevat (L-E), Iyar (L-E), Shevat (R-E), Iyar (R-E), Iyar (K-FR)
<i>Mishloaḥ Manot</i> (gifts to friends)	Adar I (L-E), Adar II (R), Adar I (B-FR), Adar I (B)
Mission statement	Tishrey (K)
Mitzvah	Adar II (R)
Mitzvah project	Adar (K), Nisan (K-FR), Nisan (K), Iyar (K-FR), Iyar (K)
Mitzvot of Purim	Adar II (R)
Money	Kislev (R)
Moon	Opening (L)
Morning blessings (<i>Birḥot Hashaḥar</i>)	Tevet (L)
Mourning practices, Jewish	Loss (Manual)

N

Names, origin of	Tevet (R)
Nature	Shevat (L), Shevat (R)
Negative thoughts	Tevet (L)
New Year for the Trees (<i>Tu Beshvat</i>)	Shevat (L-E), Shevat (R-E), Shevat (B), Shevat (Ko)

O

Omer, Counting	Nisan (L-E), Iyar (L-E), Iyar (R-E)
Oppression	Adar I (L-E), Adar II (L)

P

Parent-daughter relationships	Sivan (R)
Passover (Pesah)	Nisan (L-E), Nisan (R-E), Nisan (K), Nisan (B), Nisan (Ko)
Passover rituals	Nisan (L), Nisan (R-E), Nisan (R), Nisan (B)
Personal growth	Tishrey (L), Iyar (L)
Pesah (Passover)	Nisan (L-E), Nisan (R-E), Nisan (K), Nisan (B), Nisan (Ko)
<i>Pirkey Avot</i> , explanation of	Opening (B)
Project planning	Heshvan (Ko), Heshvan (Ko-H); see also Mitzvah Project
Popularity	Iyar (L)
Poverty	Nisan (K)
Power	Adar II (B)
Prayers of gratitude	Tevet (L)
Prayers, morning	Tevet (L)
Prejudice	Adar II (L)
Purim	Adar I (L-E), Adar I (L), Adar II (L), Adar I (R-E), Adar I (R), Adar (K-FR), Adar (K), Adar I (B-FR), Adar I (B), Adar II (B), Adar I (Ko)
Purim collection (gifts to needy)	Adar I (L-E), Adar I (L), Adar I (R)

Purim Se'udah (Festive Meal) Adar I (L-E),
Adar I (R-E),
Adar II (L)

Ruth, Book of (*Megilat Rut*) Sivan (L-E),
Sivan (L-FR)

R

Rain	Shevat (L)
Reb Zuzya's Tale	Tevet (R)
Relationships	Shevat (K-FR), Shevat (K)
Relationships between girls	Heshvan (L), Adar (K), Shevat (B)
Relationships, daughter-parent	Sivan (R)
Relationships, romantic	Tevet (R), Shevat (K), Adar (K)
Relationships, unhealthy or abusive	Shevat (K), Adar (K), Shevat (B-H)
Repair of the world (<i>tikun olam</i>)	Adar II (R), Iyar (R), Opening (K)
Repentance	Tishrey (R)
Responsibility	Opening (B), Tishrey (B), Opening (Ko)
Risks	Foreword, Nisan (L)
Risk taking	Iyar (B)
Rites of passage, women's	Heshvan (K)
Rituals, Jewish	Heshvan (K)
Role models	Kislev (L), Tevet (R)
Rosh Hashanah	Tishrey (L-E), Opening (B), Tishrey (Ko)
Rosh Hodesh	Opening (L), Opening (K), Heshvan (Ko)
Rules, ground	Opening (L-FR), Opening (R), Opening (Ko)

S

Sabbath of Song (<i>Shabbat Shira</i>)	Shevat (L-E)
Safety, personal	Adar (K)
Scroll of Esther (<i>Megilat Ester</i>), reading of	Adar I (L-E), Adar I (R-E), Adar II (R), Adar (K-FR), Adar (K), Adar II (B)
<i>Se'udat Mitzvah</i>	Closing (R)
Seder, Passover	Nisan (L-E), Nisan (R-E), Nisan (R)
Sefer Torah	Closing (R)
<i>Sefirat Ha'omer</i> (Counting the Omer)	Iyar (L-E), Nisan (L-E), Iyar (R-E)
Self-appreciation	Tevet (L)
Self-awareness	Adar II (L), Tishrey (K)
Self-care	Tevet (K), Closing (K)
Self-defense	Adar I (R)
Self-expression	Nisan (L)
Self-reflection	Iyar (L-FR), Tishrey (R), Closing (R)
Self-respect	Adar I (L-E)
Self-worth	Foreword, Iyar (L)
Separation	Closing (Ko)
Sexuality, sensuality	Shevat (Ko-FR)
Shabbat	Iyar (R), Heshvan (Ko), Closing (Ko)
<i>Shabbat Shirah</i> (Sabbath of Song)	Shevat (L-E)
Shavuot (Feast of Weeks)	Sivan (L-E), Sivan (R-E)

