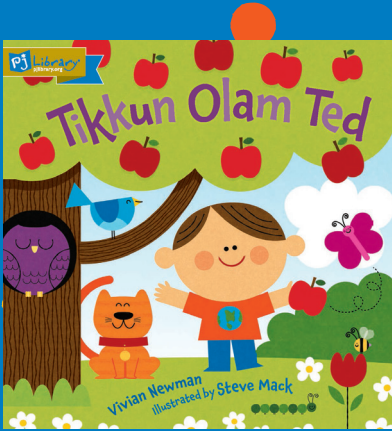


2019 - 2020



Shabbat



Taking care of the Earth

# Toddlers Resource Guide



## BIG IDEA

Shabbat is a day apart,  
a day of sacred time  
and space.



### Sign Language Shabbat

Written by Alisa Greenbacher  
& Jennifer Rosner

Photographs by Shelley Rotner

Illustrations by David Hyde Costello

Published by PJ Publishing



Shabbat - Sha-bat - שַׁבָּת



## Read

the book for Jewish values

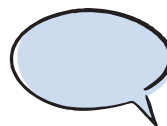
*And on the seventh day, God ...rested...from all His work...*

*And God blessed the seventh day and made it holy  
[separate from the other days]. Genesis 2:1-3*

Abraham Joshua Heschel, an important 20th century theologian, poetically describes Shabbat as “a palace in time” – a day that stands apart from the surrounding days of the week. The eagerly awaited Shabbat begins at sundown on Friday evening and continues through nightfall on Saturday evening. It is a day to take a break from the hectic pace of the work week and gather with family and friends to eat, drink, recite blessings, sing, read, nap, stroll, and enjoy the company of loved ones.

### Optional storytelling technique

Gather the ritual objects depicted in the book. Hold up each object and then sign each word. (Note: The sign is for the action associated with the object, such as **light** candles.) The next time you read the book, show the sign and see if children can point to the related object.



## Discuss

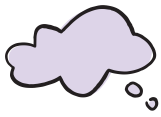
Jewish values with one another

### For the teacher's consideration

- How do you personally relax and rejuvenate?
- What practical steps might you take (even for an hour or two) to separate yourself from your work and the hectic pace of the week?
- What does the phrase “palace in time” mean to you?
- How does your Friday schedule change in order to make Shabbat feel “different” from other days of the week?

### Language to use with toddlers

- On Thursdays and Fridays say, “Shabbat is coming! I love Shabbat!”
- “We have been so busy this week. Let’s take time to calm down and do some Shabbat breathing.”
- “Let’s go on a Shabbat walk and look at all of the beautiful things in our world.”
- Get children excited about preparing for Shabbat. Try: “Let’s clean up our room for Shabbat. We can decorate and make it look like a palace” or “Help me set our beautiful Shabbat table.”



# Imagine

how values will come to life

## Fingerplay

"Shabbat Candles" by Diane Rauchwerger  
 Shabbat candles (*Both hands up, wiggle fingers*)  
 All aglow,  
 One, two, (*Pointer fingers up, one at a time*)  
 They burn so slow,  
 Lower, lower, (*Bend pointer fingers down, slowly*)  
 Out they go  
 Poof! (*Open both hands*)

## Music

It's Shabbat (Baby Shark parody)  
[bit.ly/shark-shabbat](http://bit.ly/shark-shabbat)  
 Shira Kobren's family blessing  
[bit.ly/Kobren-blessing](http://bit.ly/Kobren-blessing)



## Dramatic play

Turn your dramatic play area into a palace with lots of regal clothing and glittery fabric.



## How does your environment support a love of Shabbat?

### Gross motor, indoor and outdoor

Have a scavenger hunt for Shabbat ritual objects or take a pre-Shabbat walk and admire the world's beauty.

### Art

Enlist children's help in putting flowers into a vase.

### Sensory play and science

Fill your room with delicious smells for Shabbat. Try lavender foam, nutmeg play dough, or a cinnamon rice bin. Find instructions at [bit.ly/pjgts-shabbat](http://bit.ly/pjgts-shabbat).

