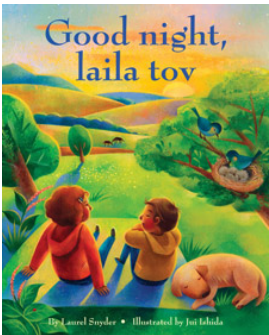




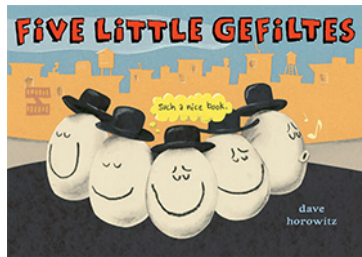
Book Based Family Program

Family Love Stories: Books that Focus on Love of Parents



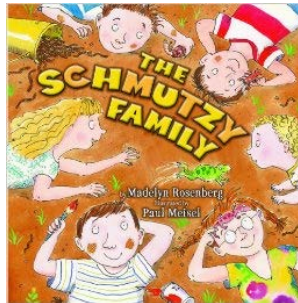
Good Night, Laila Tov

By: Laurel Snyder
Illustrated by: Jui Ishida
Age group: 2-4



Five Little Gefiltes

By: Dave Horowitz
Illustrated by: Dave Horowitz
Age group: 3-5



The Schmutzy Family

By: Madelyn Rosenberg
Illustrated by: Paul Meisel
Age group: 5-8

Synopses

Good Night, Laila Tov

A loving family spends a glorious day hiking, swimming, and camping outdoors. As the family members travel from ocean, to forest, to meadow, and then back home, they discover many new ways of communicating their love and appreciation for one another.

Five Little Gefiltes

Mama Gefilte feels sad and disappointed when, one by one, her children leave the gefilte fish jar to go exploring. Her children, however, are highly empathetic. Once they realize how much their mother misses them, the children, like good little mensches, promptly return home, happily embracing their mother and immediately reviving her lagging spirits.

The Schmutzy Family

Familial love flourishes on each page of this fun-filled book. Highly attuned to the inner needs of her children, Mama Schmutzy allows her children to paint, explore the outdoors, work in the garden, and make messes to their hearts' content. However, as Shabbat approaches, Mama decides that the messes must cease. In a sweet display of love and cooperation, the children eagerly help their mother prepare for Shabbat.

Goals

While each of these books focuses on a slightly different aspect of familial love, each can serve as a wonderful jumping-off point for exploring the topic of “love of parents.” This program guide presents an array of discussion questions and activities. By choosing several activities and discussion prompts, program organizers will be able to create a stimulating program that will:

- Help children recognize the deep bonds of love that connect them to their parents.
- Introduce children to effective techniques for expressing their love and gratitude towards their parents.
- Encourage families to express their love for one another on a daily basis.

Submitted by

Vivian Newman – Vivian@hgf.org

Introduce with activities

Intro Words:

“In the book we’re going to read today, we’re going to meet a special family - a family in which every person in the family loves one another very much. Do the people in your family love one another? I bet they do. Today, we’re going to spend a lot of time talking about love. Specifically, we’re going to talk about how children can let the adults in their life know how much they love them. Right now, we’re going to start our program by having you make a special gift for a parent.”

Choose the activities

Choose 2 – 4 activities

1-2 projects for introductory activities and 1-2 projects for follow-up activities.

Heart-to-Heart (partner-finding activities)

Project Description: If you’d like to **increase interaction between families**, lead with one of the Heart-to-Heart activities. We recommend that you choose one of the two partner-finding activities listed below based on the ages of the children who will be participating in your program. These activities work best in conjunction with another activity (i.e., distribute Heart-to-Heart materials while a different project is being worked on).

Intro:

“As we think about love and the ways in which family members love one another, we thought it might be fun to meet another family and compare love notes with them. As you were working on your project, we passed out one half of a colorful heart to each family. Your job is to find the family who has the matching half.”

Heart-to-Heart Scavenger Hunt

Recommended for: ages 1 and up

Materials Needed:

- Paper with different colors and patterns

Advanced Preparations:

- Cut out large hearts using different kinds of paper.
- Cut the large hearts in half.
- Cut 6-8 miniature hearts to match each large heart.
- Place small hearts around the room (in easy-to-find spots).



Intro:

“Now that you’ve found the family with the matching half of your heart, work together as a team to see how many small hearts you can find that match your large heart. Once you’ve collected and counted your small hearts, give your parents the same number of hugs and/or kisses as the number of hearts that you found.”

