

## Noah's Bed

Written and Illustrated by  
Lis and Jim Coplestone

### Program Focus

Age group: Ages 2-6  
Time frame: 75 minutes

Central value: *Ometz Lev*- Courage

### Synopsis:

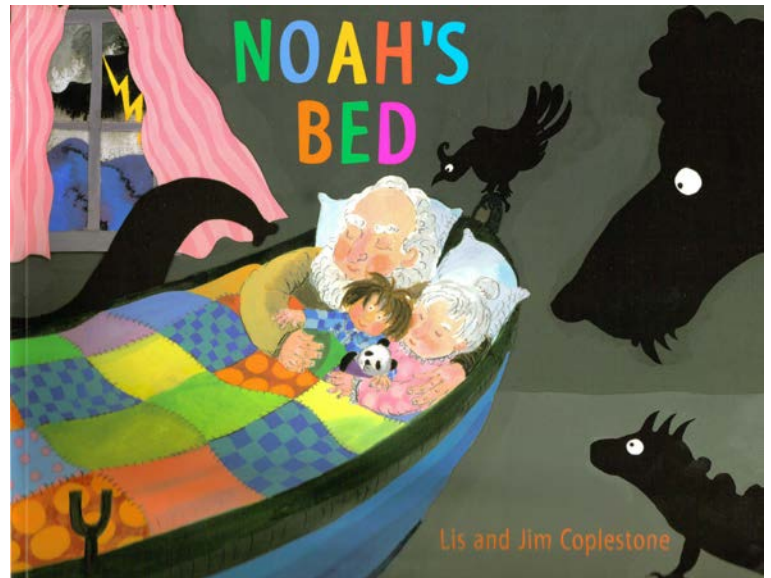
This imaginative retelling of Noah's ark focuses on Eber, Noah's young (fictional) grandson, who assists Noah with the building and care of the ark. Once aboard the ark, Eber discovers that nighttime on the ark can be rather frightening. Scared by the darkness, the rumble of thunder and the howling of the wind, Eber quietly slips into his grandparents' bed. Eber, however, is not the only one who seeks refuge in Noah's bed. A host of other frightened animals sneak into the bed as well. As the bed grows more and more crowded, Noah becomes grumpier and grumpier until at last he demands that all of the animals (except Eber) return to their own beds to sleep.

### Goals:

A major goal of this program is to help children develop new strategies for coping with fear and to help families gain an understanding of the Jewish value of courage - *ometz lev* – literally, a strong heart. By focusing on the courage that Noah and his family needed while aboard the ark, the program also familiarizes families with the Biblical story of Noah, emphasizing ways in which this ancient story continues to hold meaning and relevance today.

### Submitted by

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# Plan in advance

## Prepare for “Matching Animal Pairs” Activity

### Materials Needed

- Matching pairs of animals (sample templates at end of program)
- Copies of family questionnaire (see end of program)
- Pencils to enable participants to fill out their family questionnaire
- Popsicle sticks or tongue depressors



### Advanced Preparations

- Use glue or a glue gun to attach a popsicle stick to the back of each animal
- Optional - attach a copy of family questionnaire to the back of each animal
- Place one of the pair animals in front of a chair at a table. Do not put an animal at every chair. The animals indicate where the entire family will sit; each animal designates seating for 2 or more people.
- Optional - to enable animals “to stand”, cut a slit in the bottom of a paper cup, invert the cup, and poke the animal’s stick into the cup.



## Prepare “Lotto Game”

### Materials Needed

- Lotto Game boards (templates at end of program)
- Scissors for cutting and preparing individual lotto picture cards
- Plastic ziploc bags for holding game boards, cards, and game instructions



### Advanced Preparations

- Make copies of Animal Lotto game boards
- Cut up several copies of the game board into small, individual animal cards
- Pack 2 lotto game boards, 16 individual cards (that match the game board) plus a few extra cards, and game rules into a ziplock bag

## Prepare Storytelling Props

### Materials Needed:

- Blanket, preferably a colorful quilt
- Extra copy of the book



### Advanced Preparations

- Cut out pictures of a few animal pairs
- Cut out images of Noah, Eber, and Grandma Nora