<i>Sheḥinah</i> (female aspect of Divine)	Opening (L), Iyar (Ko-H)	<i>Tanaḥ</i> (Hebrew Bible)	Adar I (L), Adar I (L-FR), Sivan (L-FR)
<i>Sheloshim</i>	Loss (Manual)	<i>Tashliḥ</i> (casting away)	Tishrey (L-E)
<i>Shema</i> , chanting	Iyar (R)	Team building	Adar I (B)
Shemini Atzeret	Tishrey (L-E)	Temples (First and Second)	Opening (L-FR), Tevet (L-E), Tevet (R-E), Ḥeshvan (K), Kislev (B), Calendars
<i>Shir Hashirim</i> (Song of Songs)	Adar I (L), Nisan (L-E)	Ten Commandments	Sivan (L-E), Sivan (R-E), Sivan (R)
<i>Shivah</i>	Loss (Manual)	<i>Teshuvah</i> (changing ways, repentance, return, turning)	Tishrey (L-E), Tishrey (L), Tishrey (R), Opening (K), Tishrey (K), Tishrey (Ko)
Shofar	Tishrey (L-E), Tishrey (L)	<i>Tikun olam</i> (repair of the world)	Adar II (R), Iyar (R), Opening (K)
<i>Shomrot Neshamah</i> (Guardians of Our Souls)	Shevat (R)	Timeline of ancient Jewish history	Calendars
<i>Simanim</i> (good omens)	Tishrey (R-E)	Torah	Ḥeshvan (L), Sivan (L-E), Shevat (R-E)
Simḥat Torah	Tishrey (L-E)	Tree of Life (<i>Etz Ḥaim</i> [Torah])	Shevat (R-E)
Sisterhood	Ḥeshvan (R)	Tree planting	Shevat (L-E), Shevat (R-E)
<i>Siyum</i> (closing celebration)	Closing (R)	Trees, New Year for	Shevat (L-E), Shevat (R-E),
Social activism	Adar I (L), Nisan (K), Closing (K), Kislev (Ko)	Tu Beshevat (15th of Shevat)	Shevat (L-E), Shevat (R-E), Shevat (R), Shevat (B), Shevat (Ko)
Song of Songs (<i>Shir Hashirim</i>)	Adar I (L), Nisan (L-E)	<i>Tzedakah</i> (charity)	Nisan (L-E), Kislev (R), Adar II (R), Nisan (R-E)
Song, Sabbath of (<i>Shabbat Shira</i>)	Shevat (L-E)	<i>Tzom Gedalyah</i> (Fast of Gedalyah)	Tishrey (L-E)
Speaking up, speaking out	Kislev (Ko), Tevet (Ko)		
Speech, ethical	Tishrey (L)		
Status	Kislev (R)		
Stereotypes	Iyar (Ko)		
Stress	Iyar (R), Tevet (K), Nisan (Ko)		
Sukkot (Booths)	Tishrey (L-E)		
T			
<i>Ta'anit Ester</i> (Fast of Esther)	Adar I (L-E)		
Talmud	Opening (L)		

U

Uprising of the
Twenty-Thousand Heshvan (B)

V

Values, Jewish (*Midot*) Shevat (R),
Kislev (B)

Voice, inner Tishrey (B)

Voting, types of Nisan (K),
Heshvan (Ko)

W

Water Shevat (L)

Weeks, Feast of (*Shavuot*) Sivan (L)

Well-being Shevat (R),
Adar I (R)

Wheat Money (*Ma'ot Hittim*) Nisan (L-E),
Nisan (R-E)

Women, images of Adar I (L)

Women's holiday
(*Rosh Hodesh*) Opening (L),
Opening (K),
Heshvan (Ko)

Women's roles in Exodus Nisan (R)

Y

Yom Ha'atzma'ut
(Israel Independence Day) Iyar (L-E),
Iyar (R-E),
Iyar (K-FR),
Iyar (B),
Iyar (Ko)

Yom Hakadish Haklali
(General Day of Kaddish) Tevet (L-E),
Tevet (R-E),
Tevet (R)

Yom HaShoah
(Holocaust Memorial Day) Nisan (L-E)

Yom Hazikaron (Israel Defense
Forces Memorial Day) Iyar (L-E),
Iyar (Ko)

Yom Hazikaron
(Day of Remembrance,
Rosh Hashanah) Tishrey (L-E),
Opening (B),
Tishrey (Ko)

Yom Kippur
(Day of Atonement) Tishrey (L-E),
Tishrey (R),
Tishrey (B),
Tishrey (Ko)

Yom Yerushalayim
(Jerusalem Reunification
Day) Iyar (L-E)

Yom Teruah (Day of
Sounding the Shofar,
Rosh Hashanah) Tishrey (L-E)



