The Gat Brothers - Happiness: LESSON PLAN
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LESSON AT A GLANCE
Students will identify the meaning of happiness from a personal perspective, as well as study the Jewish value of happiness from Jewish texts. By viewing the Gat brothers performance on Israel’s “Rising Star” TV show, students will identify how these two performers embody this Jewish value.

OBJECTIVES
• Students will define the term “happiness.”
• Students will identify times and situations in their lives when they feel happy.
• Students will identify how the Gat brothers, while performing on stage, embody the value of happiness.
• Students will explore Jewish texts that provide a deeper understanding of the term “happiness.”

ACTIVITIES
1. Write the word “happiness” on the board and ask students to write their own definition on a note card. Next, ask the students to use the other side of the notecard to complete this statement: “I feel happy when...” Direct students to focus on happiness related to utilizing a talent, a skill or a hobby.

2. In pairs, students share their definition of happiness and their real-life example of when they feel happy. Ask a few students to share their answers to “I feel happy when...” with the class. Write a few key examples on the board.

3. Watch the video of the Gat brothers singing Simon and Garfunkel’s “The Sounds of Silence” on Israel’s “Rising Star” TV show, an Israeli version of “American Idol.” Frame the viewing by asking the students to pay particular attention to the expressions on the Gat Brothers’ faces while they are performing.

4. Share with the students that Gil and Arie Gat won over the audience during this performance and have returned to the show. Then address students' responses about the singers in a class discussion. It is likely that the teacher will receive comments about their religious appearance and their talent. The teacher can decide how much time to spend elaborating upon the various comments. It may be necessary to direct the class to wonder what the Gat Brothers are thinking while they are performing and to watch the video again. The discussion should conclude with the point that the performers were smiling and clearly happy, probably because they were enjoying sharing their talents with the audience and happy while doing something they were good at.

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5. Share the article “The Gat Brothers—Happiness” with the students. Do they agree or disagree with the conclusion of the article? Are the Gat Brothers performing because this makes them happy? Discuss the value of personal satisfaction. Tie in any student examples of happiness mentioned earlier that relate to personal satisfaction. Examples: “I am happy when I am playing an instrument, playing a sport, painting, dancing, etc.” or “I’m happy when I help my little sister with her math homework.” How important is personal satisfaction in what you choose to do with your talents?

6. Students complete the accompanying handout either individually or in a small group. The handout ties in Jewish sources to the concepts discussed in the class. Then have students discuss their answers, focusing on applying the concept of happiness to their personal lives.

7. Optional Activity: Students pair up and interview each other about a time when they were able to share a talent or interest that gives them personal satisfaction. Each student should then write a short news article about their partner’s talent or interest.
The text, "THE GAT BROTHERS - HAPPINESS"

### Text #1:

Rabbi Nachman of Breslov, the founder of the Breslov Hasidic movement in the late 18th century, famously said: “It is a great mitzvah to always be in a state of happiness.” The term for happiness in Hebrew is simḥah.

1. How can a person always be in a state of simḥah?

2. What do you think Rabbi Nachman means by this statement?

3. Do you agree or disagree with Rabbi Nachman? Explain.

4. How do we see this text in the performance of the Gat brothers?

### Text #2:

Satisfy us in the morning with your kindness; then we shall sing out and rejoice throughout our days. *(Psalms: 90:14)*

In this quote, King David is telling us a valuable lesson: happiness is often a result of gratitude. If we are satisfied with the gifts given to us by the kindness of God, then we will want to sing out and rejoice.

1. How does this text apply to the Gat brothers?

2. How does this text apply to you?