The ultimate sensory play is kneading pre-made challah dough and smelling its delicious aroma as it bakes.

Find easy challah recipes here: [bit.ly/PJblog-challah](http://bit.ly/PJblog-challah)

### Social-emotional learning

Have a leisurely snack time and help children talk about their week. Talk about how it feels to prepare for Shabbat or what kinds of things children might do on the weekend with their families.



# Engage

families in conversations about values

## How can you deepen home-school relationships?

### Sing with me

Make recordings of music for families so they can sing Shabbat songs at home, as Shabbat guests in school, or in the car. Try PJ Library's Spotify Shabbat list: [bit.ly/PJ-Spotify-Shabbat](http://bit.ly/PJ-Spotify-Shabbat).

### Weekly flowers

Many schools provide challah each week for families who sign up. Why not try a weekly flower delivery?

### Something to write home about

Use any or all of this paragraph in your communication with families

Shabbat is described as a day of rest, but perhaps a better description is a day apart. Shabbat provides an opportunity to spend different and meaningful time with your family. Many Jewish families start Shabbat by blessing their children. Use the traditional blessing or make up your own. For more information, visit: [bit.ly/blessing-children](http://bit.ly/blessing-children).



Enlarge and laminate the photos in the book.\*  
 Hang them in your lobby or classroom sign-in spot.  
 Challenge families to make the signs with their child.  
 \*Thank you to PJ Publishing for permission to reproduce photos.

## More on this topic

### PJ Library books

*One, Two, Three Shabbat*  
 by Naomi Shulman

*Shabbat Shalom, Hey*  
 by Ann D. Kofsky

### Web article

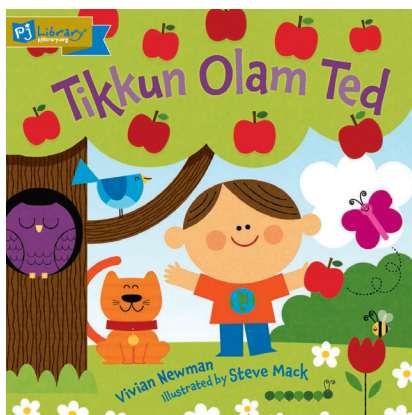
Shabbat for Kids

[pjlibrary.org/shabbat](http://pjlibrary.org/shabbat)



## BIG IDEA

Children are capable of taking care of the world.



### *Tikkun Olam Ted*

Written by Vivian Newman

Illustrated by Steve Mack

Published by Kar-Ben Publishing



Taking care of the Earth - *Ti-kun o-lam* - תיקון עולם



## Read

the book for Jewish values

Centuries before protecting the environment and global warming became hot topics, Jewish sages understood that the Earth's resources are limited. A famous *midrash* (legend) envisions God leading Adam and Eve through the Garden of Eden, saying: "See how beautiful my works are... Do not spoil and destroy My world; for if you do, there will be no one else to repair it." (Midrash on Ecclesiastes 7:13). According to this midrash, *tikkun olam*, often translated as "repair the world," involves appreciating the beauty of the world combined with protecting the world and its resources.

### Optional storytelling technique

Gather props for each day of the week in the book and focus on a different day each time you read. For example, when you read about...

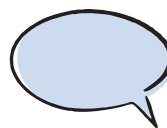
**Monday** – provide recycling bins for sorting color coordinated objects

**Tuesday** – rake leaves

**Wednesday** – walk stuffed dogs

**Thursday** – water plants or make bird feeders

**Friday/Shabbat** – light candles and take a rest



## Discuss

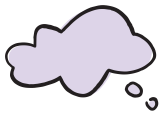
Jewish values with one another

### For the teacher's consideration

- What about the Earth inspires awe and wonder for you?
- In your classroom, how do you personally model caring for the Earth?
- What types of tikkun olam/caring for the Earth behaviors do you think toddlers and two can perform? What can you incorporate into your daily routines?