Heart-to-Heart “Love Thoughts” Questionnaire

Recommended for: ages 5 - 8

Materials Needed:

- Copies of “Love Thoughts” questionnaire (attached)
- Pencils/Pens for completing questionnaire

Advanced Preparations

- Print copies of questionnaire

Intro:

“Once you’ve found your partner, find a place to sit. Spend a few minutes completing the questionnaire with the help of a parent. Once you’ve finished the questionnaire, share some of your answers with your partner.”

Love Notes

Project Description: Children and parents work together to decorate a large card and write love messages to one another inside the card.

Recommended for: ages 6 months - 3 years

Materials Needed:

- Large pieces of construction paper that can be folded in half
- Heart stencil (See below to learn how to create a stencil)
- Dot paints
- Markers



Advanced Preparations:

- Create Heart stencil: Draw a heart-shape on a piece of oak tag or poster board. Start cutting from the middle of the shape to carve out a heart; do not cut into the edges.
- Fold construction paper in half to form a card.
- Tape stencil to front of card.
- Create a sample card that parents can refer to for guidance on how to decorate and compose their card.



Directions:

- Using dot paints, fill in the heart shape with paint.
- Lift the stencil off of the paper and admire the resulting heart shape.
- Parents open the card and complete the inside of the card.
On one side of the card parents write: **“I love _____ (child’s name) because...”** and then list a few aspects of their child that they particularly adore.
On the other side of the card, parents ask children to supply the name of an adult in their life whom they love (**Mommy or Daddy**). Parents then write **“I love _____ because...”** (For younger children they can write **“Things I Love to Do With _____.”**) Parents then record their child’s thoughts (asking questions such as **“What do you love to do with _____?”**
“What’s something that’s very special about _____?”)

Intro:

“Sometimes it’s important to let the important people in your life know how much you love them. Here’s a fun project that you can work on with someone you love. Once you’ve decorated your heart, open up your card and write notes to the one you love.”

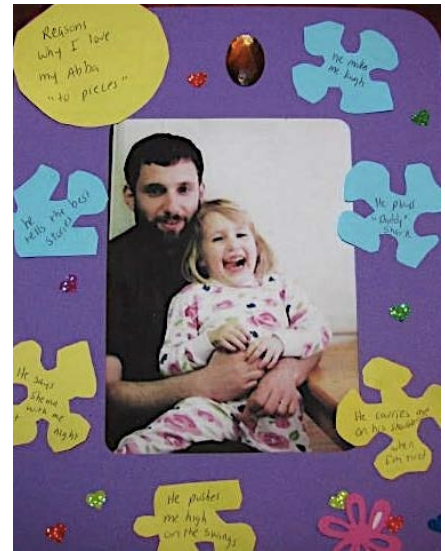
Picture-Perfect Love

Project Description: Children decorate picture frames and attach love notes to the frame. If desired, children can decorate their frame with blank puzzle pieces. For the puzzle frame option, children can attach a puzzle piece that says “Reasons why I love _____ ‘to pieces.’”

Recommended for: ages 1 and up

Materials Needed:

- Frame (made from poster board, craft foam, or heavy construction paper)
- Glue sticks or glue, bowls and Q-tips
- Foam or construction paper shapes (or blank puzzle pieces) for families to write notes
- Markers
- Gems, stickers, sequins (or any other types of decoration)
- Optional: color printer



Advanced Preparations:

- Cut out frames and shapes that can be used for love notes
- Ask families to bring in a photo showing a child with parent OR take photos of child with parent as families arrive. During the course of the program, print out and distribute photos to be placed in the frames.
- Create a sample frame that will serve as a model for families.

Directions:

- Ask adults to help children compose notes about the person in the photo.
- One note should contain the words: “I love _____ because...”; “Things I like to do with _____...”; or “Reasons why I love _____ to pieces...”
- The other shapes on the frame will contain short phrases and sentences that help to complete the statement you chose. For example, a heart shape might contain the words “Things I love to do with Mommy,” while the other shapes might contain words such as “read books,” “build with Legos,” or “travel to Holland.”
- Children attach love notes to frame and decorate the spaces in between notes.



Intro:

“Parents (and kids) love looking at pictures of the people they love. This project will help those pictures become even more special. You will you decorate a frame and add special notes to the frame, letting the person in the photo know just how much you love them.”