## Prepare Courage Plaques (Door signs or Light switch covers)

### Materials Needed:

- Craft foam
- Glow-in-the-dark stickers
- Animal stickers
- Ometz Lev labels (see end of program)
- Glue sticks
- Tacky glue
- Double-sided tape
- Small strips of paper
- Pens
- Markers (optional)



### Advanced Preparations:

- Light switch cover:
  - Cut foam into 3.5"x5" rectangle
  - Cut out a small rectangular opening, approximately 3/4"x1" (size of a light switch) in the middle of the foam square using scissors or a craft knife
  - Attach 2 pieces of double-sided tape to back of light switch cover
  - Cut a heart shape from different colored piece of foam
  - Attach ometz lev label to heart using glue stick or tacky glue
  - Create a heart pocket - spread tacky glue on sides and bottom point of the heart, press the sides inward to form a slight bulge or pocket
- Door plaque:
  - Cut out a 6"x3.5" rectangular piece of foam
  - Attach double stick tape to back of plaque
  - Cut a heart shape from different colored piece of foam and follow instructions above to create a heart pocket



# Introduce with activities

## Intro / Family Pairing

### Intro Words

Today we're going to read a book about a man named Noah and his grandson, Eber. Noah is an important man who appears in the Torah (the first five books of the Bible). The Torah tells us that God spoke to Noah and told him that a big rain storm would soon cover the earth. In order to keep his family and the animals of the world safe and dry, Noah followed God's instructions and built an ark. Do you know what an ark is? (It's a very large boat.) Once Noah finished the ark, God asked him to bring 2 of every type of animal onto the ark. The book that we're going to read today, **Noah's Bed**, describes how Noah's grandson, Eber, helps his grandfather build and care for the animals aboard the ark. Eber loves being aboard the ark during the day, but at night he finds the ark very scary.



Before we begin our story and learn what Eber does when he's feeling frightened at night, I'd like to see if you can act just like Eber acts at the beginning of our story. Can you help Noah gather the animals together? How many of each type of animal does Noah need? If I give you one animal, can you find its partner? Once you've located your matching animal, sit down and meet the family who is seated next to you. Please use the family questionnaire (on the back of your animal or in front of your seat at the table) to learn more about your table-mates.

### Directions

1. Distribute one animal per family
2. Ask children to search on top of the tables and find the animal that matches the animal they are holding
3. Ask families to sit in the seats that are near their matching animal
4. Ask families to pair up with the family that is seated next to them (on their right side)
5. Families take turns asking questions, sharing answers, and jotting down notes on their family questionnaires.

## Animal Lotto

### Intro Words

Now that you've completed your questionnaire and found out a little about the family that's sitting next to you, it's time to play one more animal matching game. This game is called Animal Lotto. The big sheet is the game board, with pictures of many animals. In order to board the ark, the animals on your game board need to find a mate or partner. Pair up with the family sitting next to you and take turns flipping over cards to find matches. This game works best when played in pairs. There is an instruction card included with the Lotto set at your table. Have fun! Helpers will be coming around to answer any of your game questions.

### Directions:

Follow directions on lotto instruction card

# Read the story



## Hints for Sharing the Book

### Props

Consider using props to tell the story. When working with a small group, the children can take turns hiding the animals under the quilt.

### Introductory Remarks

*Everyone did a wonderful job finding matching pairs of animals today. Like Eber, Noah's grandson, you would have been a big help to Noah while he was building the ark. **Noah's Bed**, the book that we're going to read, describes what happened once Noah and all of the animals were aboard the ark. What do you think it was like on the ark? How might it have sounded on the ark? How might it have smelled? What was it like for the animals when the rain fell, the thunder rumbled, and the wind whooshed outside? Let's read our book and find out what Eber and the animals did when they felt frightened aboard the ark.*

### Read the book

## Post-Reading Ometz Lev - Courage Discussion:

- Did Eber like being on the ark? What parts of the ark do you think he liked? What parts did he dislike?
- Eber felt frightened and scared at bedtime. What did he do that helped him feel better?
- Was going into his grandparents' bed a good idea? What other solutions could he have tried?
- Eber was frightened of the storm and of the dark. Can you describe some things that frighten you? Earlier today, you interviewed your partner and found out about the things that scare them. What kinds of things are your partners afraid of?
- It's not fun to feel scared. In Judaism we're told that when we feel afraid we should try to have courage. The Hebrew word for courage is *ometz lev*, which means a strong heart.
- How can a person strengthen his/her heart and begin to feel brave? What do you do when you feel scared? What helps to lessen your fears? (Describe a time when you were afraid. What did you do to help yourself feel better?)
- Did you learn any good courage tips from your partner? Can you describe something that your partner told you that helped him/her feel less afraid?