### Language to use with toddlers

- At snack or lunchtime, encourage children to deposit appropriate items into the classroom recycling bins, saying, "Let's do tikkun olam and take care of the Earth."
- "You just did tikkun olam by turning out the light." (or turning off the sink)
- Before planting seeds: "Our tikkun olam project today is planting new flowers to make the Earth beautiful."
- "When we take care of animals, we're helping to care for the Earth."



# Imagine

how values will come to life

## Music

“One Seed” by Laurie Brukner

[bit.ly/one-seed](http://bit.ly/one-seed)

“Rescue the Environment” by Lisa Litman

[bit.ly/rescue-environment](http://bit.ly/rescue-environment)

“The Garden Song” by David Mallet

[bit.ly/inch-by-inch-song](http://bit.ly/inch-by-inch-song)

## Dramatic play/gross motor

Play follow the leader and encourage children to mimic your actions. Start each action with “I’m going to do tikkun olam by…” Try raking leaves, watering plants, etc. Practice cleaning skills by enlisting children’s aid with sweeping, picking up trash, cleaning up the playground, and washing tables with baby wipes or sponges.

## Art

Make bird feeders using recycled materials.

## How does your environment support the value of taking care of the Earth?

### Sensory play/science

Make an ocean clean-up sensory bin. Using sand as the base, fill it with seashells, toy fish, and trash, such as pre-washed empty juice or yogurt containers. Ask children to remove the trash. Plant seeds or seedlings with the children for an herb or easy vegetable garden. Make watering plants part of your daily routine. Pick herbs and veggies from the garden to add to your snack or lunch.



### Outdoor play

Go on a nature walk. Take along a stick puppet of Tikkun Olam Ted. Help Ted recognize ways to take care of the Earth. Collect acorns and seed pods; put them in cans and experiment with sound.



# Engage

families in conversations about values

## How can you deepen home-school relationships?

### Idea swap

Let parents know that as part of your “Tikkun olam/take care of the Earth” theme you’re taking time to admire the wonders of nature. Put up a piece of paper in the classroom, asking parents to offer suggestions for where they might go in order to appreciate the wonders of nature with their child.

### Something to write home about

Use any or all of this paragraph in your communication with families

Tikkun olam, often translated as “repair the world,” includes the appreciation of and care for the Earth. Show your child how you already care for the Earth by watering your garden, turning off lights, or driving an electric car. How will your child help care for the Earth? You might visit a nature center, hang a bird feeder and watch the birds, or include your child in a lawn cleanup.



Ask families to send snacks or lunch in recyclable or reusable materials.

### More on this topic

#### PJ Library books

*26 Big Things Small Hands Can Do*  
by Coleen Paratore

*Take Care*  
by Madelyn Rosenberg

#### Web article

Prevent nature deficit disorder  
[bit.ly/no-nature-deficit](http://bit.ly/no-nature-deficit)

## Jewish values posters

Like PJ Library books, these Jewish value posters are intended to help stimulate conversation in the classroom. They are excellent reminders to connect everyday happenings to Jewish values. Change where and when you display the posters to keep the conversations going. Share how you use the posters to ensure that Jewish values are never “out of sight and out of mind” in your classroom.

- Hang posters as part of your print-rich environment to develop literacy
- Introduce a poster at morning meeting before or after reading a book with a similar theme
- Display the poster where you are likely to refer to its value
- Call attention to the poster and value when you see the value in action
- Ask the question on the poster in group discussion or with individuals
- Draw your families' attention to the poster and start a conversation

Go to the next page for  
your Jewish values posters.





Image from *Fridays are Special*.  
Copyright © 2014 by Chris Barash.  
Illustrated by Melissa Iwai.



# Family

*Mish-pa-chah*

משפחה

What makes your family special?



Image from *One, Two, Three, Tu B'Shevat*. Copyright © 2018 by Naomi Shulman. Illustrated by Nora Hilb.

Taking care of the Earth

*Shmi-rat ha-a-da-mah*

שְׁמִירַת הָאֲדָמָה

What can you do to take care of the Earth?