Loving Journeys: A Listing of Family Trips

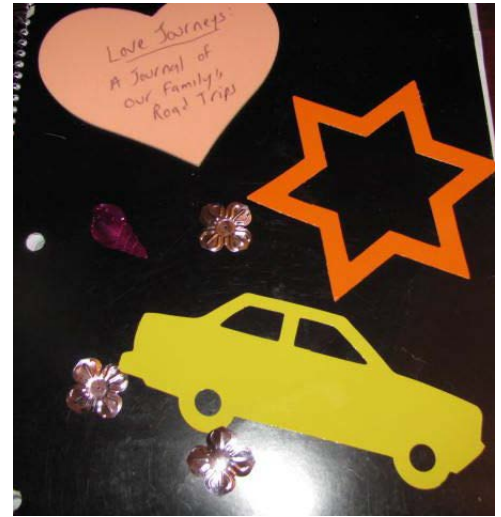
(Works well in conjunction with **Good night: Laila Tov**)

Project Description: Children decorate the cover of a small book that will serve as a journal for recording memories of family outings.

Recommended for: ages 2 - 6

Materials Needed:

- Small store-bought notebooks with covers that can be decorated OR handmade books that have car-shaped covers (see bottom right)
- Stickers, markers
- Scratch paper for decorating notebook covers
- Wooden stylus or toothpicks (if using scratch paper)



Advanced Preparations

- For store-bought notebook journal: Make copies of the Loving Journeys Writing Prompts (found at the end of this guide) and tape a copy of the prompts to the inside cover of the notebook.
 - Create (or ask families to create) a book label that reads “Loving Journeys: A Journal of our Family’s Road Trips.”
- For handmade journal: Cut out front and back cover, place papers between covers and staple book together.
 - If using scratch paper, cut the paper into a car, airplane, or train shape.

Intro:

“One of the ways in which we let others know how much we love them is by thanking them for all that they do for us. Parents often take kids to special places because they want to spend time and share adventures with people they love. This project will give you a chance to write down and keep track of some of the special places that you visit with those you love. As you read about some of your trips, we hope you’ll remember to say “thank you” to the people who have traveled with you.”



Love Bites

Project Description:

Kids prepare special snacks for parents. Parents, in turn prepare special snacks for kids.

Recommended for: ages 2 – 8

Fruit Kebobs

Materials Needed:

- Strawberries
- Melon: cantaloupe, honeydew, watermelon (use one type or a combination)
- Grapes
- Wooden skewers
- Several heart-shaped cookie cutters, so several families can work at the same time
- Plastic knives
- Paper plates to serve as cutting boards and for eating

Advanced Preparations:

- Remove green leaves from strawberries.
- Slice melon in half, remove seeds, and slice in round circles.
- Remove rind from melon.
- Break grapes into small clusters.

Directions:

- Prepare fruit for kebobs.
 - Using plastic knives, cut strawberries in half lengthwise, creating a heart shape.
 - Using cookie cutters, create heart-shaped melon pieces.
 - Pluck individual grapes from their stems.
- Poke skewer through fruit, arranging as desired.
- Share creations with loved ones.



Yogurt Parfaits

Materials Needed:

- Strawberries
- Yogurt: Plain, strawberry, and/or vanilla (Greek or regular)
- Granola
- Plastic cups
- Plastic spoons
- Heart-shaped cookie cutters (optional)
- Apples (optional)
- Whipped Cream (optional)

Advanced Preparations:

- Remove green leaves from strawberries and cut into halves or quarters (or ask participants to cut the strawberries as part of the “cooking” process).
- Arrange strawberries, granola, and yogurt in separate bowls.
- Optional: Peel and cut apples crosswise into 1/4 inch wide slices. The core of the apple should be in the center of the slices. Remove seeds.

Directions:

- Taking an empty cup and spoon, participants fill their cup in layers (i.e. a layer of granola, a layer of yogurt, a layer of fruit, etc.).
- Optional: Participants can prepare their own heart-shaped fruit by slicing strawberries in half and using cookie cutters to cut apple hearts.
- Optional: Top with whipped cream and enjoy!

Intro:

“When the rabbis list ways in which grown-up children should show honor (and love) to their parents, they note that as parents get older, children should make sure that their parents have food to eat, particularly food that their parents once loved. This activity gives you a chance to show your love for your parents by preparing a special snack for them. As you make a snack for your parent, perhaps they’ll make a snack for you.”



A Gift of Sleep for Parents

Project Description: Children decorate a door knob hanger that will hang on their parents' bedroom to remind them that they need to try to let their parents' sleep.

Recommended for: ages 2 – 6

Materials Needed:

- Door knob hangers (These can be purchased at a craft store, ordered online, cut by hand, or with a die-cut machine from craft foam, plastic, or card stock)
- Stickers
- Sequins, jewels, etc.
- Glue sticks or glue, paper bowls, and Q-tips
- Markers
- Optional: Pre-printed squares or circles containing phrases like “Shh...Parents Sleeping”; “Shh... Mommy's Sleeping”; “Grown-Up's Sleeping”; “Do Not Disturb”; “Can't Play –We're Sleeping.”