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CARDS

Affirmation	Iyar (L), Sivan (L), Kislev (K), Tevet (K)
<i>Bal Tashhit</i> : Do Not Destroy	Shevat (R)
Change Agent	Closing (K)
Elements	Shevat (L)
Feedback Practice	Tishrey (Ko)
Feel Fabulous	Tevet (L)
Fortune Cookies, Jewish	Closing (K)
Friendship Quotes	Sivan (L)
I Feel Good	Shevat (Ko)
I'll Take the Lead	Opening (B)
Inner Voice	Tishrey (B)
Is It Yes or Is It No?	Adar I (Ko)
Jewish Fortune Cookies	Closing (K)
Leadership Deck	Opening (Ko)
Leadership Styles	Heshvan (B)
Lifeline	Nisan (K)
Listen Up Roles	Shevat (B)
Living Leadership	Heshvan (B)
<i>Midot</i>	Shevat (R)
More About Miriam	Nisan (L)
My Leadership Aspirations	Closing (B)
Ooh La La	Nisan (Ko)
Order from Chaos	Tevet (B-FR), Tevet (B)
Parents	Sivan (R)

Planning Steps	Heshvan (Ko)
Roles for Group Games	Tevet (B)
Rosh Hodesh	Opening (L)
Sexual Being	Shevat (Ko)
Sob Story	Sivan (L)
Stress-Taming	Tevet (K)
Torah and Midrash	Heshvan (L)
<i>Tzedakah</i>	Kislev (R)
Wise Words	Tishrey (L)
Women of Valor	Kislev (L)

COOKING

Chocolate chip cookies	Shevat (Ko-FR)
Chocolate fondue	Shevat (Ko-FR)
Fruit salad	Shevat (Ko-FR)
Gifts for friends	Adar II (R)
Hamantaschen	Adar II (R), Adar I (B-FR), Adar I (B)
Sundaes	Sivan (L)

CRAFTS

Activist portrait	Closing (K)
Boxes, <i>shalom bayit</i>	Sivan (R)
Dream Pillowcases/T-shirt	Tishrey (K)
Friendship pins	Heshvan (R)
<i>Hamsa</i>	Heshvan (K)
IOU coupons	Kislev (R)
Know Before Whom You Stand	Heshvan (Ko)
Masks	Adar II (L)
Matchbox covers	Kislev (B)
<i>Megilot</i>	Adar I (L)
Miriam's Cup	Nisan (L)

<i>Mishloah manot</i>	Adar I (B)
<i>Moonbook</i> (collective journal)	Opening (K)
Omer bracelets	Iyar (L)
Painted rocks	Closing (R)
Pillowcase, Dream	Tishrey (K)
Piñata	Nisan (Ko-FR)
Rainsticks	Shevat (L)
Rosh Hodesh Cloth, creation of	Opening (L), Opening (K)
Rocks, painted	Closing (R)
Safety Net Web	Iyar (B)
<i>Shalom bayit</i> boxes	Sivan (R)
Social action images on Rosh Hodesh Cloth	Adar II (R)
T-shirt, Dream	Tishrey (K)
Votive candle holders	Kislev (B)

DRAMA AND ROLE PLAY

Create Your Own <i>Midrash</i>	Heshvan (L)
I'm on My Way	Closing (Ko)
<i>Lashon hara</i> skit	Tishrey (L)
Living Leadership	Heshvan (B)
Miriam's Story	Nisan (L)
RoHo-mercials	Opening (R)
Shushan Today	Adar I (Ko)
Stress-Taming skit	Tevet (K)
Theatre games	Iyar (B-FR), Iyar (B)
What Would You Do?	Shevat (B)
Women Belong in the House	Tevet (Ko)
Worst ____ Ever	Closing (Ko)

GAMES

All Aboard	Tevet (B)
Circle Game	Opening (R), Opening (K)
Dance Moves	Opening (Ko)
Detective (Find the Leader)	Opening (B)
Electricity	Opening (Ko)
A Girl's Story	Nisan (K)

Go Fish for the Right Relationship	Shevat (K)
Guess Your Partner	Opening (R)
Ha Ha	Tevet (K)
Human Indicator	Kislev (Ko)
Human Knot	Tevet (B)
Mirrors	Opening (Ko)
One, Two, Buckle Your Shoe	Opening (Ko)
Social Activism Matching	Kislev (Ko)
Story Without Words	Tevet (B)
Telephone	Shevat (B)
Theatre games	Iyar (B-FR), Iyar (B)
Trust Fall	Iyar (B)
Two Truths and a Lie	Opening (R)
Weaving a Web	Opening (K)
You'll Flip	Tevet (B)

GROUP PROCESS & PROJECTS

Cool Rules (Group Guidelines)	Opening (L), Opening (R)
Help, I Need Somebody checklist	Opening (Ko)
Ketubah, Group	Opening (B), Closing (B)
Leadership Sign-up Sheet	Opening (B)
Leadership Deck	Opening (Ko)
Mitzvah Project	Adar (K), Nisan (K-FR), Iyar (K)
Program Planning Template	Heshvan (Ko-H)
Rosh Hodesh Cloth, creation of	Opening (L), Opening (K)
Rosh Hodesh Gathering Plan Template	Heshvan (Ko-H)
Welcoming Guests	Adar I (B)

INVENTORIES, SELF-ASSESSMENTS, QUIZZES & LISTS (ALSO SEE "WRITING")