# Follow Up activities and resources

## Creating Courage Plaques

### Intro Words

*Eber and the animals on the ark were frightened at bedtime. Sometimes bedtime can feel a little scary. Today we're going to make something that you can hang in your room that might give you a little extra courage at bedtime. For this project you'll need to decide whether you'd like to make a light switch cover or a sign to hang on your door. Because this project uses glow-in-the-dark stickers, your light switch cover or door plaque will give off a little extra light at bedtime. Perhaps this light will help you feel a little braver at bedtime.*

*You'll notice that each plaque and light switch cover contains a heart with some writing on it. Does anyone know what the writing says? It says ometz lev which means "strong heart". Although it may look as if the heart is glued to the foam, it really isn't. Each heart forms a little pocket - a pocket that's just the right size for holding notes. In a few minutes, we'll pass out some small strips of paper. On these papers I'd like you to write down, some actions that you might want to try (or perhaps already do) in order to help your heart feel stronger when you're afraid. At home, you can have fun adding notes to your heart pocket each time you discover a new ways to calm your fears.*

### Directions:

1. Using stickers and markers, decorate plaques and door signs.
2. On the strips of paper, the children can write (or have their parents write for them) a strategy that they use for quieting fears.

## Singing Songs

### Courage Songs

One way to feel braver is to sing. Let's all sing some songs together to boost our courage and strengthen our hearts!

A selection of songs to boost courage can be found on the following page.

### Noah's Ark Songs

For the children who participate in this program who are very young, we've included a selection of more traditional Noah's Ark songs.

## Courage Songs

### Kol Haolam Kulo Gesher Tsar Me'od

*Kol Ha'olam kulo gesher tsar me'od, gesher tsar me'od, gesher tsar me'od.*

*Kol Ha'olam kulo gesher tsar me'od, gesher tsar me'od.*

*Veha'ikar, veha'ikar, lo lefached, lo lefached klal.*

*Veha'ikar, veha'ikar, lo lefached klal.*

The whole world is a very narrow bridge, a very narrow bridge, a very narrow bridge.

The whole world is a very narrow bridge, a very narrow bridge.

And the main thing to recall, is to have no, have no fear at all.

And the main thing to recall, is have no fear at all.

- Listen to campers at Eden Village Camp sing:  
<https://www.youtube.com/watch?v=ZPEGEB72cEk>

### I Whistle a Happy Tune

Whenever I feel afraid  
I hold my head erect  
And whistle a happy tune  
So no one will suspect I'm afraid

While shivering in my shoes  
I strike a careless pose  
And whistle a happy tune  
And no one ever knows I'm afraid

The result of this deception  
Is very strange to tell  
For when I fool the people  
I fear I fool myself as well

I whistle a happy tune  
And every single time  
The happiness in the tune  
Convinces me that I'm not afraid

Make believe you're brave  
And the trick will take you far  
You may be as brave  
As you make believe you are

You may be as brave  
As you make believe you are

While shivering in my shoes  
I strike a careless pose  
And whistle a happy tune  
And no one ever knows I'm afraid

The result of this deception  
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- Listen to Julie Andrews sing: <http://www.songlyrics.com/king-i/i-whistle-a-happy-tune-lyrics/#3B8S4c7KuLrplhSx.99>
- Listen to the song in Hebrew: <https://www.youtube.com/watch?v=0T9AeDIrQ5Q>

## Noah's Ark Songs

### **The Animals Go Marching** (Traditional with special lyrics)

The animals go marching two by two! Hurrah!  
Hurrah!  
The animals go marching two by two! Hurrah!  
Hurrah!  
The animals marching two by two!  
Old Noah stops to tie his shoe  
And they all go marching down into the ark  
To get out of the rain. Boom! Boom! Boom!

