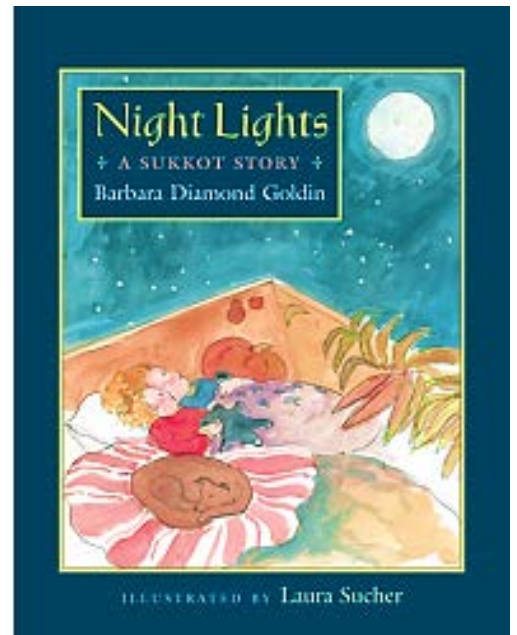


## Night Lights

By Barbara Goldin

### Program Focus

Age group: Ages 3-6  
Time frame: 45-60 minutes  
Central value: Bringing comfort to others (*Chesed*),  
Being honest about feelings (*Emet*)



### Synopsis

On a dark night full of noises, a young brother and sister decide to sleep in the family sukkah. They realize that the stars they see in the sky are the same as those that guided the ancient Israelites on their journey through the desert! This heart-warming tale demonstrates the mitzvah of dwelling in a sukkah and encourages children to be honest about their feelings.

### Goals

- Bring the values above to life
- Send families home with the knowledge and tools to continue to live these values as a part of daily life

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# Plan in advance

## Prepare Hanging Stars

### Materials

- Mod podge
- Paper
- Scissors
- Cups and paint brushes
- Newspaper to cover tables

### Advanced Preparations

1. Pre-cut stars out of paper.



## Prepare Feelings Wheel

### Materials

- Thin white paper plates
- Crayons
- Scissors
- Brads
- Glue sticks
- Copies of feeling sheets (see attached)



# Introduce with an activity

## Welcome Families

Welcome each family as they arrive. Make a point of asking “How are you feeling today” and really listening to the answer. As you can, reflect back to them in a way that incorporates one of the feeling words used later in the program. (ex: Hi, welcome! How are you feeling this morning? I’m ok, but little Suzie here seems a bit tired. Oh, Suzie, I see you are a bit sleepy; let’s see if the happy looks on the other children’s faces will wake you up a bit.”)

## Make Hanging Stars

### Directions

1. Place pre-cut stars on an 8 ½ x 11” piece of heavier stock paper.
2. Have children cover stars in glow-in-the-dark mod podge.
3. After the star sheets dry (during program), families can take home the stars and cut them out.



## Prepare a “Sukkah”

### Intro Words

Today, we are going to read a book called *Night Lights* by Barbara Diamond Goldin. It is a story about a family, their sukkah, and a little boy who has a hard time talking about his feelings. A boy named Daniel learns how stars and people who care about him can comfort and make him feel better. Before we begin, let’s talk about what a sukkah is. Actually, I have a better idea. Let’s build a sukkah! First, you will have to put on your “imagination caps” – moms and dads, too! Good... We’re ready to go! A sukkah is a hut that some Jewish people build in their backyards to celebrate the festival of Sukkot that happens every fall. You may be able to find a sukkah at a Jewish Community Center, local synagogues, and in some families’ backyards. We’ll hear a bit more about them in our story. But, let’s get ours ready first.

### Walk families through building a sukkah

1. We need a big space for our sukkah, so let’s scoot back a bit. Pick up your hammers and some nails; we need them, too.
2. I see the wood over there; how about the boys and girls go gather it while moms/dads hold the tools!
3. Let’s hammer these into a frame for our sukkah. We need to have a piece of wood here. Here... here... (etc.) and then some to hold it together around the top.
4. Now, we need branches with leaves on them. Oh, I see some over there. Let’s go get them! Moms, dads, can you help get them on top for our roof? We need to cover lots of the top, but we still need to be able to see the sky! Let’s check to be sure we can.
5. Now, we need to make it pretty inside. How about gathering those pumpkins? And we can hang a basket of apples from this post here; let’s hammer it in....
6. Wow! Come on inside; isn’t it beautiful!!! Hooray – we built a sukkah. Phew; that was hard work! Now, quickly and carefully, put your tools away, so we can relax in our sukkah and share the story!



# Read the story

## Encourage Participation

Read the book, asking questions and making comments and sounds along the way (Look at the beautiful *sukkah* the family is building; it looks like they are enjoying a delicious dinner; I wonder why Daniel is afraid, etc.)