Appreciation candles	Kislev (R)
Balloon with negative ideas	Tevet (L)
Battling the Beauty Bullies	Kislev (K)
Circles of Intimacy	Shevat (Ko)
Four Children	Nisan (B)
Friendship quotations	Shevat (K)
Everyone's a Critic	Tishrey (Ko)
Help, I Need Somebody checklist	Opening (Ko)
Jewish Identity List	Iyar (Ko)
Jewish Principles	Shevat (K)
<i>Megillah</i> of Safety	Adar (K)
Mitzvah Mission Mishap	Nisan (B)
Personal Motivations Inventory	Adar I (Ko)
PIC-UPS	Tevet (K)
Rice-cracker crumbling	Tishrey (R)
Risk-Taking Inventory	Iyar (B)
"Shattered" vessels/candles (<i>tzim tzum</i>)	Adar II (R)
Stress-busters	Iyar (R)
Tips for Overcoming Stress	Nisan (Ko-H)
To Get You Thinking	Tishrey (K)
V.A.C.O.	Heshvan (B)

MEDITATION/VISUALIZATION

Finding Your Inner Voice	Tishrey (B-FR), Tishrey (B)
Forgiveness	Tishrey (R)
Nature	Shevat (L)
A Night at Cooper Union	Heshvan (B)
Relaxation	Tishrey (B-FR), Tishrey (B)

MISCELLANEOUS

Gifts for the less privileged	Adar II (R)
Girls' Seder	Nisan (R)
Observing the Moon	Opening (L)
"Shattered" vessels/candles (<i>tzim tzum</i>)	Adar II (R)

MOVEMENT

Circle Massage	Iyar (R)
Meeting and Moving	Opening (R)
Morning Blessings	Tevet (L)
Shevat Charades (Four Worlds)	Shevat (L)
Secure-Squelched-Squashed	Adar (K)
Self-defense	Adar I (R)
Sweatshop Machine	Heshvan (B)
Torah Yoga	Tevet (L)

SUBGROUPS

Creative Seder	Nisan (R)
Dear (R) Abby advice (<i>Ma La'asot</i>)	Shevat (K-FR), Shevat (K)
Gifts and Goals	Opening (K)
The Girls of Kibera, Kenya (<i>Hevruta</i>)	Iyar (K)
God Thoughts	Tishrey (R)
Hagadot of Our Own	Nisan (R)
If You Will It	Tishrey (K)
Jewish Teachings on Money	Kislev (R)
Jewish Rituals and Practices	Heshvan (K)
Maimonides' Ladder	Kislev (R)
Money, Jewish teachings on <i>Megillat</i> (relationship examples)	Adar (K)
Paired Listening	Sivan (L)
Parents	Sivan (R)
Secure-Squelched-Squashed (<i>Hevruta</i>)	Adar (K)
S.M.A.R.T. interviews	Tishrey (K)
Sob Story	Sivan (L)
Teen stress	Iyar (R)

WRITING (ALSO SEE "INVENTORIES, ETC.")

Beat the Stress (guided journal)	Tevet (K), Shevat (K)
Blessings	Kislev (B)
Create Your Own <i>Midrash</i>	Heshvan (L)

Envisioning God	Iyar (Ko)
Ethical Wills	Tevet (R)
“Girlcotting” letters	Adar I (L)
Gratitude journal	Heshvan (R)
I Am – I Am Not	Adar II (B)
I Am a Wonderful Woman	Closing (Ko)
Ketubah, Group	Opening (B), Closing (B)
“Letter of Life”	Tishrey (L)
Letters of affirmation	Closing (R)
Letter Writing Tips	Kislev (Ko-H)
Meditation Journal	Tishrey (B)
<i>Midot</i> cards	Shevat (R)
Mission statements	Tishrey (K)
Mitzvah Project	
Research Notes	Nisan (K)
Poems about loss	Loss (Manual)
Program Planning Template	Heshvan (Ko-H)
Reminder to Self	Iyar (K)
<i>Shomeret Adamah</i> (Guardian of Earth)	Shevat (R)
<i>Shomeret Neshamah</i> (Guardian of Soul)	Shevat (R)
S.M.A.R.T. timeline	Tishrey (K), Heshvan (K)
Social networking page	Kislev (L)
Who Is Powerful?	Adar II (B)
Wonderful Women	Kislev (B)



Names Index

Abbreviations
L Lev Year
R Ruach Year

K Kol Year
B Bena Year
Ko Koach Year

E Essence Sheet
FR Facilitator's Resource
H Handout

The references are arranged in the order in which they are encountered in the program—for instance, Kislev (L) before Shevat (L), and Shevat (L) before Kislev (K). Most of these activities or items referred to in the text also appear as supplementary materials at the end of each month.