### **Two by Two** (To the tune of "Skip to My Lou", Words by Lisa Litman.)

Clap your hands, two by two,  
Clap your hands, two by two,  
Clap your hands, two by two,  
When Noah built the ark, YAHOO!  
(Really throw your arms up and let loose!)

Hop like a bunny, two by two.  
Hop like a bunny, two by two,  
Hop like a bunny, two by two,  
When Noah built the ark, YAHOO!

Brainstorm ideas for additional verses.

Examples:

- Roar like a lion, two by two...
- Stretch your necks (giraffe), two by two...

### **Five Little Monkeys**

Five little monkeys jumping on the bed  
One fell off and bumped his head  
Mama called the doctor,  
And the doctor said  
No more monkeys jumping on the bed

### **Rise and Shine** (Traditional folk song)

*Chorus:*  
Rise and shine and  
Give God your glory, glory (3x)  
Children of the Lord

The Lord said to Noah  
There's gonna be a floody, floody (2x)  
Get those children out of the muddy, muddy  
Children of the Lord (Chorus)

So Noah, he built him  
He built him an arky, arky (2x)  
Made it out of hickory barky, barky  
Children of the Lord (Chorus)

The animals they came on  
They came on by twosie, twosies (2x)  
Elephants and kangaroosies-roosies  
Children of the Lord (Chorus)

It rained and it poured for forty daysies daysies  
(2x)  
Drove those animals nearly crazy, crazy  
Children of the Lord (Chorus)

The sun came out and  
Dried up the landy, landy (2x)  
Everything was fine and dandy, dandy  
Children of the Lord (Chorus)

The animals they came off  
They came off by twosie, twosies (2x)  
Started life a newsy, newsy, newsy  
Children of the Lord (Chorus)



# Resources for parents, teachers, families

## Nurturing the Family

After the program, contact the families and thank them for coming. If you took pictures, send a few to the families.

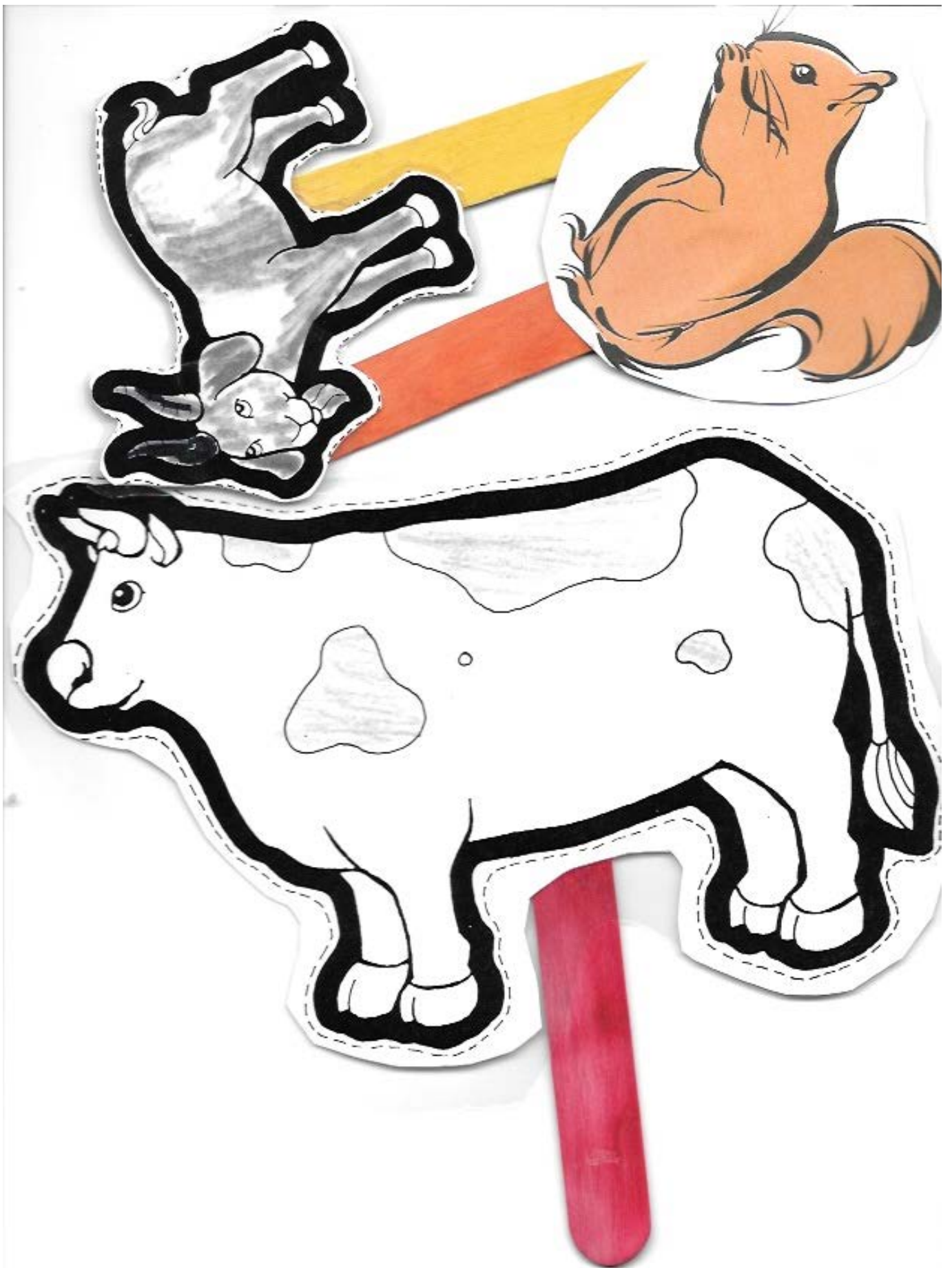
Check out other PJ Library books that exemplify themes associated with the value of *Ometz Lev*: [PJ Library books of courage](#).