## Discussion Topics

- Daniel might have been afraid to be honest about feeling scared to sleep outside, and his sister, Naomi was too. Why don't you and your mom (dad, grandma, etc.) take a minute or two to share a time when each of you felt sad, scared, or angry. Then, share what you did when you felt that way. Did you tell someone? Did they help you?
- I like to be honest about how I feel because when I am, people can help me. When I feel sad and tell someone, they listen and try to help me and make me smile. Let's try it: can you all say "I'm sad" and make a sad face? Oh dear, you all look so sad; let's see if I can make you feel happier (smile at them, wiggle your fingers like you are about to go tickle them, make a silly face, etc.)
- Now, I think I see that your mommies (daddies, etc.) are looking sad. Do you think you can comfort them? Show me how you can do that. Wow - look at that, children can make others feel better, too, not just grown-ups! Naomi made Daniel feel better in our stories, and you can do that, too!

**How are you feeling  
today?**

# Follow Up activities and resources

## Feelings Wheel

### Intro Words

*Feelings are so important, I want to be sure you have a way to show everyone how you feel. Let's go make a "Feelings Wheel!"*

### Directions

1. Have parents and children color the various faces on the coloring pages provided.
2. Cut out faces and glue to the edge of a paper plate.
3. Feeling words can also be added (put words to feelings as they match).
4. Parents can take a second plate and make a pie shaped cut (not quite to the middle of the plate and just wide enough to show one face at a time). He/she can also poke a hole into the middle of both plates and the words "I Feel" can be glued to (or written on) the center of this plate.
5. Insert a brad through the holes.



## "If You're Happy and You Know it" Song

To help children put feelings into words, show enlarged feeling pictures (see attached) one at a time. Ask the group to identify the feeling, providing guidance as needed. *Hmmm...I know a song about all of these feelings; you might know it too. Will you sing it with me?*

### "If You're Happy and You Know It"

- Hold up each of the feeling words at the appropriate verse.
- Melody can be found at <http://www.youtube.com/watch?v=upPaMM5XqI0&feature=related>

If you're happy and you know it, clap your hands (2x)

If you're happy and you know then your face will surely show it. If you're happy and you know it, clap your hands

If you're sad and you know it make a frown

If you're hungry and you know it rub your tummy

If you're excited and you know shout Hooray!

If you're angry and you know it stomp your feet

If you're scared and you know it, give a shiver

If you're sad and you know it say "boo hoo"

If you're sleepy and you know it close your eyes

## “Twinkle Twinkle Kochavim”

Ask children to snuggle with their parents as you teach them a new, nighttime song. We'll have 2 new Hebrew words in this song – *kochavim* (stars) and *ha-shamayim* (the sky or heavens).

(Same tune as Twinkle, Twinkle Little Star)

Twinkle, twinkle *kochavim*  
Shining in *HaShamayim*  
When it's time to say “good night”  
I'll tuck you in and turn out the light  
Twinkle, twinkle *kochavim*  
Shining in *HaShamayim*

*Ah... what a pretty song. I think everyone deserves a sweet hug & kiss right now.*



# Resources for parents, teachers, families

## Nurturing the Family

Ask everyone if they remember the special stars they made when they first came in. Let them know they can take them home and moms and dads can put them on the ceiling (or hang them in a *sukkah* first). They will be able to see them... even at night! Just like Daniel and Naomi in the story were comforted when they could see the stars in the sky, you will be able to see these stars shine as you fall asleep.

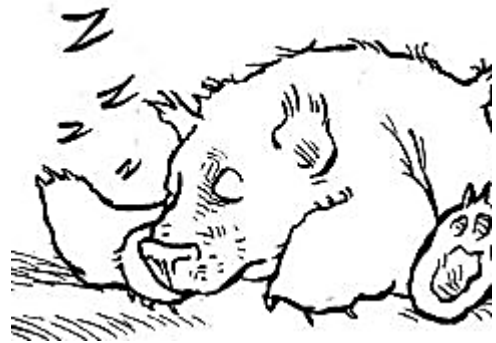
Let parents know of upcoming events and that you will be sending them some links to articles about talking about feelings and more. Be sure to give them a list of places in the community where they can go and visit a *sukkah*.

Teaching Empathy - PJ Library blog post

<http://pjlibrary.org/pj-blog/index.php/archives/5144/understanding-teshuvah-and-teaching-empathy/>

PJ Library Sukkot Page

<http://pjlibrary.org/parents-and-families/reading-tips-and-resources/jewish-holidays/sukkot-and-simchat-torah.aspx>





# I Feel...

Sad	Happy
Angry	Excited
Surprised	Scared
Sleepy	Hungry