A

Aaron	Shevat (L-E), Nisan (L-E), Nisan (L)
Abigail	Tishrey (L-E)
Abraham	Opening (L-FR), Tishrey (L-E), Heshvan (L), Iyar (L-E)
Abzug, Bella	Tevet (Ko-H)
Adam	Tishrey (L-E)
Agnon, S. Y.	Loss (Manual)
Ahashverosh (Ahashuerus), King	Kislev (L-E), Adar I (L-E), Adar (K-FR), Adar I (B-FR), Adar I (Ko-H)
Akiva, Rabbi	Nisan (Ko-FR)
Angelou, Maya	Adar II (B-H)
Antigonus of Socho	Heshvan (Ko-H)
Antiochus, King	Kislev (L-E), Kislev (L-FR), Kislev (R-E), Kislev (B), Kislev (Ko)
Asher	Heshvan (L-H), Heshvan (R-H)
Azariah, Manachem	Tishrey (L-E)

B

Bacall, Lauren	Nisan (L)
Bahya ibn Pakuda	Tevet (L)
Bar Pappa	Closing (R)
bar Yohai, Shimon	Sivan (R)
Ben Hay Hay	Opening (Ko)
Ben Sira	Sivan (R-H)
Ben Zoma	Closing (Ko)
Benayah ben Yehoyada	Nisan (Ko-FR)
Benjamin	Heshvan (L-E), Heshvan (L-H), Heshvan (R-E), Heshvan (R-H)
Betty (Amy and Elizabeth Ziff)	Tevet (B-H), Adar I (B-H)
Bilhah	Heshvan (L-E), Heshvan (L-H), Heshvan (R-E), Heshvan (R-H)
Bleyer, Jennifer	Heshvan (Ko-H)
Boaz	Sivan (L-E), Sivan (L)
Bruce, Lenny	Heshvan (Ko-H)

C

Carter, Nell	Nisan (L)
Chicago, Judy	Closing (K), Iyar (B-FR), Iyar (B-H), Closing (B-H)
Copeland, Rabbi Mychal	Opening (Ko)

D

Dan	Ḥeshvan (L-H), Ḥeshvan (R-H)
David, King	Opening (L-FR), Shevat (L-E), Sivan (L-E), Sivan (L)
Deborah (judge)	Tishrey (L-E), Kislev (L-E), Shevat (L-E), Iyar (L-E)
Deborah (nurse)	Shevat (L-E), Iyar (L-E)
Dinah	Ḥeshvan (L-H), Adar I (L-E), Ḥeshvan (R-H), Adar I (R)

E

Elazar ben Azariah, Rabbi	Ḥeshvan (Ko-H)
Eleazar ben Judah, of Worms	Kislev (L-H)
Eliezar (servant)	Iyar (L-E)
Eliezar, Rav	Opening (L)
Elion, Gertrude Belle	Kislev (L-H)
Elkanah	Tishrey (L-E)
Ensler, Eve	Shevat (Ko-H)
Esther (Ester)	Tishrey (L-E), Kislev (L-E), Shevat (L-E), Adar I (L-E), Adar I (L), Adar II (L), Adar I (R-E), Adar I (R), Adar II (R), Adar (K-FR), Adar I (B-FR), Adar II (B), Adar I (Ko)
Eve	Tishrey (L-E)

F

Faludi, Susan	Adar I (L)
Ferrell, Trevor	Kislev (B)
Frank, Anne	Closing (K), Kislev (B-H), Tishrey (B-H), Tishrey (B-FR)
Frank, Ray (Rachel)	Kislev (Ko)
Franklin, Rosalind	Tishrey (B-H), Tishrey (B-FR)
Friedan, Betty	Kislev (L-H), Closing (K), Adar I (B)
Friedman, Debbie	Tishrey (K), Closing (B-H)
Fromm, Erich	Adar II (B)
Fromm-Reichmann, Frida	Kislev (L-H)

G

Gad	Ḥeshvan (L-H), Ḥeshvan (R-H)
Gedalyah Ben Achikam	Tishrey (L-E)
Gilligan, Carol	Adar II (B-H)
Goldberg, Natalie	Nisan (Ko-H)
Goldman, Emma	Tishrey (Ko-H), Ḥeshvan (Ko-H)
Gordimer, Nadine	Closing (K)
Greenberg, Joanne	Closing (Ko)

H

Hagar	Tishrey (L-E), Iyar (L-E)
Halafta, Rabbi	Tevet (B-H)
Haman	Adar I (L-E), Adar II (R), Adar (K-FR), Adar I (Ko), Adar I (Ko-H)
Hammer, Chaya ("Chicken Lady")	Closing (K), Kislev (B), Adar I (B), Closing (B-H), Closing (Ko)

Hanina ben Dosa, Rabbi	Iyar (B-H)
Hannah	Tishrey (L-E), Kislev (L-E), Kislev (L), Kislev (L-FR), Iyar (L-E)
Harter, Susan	Adar I (L)
Hawn, Goldie	Nisan (L)
Hayden, Melissa	Nisan (L)
Herzl, Theodor	Tishrey (K)
Heschel, Rabbi Abraham Joshua	Closing (K)
Hillel	Opening (L-E)
Hirsch, Samson Raphael	Shevat (R-H)
Hoffman, Anat	Kislev (Ko-H)
Hollander, Vicki	Opening (K-FR)
Holofernes, General	Kislev (L-E), Kislev (L-FR), Kislev (R-E), Kislev (K)
Huldah	Tishrey (L-E)