Check out the PJ Library Blog Post: [Courageous Children and the Value of Ometz Lev](#)











Animal Lotto Cards



IN THE JUNGLE





ROOSTER

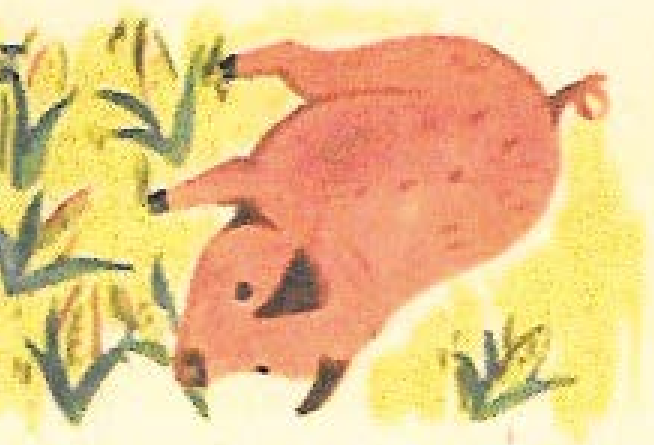


GOAT



TURKEY

ON THE FARM





## **Instructions for Animal Lotto**

**Object of the Game-**To be the first player to completely fill one's Lotto card

**Note-**This game works best with 2 players

1. Each player receives one large Lotto card
2. Arrange small individual picture cards in a pile, with the pictures facing down. This is the draw pile.
3. Player 1 picks a card from the draw pile. Player1 matches the draw card with a picture on Player 1's Lotto board. (A match is made by placing the small draw card on top of its identical image on the lotto board.)
4. Play moves on to player 2. Player 2 picks a card from the draw pile and matches it to the appropriate picture on player's 2 lotto board.
5. If a player picks a card that has already been matched. The card is placed face-up next to the draw pile in a discard pile.
6. The first person who is able to cover every image on the lotto board with a matching image from the draw pile, shouts "Lotto" and wins the game.

### **Variations for younger children:**

The game is not played competitively, Instead children are given one card at a time and are asked to place their small card on top of the matching picture on the lotto card. When every space on the lotto card has been covered with a matching picture the game ends and play can begin again.

## Family Interview Questions

My new friend's name (s) \_\_\_\_\_

My friend's favorite animal and why? \_\_\_\_\_

\_\_\_\_\_

Something my friend was afraid of in the past \_\_\_\_\_

Something that helped my friend feel less

afraid: \_\_\_\_\_

\_\_\_\_\_

אַמֶּץ לֵב

Courage

*O-metz lev*

אַמֶּץ לֵב

Courage

*O-metz lev*

אַמֶּץ לֵב

Courage

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