Peulat Tsrif Tisha B’Av discussion questions:

* What is an object that means a lot to you? And why?
* How would you react if you lost or broke it?
* Think of a place/spot that means a lot to you. Where is it? What do you do there? How does it make you feel? Why is it special?
* What would it be like going back to that place and finding it destroyed?
* Different people react to being sad in different ways. How do you express sadness? What makes you sad?
* When was the last time you were sad?
* Why is it important to be sad sometimes?

A quote about sadness that relates to Etz Chayim:

“Sadness gives depth. Happiness gives height. Sadness gives roots. Happiness gives branches. Happiness is like a tree going into the sky, and sadness is like the roots going down into the womb of the earth. Both are needed, and the higher a tree goes, the deeper it goes, simultaneously. The bigger the tree, the bigger will be its roots. In fact, it is always in proportion. That's its balance.”