I

Isaac	Opening (L-FR), Tishrey (L-E), Iyar (L-E)
Ishmael	Tishrey (L-E)
Issachar	Heshvan (L-H), Heshvan (R-H)
Izen, Shulamith (Shula)	Adar I (Ko-H)

J

Jacob	Opening (L-FR), Heshvan (L-E), Heshvan (L-H), Iyar (L-E), Heshvan (R-H)
Jethro (Moses' father-in-law)	Adar I (B)
Johebed	Nisan (L-E)
Joseph	Heshvan (L-E), Heshvan (L-H), Heshvan (R-E), Heshvan (R-H)
Joshua	Adar I (L-E)

Judah (son of Leah)	Heshvan (L-H), Shevat (L-E), Heshvan (R-H)
Judah the Maccabee	Kislev (L)
Judith	Kislev (L-E), Kislev (L), Kislev (L-FR), Kislev (R-E), Heshvan (K), Kislev (K), Kislev (Ko)

K

Khazzoom, Loolwa	Kislev (L-H)
Kohlberg, Lawrence	Adar II (B-H)
Kudrow, Lisa	Nisan (L)
Kunin, Madeline	Kislev (L-H), Closing (K)

L

Laban	Heshvan (L-H), Heshvan (R-H)
Lampert, Sydney	Nisan (B-H), Closing (B-H)
Landers, Ann	Heshvan (Ko-H)
Lazarus, Emma	Heshvan (L-E), Heshvan (L), Kislev (L-H)
Leah	Opening (L-FR), Tishrey (L-E), Heshvan (L-E), Heshvan (L), Heshvan (L-H), Adar I (L-E), Heshvan (R), Heshvan (R-H)
Lemlich, Clara	Closing (K), Heshvan (B), Adar I (B), Iyar (B), Closing (B-H), Kislev (Ko), Closing (Ko)
Lerman, Liz	Iyar (Ko-FR), Iyar (Ko-H)
Levi	Heshvan (L-H), Heshvan (R-H)

Levy, Naomi	Iyar (Ko-FR)	Tishrey (B-H), Tishrey (B-FR)
Lilith	Tishrey (L-E)	
Loeb, Lisa	Nisan (L)	Mordehai
Luria, Yitzchak	Adar II (R)	Adar I (L-E), Adar II (L), Adar II (R), Adar (K-FR), Adar I (B), Adar II (B), Adar I (Ko), Adar I (Ko-H)
M		
Maccabees	Opening (L-FR), Kislev (L-E), Kislev (L), Kislev (R), Kislev (R-E), Kislev (B), Kislev (Ko)	Morgan, Robin
Maimonides (Rambam)	Opening (L-FR), Kislev (R), Kislev (R-H), Iyar (Ko)	Moses
Mattathious (Matityahu)	Kislev (L)	Opening (L-FR), Shevat (L-E), Nisan (L-E), Nisan (L), Tevet (R-FR), Adar I (B)
Meir, Golda	Kislev (B-H), Adar I (B), Adar I (B-H), Iyar (B), Closing (B-H)	N
Meir, Rabbi	Kislev (B-H), Adar II (B-H)	Nachman of Bratslav, Rabbi
Mendes Nasi, Dona Gracia	Kislev (Ko)	Kislev (L-H), Shevat (R-H), Iyar (R), Kislev (B-H)
Mendilow, Myriam	Closing (K), Kislev (B), Adar I (B), Closing (B-H)	Naomi
Messing, Debra	Nisan (L)	Sivan (L-E), Sivan (L), Sivan (L-FR), Sivan (R-E)
Messinger, Ruth	Opening (K), Closing (K), Tishrey (B-H), Tishrey (B-FR)	Naphtali
Meyerhoff, Barbara	Kislev (L-H)	Heshvan (L-H), Heshvan (R-H)
Midler, Bette	Nisan (L)	Natan, Rabbi
Miriam	Opening (L-FR), Tishrey (L-E), Shevat (L-E), Nisan (L-E), Nisan (L), Iyar (L-E), Shevat (R-E), Nisan (R-E), Iyar (R-E),	Nebuchadnezzar
		Kislev (L-FR), Tevet (L-E)
		Ner-David, Haviva
		Kislev (L-H)
		Nevelson, Louise
		Kislev (L-H), Tishrey (B-H), Tishrey (B-FR)
		Nin, Anais
		Iyar (B-H)
		Nudel, Ida
		Kislev (Ko)
		O
		Orenstein, Peggy
		Adar I (L)
		Orpah
		Sivan (L-E), Sivan (L)
		Ozick, Cynthia
		Iyar (Ko-FR)

P

Paltrow, Gwyneth	Nisan (L)
Pappa, Rav	Closing (R)
Peninah	Tishrey (L-E)
Perlman, Ina	Closing (K)
Pharaoh's daughter	Nisan (L-E), Nisan (L)
Philo	Tevet (L-E), Tevet (R-E)
Picon, Molly	Nisan (L)
Piercy, Marge	Adar I (Ko-H)
Pogrebin, Letty Cottin	Kislev (B-H), Adar I (Ko-H)
Polier, Justine Wise	Kislev (L-H)
Portman, Natalie	Nisan (L)
Puah	Nisan (L-E)