Advanced Preparations:

- Make a few sample door knob hangers. Use different phrases so parents have a better idea of possible notes that can be written on the door knob hangers.
- If making hangers from scratch, cut out shapes beforehand.

Intro

“The rabbis teach that one of the ways in which children can honor and show love to their parents is by making sure that their parents are able to get enough sleep. In fact, there's a famous story in the Talmud, an important book of Jewish law and rabbinic commentary, that talks about a young man named Doma ben Netina (Kiddushin 31a) who was richly rewarded because he refused to interrupt his father's nap. It's not always easy to remember that we need to let our parents sleep. Right now, we're going to make a sign that can be hung on parents' bedroom door to remind kids that parents need their sleep, and that kids should try to play by themselves and wait patiently until their parents wake up.”



Love Coupons

Project Description: Children create coupon booklets, where each page describes one kind deed or act that a child will perform for his/her parents.

Recommended for: ages 5 - 8

Materials Needed:

- Construction paper
- Scissors
- Pens
- A list of possible coupon ideas
- Staplers and staples



Advanced Preparations

- Create small coupon booklets by cutting construction paper into strips (approximately 4.5 inches x 11 inches), folding in half, and stapling.
- Alternatively, kids can make their own booklets at the program by tracing their hands and cutting out 5-8 handprints. These handprints can then be stapled together to form a booklet.

Intro:

"Giving presents can sometimes be a good way to show others how much we love them. The best gifts are usually not ones that we buy at the store, but ones that require lots of effort on the part of the gift-giver. Think of kind, helpful things you can do for your parents, such as make breakfast, pick up toys, or set the table. Make coupons for your parents that they can present to you whenever they'd like you to do something special for them."

Suggestions for Love Coupons

(Encourage families to use these suggestions as a guide for thinking up their own coupon ideas)

This coupon is good for:

- 1 hug and 3 kisses
- A picture drawn by me
- One morning of getting dressed without fighting
- One breakfast in bed
- One evening of going to sleep without complaining
- One morning of watering the plants
- One evening of setting the table
- One car wash
- One salad made by me
- One day of help in the garden
- One day of having the groceries carried in



Read the story

Introductory Remarks:

“Because everyone has been talking about love so much and making such wonderful love projects, I feel as if this room is bursting with love. Let’s add to the love by having everyone give a big hug to the person or people who brought you to our program today.

Do the people in your family love each other very much? I bet they do. In the book we’re going to read today, we’re going to meet a special family - a family in which every person in the family loves each other very much. As we read, see if you can keep track of some of the ways that the family members in our story show their love for one another.”

Post-Reading Discussion (Book-Specific Questions):

Good Night, Laila Tov

- The family in this book spent the day traveling to many different places. What places did the family visit?
- Why do you think the parents brought the children to those places?
- Why did the family come home from their trip in the middle of the night?
- How do you know that the parents in this book love their children very much?
- How did the children show their parents that they love them?

Five Little Gefiltes

- What were some of the places that the gefilte fish children visited?
- How did the Mama feel when the children didn’t come home?
- Why did the children come back in the end?
- How did the children show their mother that they loved her?

The Schmutzy Family

- What kinds of things do the children in this book like to do?
- What does the mother say when the children make a mess?
- Why do you think the mother allows the kids to be so messy?
- Do the children in this book love their mother? How do they show their love?

Post-Reading Discussion (General Questions - for use with all books):

- Does anyone know how to say love in Hebrew? (Ahava). In the middle of the word AHAVA is a small Hebrew word that says “HAVA.” “Hava” means “to give.” According to the Torah and other important books of Judaism, one of the ways that we can show people that we love them is by giving. I don’t mean giving money or presents – I mean showing that we love someone by giving hugs, kisses, attention, and by doing kind things for one another. How do you act and what words do you use to show your parents that you love them?
- How do your parents show that they love you? What words do your parents use, and what actions do they take to show that they love you?

- The Torah lists ten important rules that Jewish people should try to follow. These rules are called the Ten Commandments. The fifth of these ten rules tells us to honor our parents. The Torah and the Rabbis throughout the ages have given us lots of instructions on how we can honor and show love to our parents. Did you know that if a parent is sleeping we're not supposed to wake them up? Some say that if a parent comes into a room, we need to jump to our feet and stand up to show our honor and respect. Others say that a child should never sit in a parents' special chair. One Rabbi says that we should try to see our parents as superheroes, as people who possess special powers. I think we'd all agree that our parents are very special. Think about all of the things that your parents do. Can you describe one of your parent's superpowers? What makes your parents very special? Can you turn to your parents and tell them one reason why you think they're special?