R

Rachel	Opening (L-FR), Tishrey (L-E), Heshvan (L-E), Heshvan (L), Heshvan (L-H), Iyar (L-E), Heshvan (R), Heshvan (R-E) Heshvan (R-H)
Radner, Gilda	Kislev (B-H)
Rambam (Maimonides)	Opening (L-FR), Kislev (R), Kislev (R-H), Iyar (Ko)
Rashi (Rabbi Shlomo Yitzaki)	Opening (L-FR)
Rebecca	Opening (L-FR), Tishrey (L-E), Heshvan (L-FR), Kislev (L-E), Iyar (L-E)
Reddy, Helen, and Burton, Ray	Adar II (B-H)
Reichl, Ruth	Tishrey (Ko)
Remen, Rachel Naomi	Shevat (B-H)
Resnick, Judith	Kislev (L-H)

Reuben	Heshvan (L-H), Heshvan (R-H)
Rivers, Joan	Tishrey (Ko-H)
Rosenfeld, Bobbie	Kislev (L-H)
Ruth	Adar I (L-E), Sivan (L-E), Sivan (L), Sivan (L-FR), Sivan (R-E), Tishrey (B-H), Tishrey (B-FR)
Ruykeyser, Muriel	Opening (B-H), Tevet (B-H)

S

Salanter, Rabbi Israel	Kislev (K), Kislev (B-H)
Sarah	Opening (L-FR), Tishrey (L-E), Heshvan (L-E), Kislev (L-E), Tevet (L-E), Iyar (L-E)
Seaman, Barbara	Closing (K), Tishrey (B-H), Tishrey (B-FR)
Schneiderman, Rose	Closing (K), Heshvan (B), Adar I (B), Closing (B-H)
Scott, Alexandra "Alex"	Kislev (B)
Sendler, Irena	Kislev (L-H)
Senesh, Hannah	Heshvan (L-E), Heshvan (L), Iyar (B-H), Closing (B-H)
Shehinah (feminine aspect of God)	Iyar (Ko-H)
Shifra	Nisan (L-E)
Shimon bar Yohai	Sivan (R)
Shimon Ben Elezar, Rabbi	Shevat (B-H)
Silverstone, Alicia	Nisan (L)
Simeon	Heshvan (L-H), Heshvan (R-H)
Sofer, Rena	Nisan (L)

Sokolow, Anna	Nisan (L)
Solomon, Debra	Opening (Ko)
Solomon, Hannah Greenbaum	Ḥeshvan (B-H)
Solomon, King	Tevet (R-FR), Nisan (Ko-FR)
Steinberg, Naomi	Closing (K)
Steiner-Adair, Catherine	Kislev (K)
Streisand, Barbra	Nisan (L), Nisan (Ko-H), Closing (Ko)
Szold, Henrietta	Tishrey (B-H)

T

Tamar	Shevat (L-E)
Tarfon, Rabbi	Opening (K)
Telushkin, Joseph	Tishrey (L-E)
Thatcher, Margaret	Opening (Ko)

U

Uzziah	Kislev (L-FR)
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V

Vashti, Queen	Adar I (L-E), Adar I (R), Adar (K-FR), Adar I (Ko), Adar I (Ko-H)
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W

Wald, Lillian D.	Kislev (L-H)
Walters, Barbara	Nisan (L)
Wasserstein, Wendy	Nisan (B)
Westheimer, Dr. Ruth	Shevat (Ko-H)
Werbemacher, Hannah Rachel (Maid of Ludomir)	Tishrey (B-H), Tishrey (B-FR), Closing (B-H)
Wharton, Edith	Kislev (B)
Wiseman, Rosalind	Shevat (B-H), Closing (B-H), Closing (Ko)
Wolf, Naomi	Adar I (L)

Women of the Wall	Kislev (Ko)
Wrobel, Eta	Closing (K)

Y

Yael	Shevat (L-E)
Yochanan ben Zakkai	Shevat (R-H)
Yoheved (Jochebed)	Nisan (L-E)
Yeziarska, Anzia	Ḥeshvan (L-E)
Yisrael	Tishrey (R)
Yitzaki, Rabbi	
Shlomo (Rashi)	Opening (L-FR)
Yoakim	Kislev (L-FR)
Yoheved (Moses' mother)	Closing (K)

Z

Zebulun	Ḥeshvan (L-H), Ḥeshvan (R-H)
Zelophehad's daughters	Closing (K)
Zeresh (Haman's wife)	Adar I (Ko), Adar I (Ko-H)
Ziff, Amy and Elizabeth (Betty)	Tevet (B-H), Closing (B-H)
Zilpah	Ḥeshvan (L-E), Ḥeshvan (L-H), Ḥeshvan (R-E), Ḥeshvan (R-H)
Zuckerman, Roni	Tevet (Ko-H)
Zusya, Reb	Tevet (R-FR)



IT'S A GIRL SING! CD

Songs

MONTH	SONGS	THEMES
Elul	Prayer for the New Month - Linda Hirschhorn	New Month
Elul	Beautiful - Christina Aguilera	Positive self-image
Tishrey	Guard My Tongue - Juliet I. Spitzer	<i>Lashon hara</i>
Tishrey	Cut Me Down - Julie Silver	<i>Lashon hara</i>
Ḥeshvan	Leah - Margot L. Stein	Jealousy; friendship/biblical women; Rachel and Leah
Kislev	Judith - G. Rayzel Raphael	Women's empowerment; Judith
Kislev	Light and Dark - Margot L. Stein	Women's empowerment; inner light
Tevet	Yoga Meditation Excerpt - Myriam Klotz	Sanctifying the body
Shevat	<i>Eretz Zavot Chalav</i> - Fran Avni	Natural blessings of Land of Israel
Shevat	A Way to Say Ah - Beth Schafer	Blessings of nature
Adar	She Said No - MIRAJ	Esther/Vashti (Purim)
Adar	Fun To Be Perfect - Four Bitchin' Babes	Superficial beauty
Nisan	By the Shores - G. Rayzel Raphael	Celebration; Miriam
Nisan	The Water in the Well - Debbie Friedman	Celebration; water
Iyar	Omer Song - Juliet I. Spitzer	Counting the Omer
Sivan	Song of Ruth - Juliet I. Spitzer	Friendship; Ruth and Naomi
Tamuz	Heroes - Ann Read	Women heroes
Tamuz	<i>Yesh Lanu Koach</i> - L. Hirschhorn (We've Got the Power)	Women's empowerment
Av	Where was God - Peri Smilow	Loss and grief

THEMES	MONTH	SONGS
Blessings of nature	Shevat	A Way to Say Ah - Beth Schafer
Celebration; Miriam	Nisan	By the Shores - G. Rayzel Raphael
Celebration; water	Nisan	The Water in the Well - Debbie Friedman
Counting the Omer	Iyar	Omer Song - Juliet I. Spitzer
Esther/Vashti (Purim)	Adar	She Said No - MIRAJ
Friendship; Ruth and Naomi	Sivan	Song of Ruth - Juliet I. Spitzer
Jealousy; friendship/biblical women; Rachel and Leah	Ḥeshvan	Leah - Margot L. Stein
<i>Lashon hara</i>	Tishrey	Cut Me Down - Julie Silver
<i>Lashon hara</i>	Tishrey	Guard My Tongue - Juliet I. Spitzer

Loss and grief	Av	Where was God - Peri Smilow
Natural blessings of Land of Israel	Shevat	<i>Eretz Zavat Chalav</i> - Fran Avni
New Month	Elul	Prayer for the New Month - Linda Hirschhorn
Positive self-image	Elul	Beautiful - Christina Aguilera
Sanctifying the body	Tevet	Yoga Meditation Excerpt - Myriam Klotz
Superficial beauty	Adar	Fun To Be Perfect - Four Bitchin' Babes
Women heroes	Tamuz	Heroes - Ann Read
Women's empowerment (We've Got the Power)	Tammuz	<i>Yesh Lanu Koach</i> - L. Hirschhorn
Women's empowerment; inner light	Kislev	Light and Dark - Margot L. Stein
Women's empowerment; Judith	Kislev	Judith - G. Rayzel Raphael

SONGS	MONTH	THEMES
A Way to Say Ah - Beth Schafer	Shevat	Blessings of nature
Beautiful - Christina Aguilera	Elul	Positive self-image
By the Shores - G. Rayzel Raphael	Nisan	Celebration; Miriam
Cut Me Down - Julie Silver	Tishrey	<i>Lashon hara</i>
<i>Eretz Zavat Chalav</i> - Fran Avni	Shevat	Natural blessings of Land of Israel
Fun To Be Perfect - Four Bitchin' Babes	Adar	Superficial beauty
Guard My Tongue - Juliet I. Spitzer	Tishrey	<i>Lashon hara</i>
Heroes - Ann Read	Tamuz	Women heroes
Judith - G. Rayzel Raphael	Kislev	Women's empowerment; Judith
Leah - Margot L. Stein	Heshvan	Jealousy; friendship/biblical women;
Rachel and Leah		
Light and Dark - Margot L. Stein	Kislev	Women's empowerment; inner light
Omer Song - Juliet I. Spitzer	Iyar	Counting the Omer
Prayer for the New Month - Linda Hirschhorn	Elul	New Month
She Said No - MIRAJ	Adar	Esther/Vashti (Purim)
Song of Ruth - Juliet I. Spitzer	Sivan	Friendship; Ruth and Naomi
The Water in the Well - Debbie Friedman	Nisan	Celebration; water
Where was God - Peri Smilow	Av	Loss and grief
<i>Yesh Lanu Koach</i> - L. Hirschhorn (We've Got the Power)	Tamuz	Women's empowerment
Yoga Meditation Excerpt - Myriam Klotz	Tevet	Sanctifying the body