Follow Up activities and resources

Intro:

“Right now, we have more activities that will help you to show your mom or dad how much you love them.”

Activities: Choose 1-2 additional activities from the opening list.

Singing Songs:

“In My Lev” – Sheldon Low

http://www.sheldonlow.com/track/568587/in-my-lev?feature_id=91011&trackship_id=590253

In my heart, in my lev
All these things are in my lev
In my heart, in my lev In my lev

All the mommies are in my lev
All the daddies are in my lev
All the sisters are in my lev
All the brothers are in my lev

Chorus

All my friends are in my lev
All my teachers are in my lev
All the animals are in my lev
All the plants are in my lev

“When You Give a Little Ahava” – Judy Farber

<http://jewishlearningmatters.com/AC-When-You-Give-A-Little-Ahava-by-Judy-Farber-663.aspx>

Chorus: (sing 4x)

When you give a little ahavah
When you give a little love, you'll see
You'll make this world
A better place
A much better place to be

Just start to laugh a little laugh
Smile a little smile
Reach for someone's hand
Talk a little while
Then you'll start to see
That you have made
This world a better place to be

Chorus (sing 2x)

That's one, two, three and four
When you give a little love
Give a little bit more
Echad-shtayim-shalosh-ARBAH
Don't forget to give a little ahavah
To your mama, your papa, your sister and your brother
To the whole wide world, let's love one another

Just start to laugh a little laugh
Smile a little smile
Reach for someone's hand
Talk a little while
Then you'll start to see
That you have made
This world a better place to be

“I Love You Song” – Barney & Friends

<https://www.youtube.com/watch?v=Vzo0iHrivVQ>

I love you
You love me
We're a happy family
With a great big hug and a kiss from me to you.
Won't you say you love me too

Skinamarink

<https://www.youtube.com/watch?v=qPdV8jXAjUQ>

Skinamarinky dinky dink
Skinamarinky do,
I love you!
Skinamarinky dinky dink
Skinamarinky do,
I love you!
I love you in the morning,
And in the afternoon
I love you in the evening,
Underneath the moon...
Skinamarinky dinky dink
Skinamarinky do, I love you!

Resources for parents, teachers, families

Nurturing the Family

After the program, contact the families to thank them for coming. If possible, email one or two photos which you may have taken at the program.

Send a few pertinent links to families:

- [Complete list of PJ Library Books focusing on Love of Parents](#)
- [Tu B'Av, A Holiday of Love](#) (PJ Blog)
- [Children's Books that Say "I Love You"](#) (PBS)
- [How to Show Respect for a Parent: A Jewish View](#) (My Jewish Learning)
- [Dennis Prager on Honoring Parents](#) (Jewish Journal)
- [The Jubilee Project's "Love Lesson" Video](#) (YouTube)
- [More Ideas on Gifts that Kids Can Make for Parents](#) (Buzzfeed)

Love Journeys - Writing Prompts

Use this journal to keep track of the trips and journeys you go on as a family.

Be sure to date each entry and write a brief note about the place you visited (you might even want to include photos or drawings of your trip in your journal).

As you jot notes in your journal, consider using one of the following writing prompts to enhance the memories of your trip.

Write about:

- Something funny that happened on your trip.
- Something new that you discovered/learned while on your journey.
- A reason why you'd love to return to this place (Or perhaps a reason why you'd rather not go back).
- Who would you like to bring with you the next time you visit this place? Why?
- Something that you'll always remember about this place.
- The reason why you took this trip/journey.
- A book, movie, song that this place reminds you of.
- Questions you may have about this place.

Love Thoughts

My Name:

My Age:

Names of the adults in my family:

Circle the name of one adult. This adult will become your "special adult" for this form.

Three things I love to do with my special adult:

- 1.
- 2.
- 3.

Three reasons why I love my special adult:

- 1.
- 2.
- 3.

Three things my special adult loves to do:

- 1.
- 2.
- 3.

Three ways that I can help/ be kind to my special adult:

- 1.
- 2.
- 3.

Love Thoughts

My Name:

My Age:

Names of the adults in my family:

Circle the name of one adult. This adult will become your "special adult" for this form.

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- 3.

Three things my special adult loves to do:

- 1.
- 2.
- 3.

Three ways that I can help/ be kind to my special adult:

- 1.
- 2.
- 3.