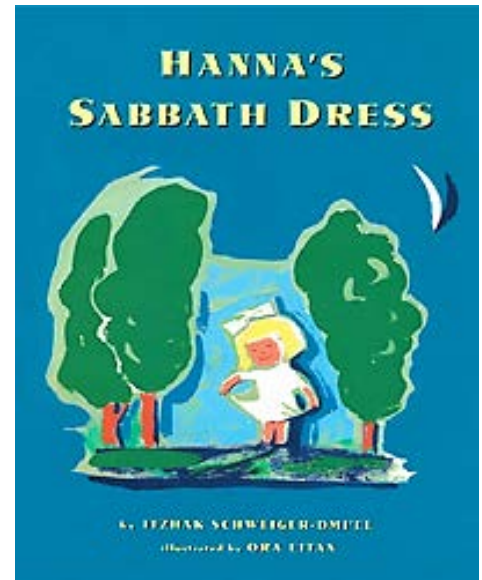


## Hanna's Sabbath Dress

By Itzhak Schweiger-Dmi'el

### Program Focus

Age group: Ages 2-5  
 Time frame: 45-60 minutes  
 Central value: Kindness (*Chesed*),  
 Preparing for Shabbat with joy



### Synopsis

Hanna's mother sews a beautiful white dress for her. When a promise to keep the new dress clean for the Sabbath is broken, Hanna discovers that helping people is much more important than a spotless dress. This heart-warming story models ways in which children can perform acts of loving kindness while emphasizing the excitement in preparing for Shabbat. Developmentally appropriate as 2 and 3 year olds are mastering cleanliness skills.

### Goals

- Bring the values above to life
- Provide families with the opportunity to practice *Chesed* (kindness)
- Send families home with an activity that will encourage them to perform and record acts of *Chesed*

### Submitted by

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# Plan in advance

## Prepare *Chesed Dress or Shirt*

### Materials

- Paper dress or shirt, cut from a 9 x12 piece of white construction paper, card stock, or poster board with the words \_\_\_\_\_'s (fill in child's name) Chesed Dress\Shirt written on the bottom
- Glue (in small bowls)
- Q-tips or paintbrushes
- Silver Glitter- placed in bowls in home-made shakers
- White circles/dots (1-1.5 inches in. diameter) cut from poster board or card stock
- Circles (1-1.5 in. diameter) cut from black scratch-art paper (optional) along with wooden styluses or large toothpicks to use on scratch-art paper (<http://www.scratchart.com>)
- Plastic bags (gallon size Ziploc bags)
- Large piece of construction paper
- Stickers
- Glue sticks

## Prepare Coffee-Filter Flowers

### Materials

- Coffee filters (round, circular type)
- Washable markers
- Pencils
- Pipe cleaners- green or any color
- Small bowls of water
- Styrofoam balls or Styrofoam cups
- Large plastic drinking cups or small vases



## Prepare Flannel Board

### Materials

- Cut-out templates (see attached)
- Flannel board
- Felt or velcro

### Advanced Preparations

1. Attach a square of felt or a piece of Velcro (use the rough side) to the back side of each image so that it sticks to the flannel board.

# Introduce with an activity

## Decorate a Chesed Dress/Shirt

### Intro Words

Today, we're going to read a book about a little girl named Hanna who gets a beautiful white dress as a present from her mother. In our story, Hanna's dress gets dirty, but then something special happens, and Hanna's dress begins to sparkle and shine with light. Right now, we're going to make some beautiful, sparkly spots and circles for Hanna's dress. I'll tell you what we're going to do with these circles a little later in our program. For now, I'd just like you to decorate as many circles as you can.

### Directions

#### Silver Glitter Circles

1. Use q-tip or paint brush to spread the glue onto the white circle.
2. Sprinkle glitter (using a spoon or a shaker) onto the circle.
3. Set circle aside to dry.

#### Scratch-Art Circles

1. Rub stylus on top of the circle, scratching away at the black surface to reveal the hidden silver layer.



## Introduce the Story

Today, we are going to read a book called *Hanna's Sabbath Dress* by Itzhak Schweiger- Dmi'el. This is a story about a girl named Hanna who loves one day of the week more than all of the others. Hanna's favorite day is a day on which: (display Shabbat items as you talk about each action) she lights candles, eats challah, drinks grape juice, and has time to rest and play with her mother, her pets, and her friends. Can you guess which day Hanna loves more than all of the others? (That's right- Hanna's favorite day is Shabbat!) In Hanna's house, Hanna and her mother do many things to prepare for Shabbat. Hanna takes a bath (invite children to pantomime washing and bathing themselves), and Hanna dresses in special clothes to welcome Shabbat. As our story begins, Hannah is very excited because her mother has made her a brand new white dress to wear on Shabbat. During our story, there are some bad things and some good things that happen to this dress. Let's listen to the story and find out what happens to Hanna and her brand new Shabbat dress.

# Read the story

Because the illustrations in the text are small and slightly abstract, this story works best when it is told using a flannel board and large paper cut outs.

## Encourage Participation

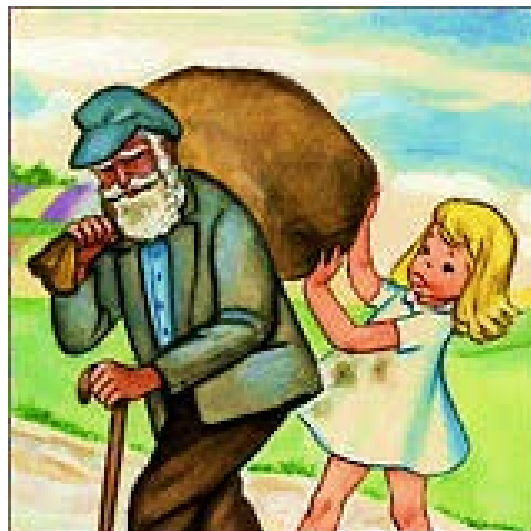
As you tell the story, invite children and parents to:

- Pretend to wash themselves
- Pretend to put on a new dress
- Wag their fingers and shake their heads “no” at the dog and the cow, warning them not to get Hanna’s dress dirty
- Pretend to be carrying a heavy bag
- Pretend to be helping to lift and push the bag up into the air
- Pretend to cry as Hanna does when she discovers that her dress has become dirty
- Hold hands with a parent and dance at the end of the story just as Hanna does



## Discussion Questions

1. Was Hanna a nice girl?
2. What did she do that was very nice?
3. Have you ever done something nice to help others? How have you helped someone?
4. What happened to Hanna’s dress after she helped the old man?
5. How did she feel about her dress being dirty?
6. How did the moon help Hanna?
7. Why do you think the moon wanted to help Hanna?



## Introduce the Concepts of Chesed and Gemillut Chasadim

During the question and answer period following the telling of the story, try to introduce and integrate the words *chesed* and *gemillut chasadim* into the conversation. Here's a sample intro:

*In our story, Hanna helped an old man. How did she help him? Yes, she saw how tired he was, and she helped him carry his big, heavy bag. In Hebrew, when someone does something very nice, we say that they are doing an act of "chesed". Can you say that word? Have you ever performed an act of chesed, or an act of kindness? How did you help someone?*

*Wow, we just heard about a lot of very kind acts of chesed. When we do lots and lots of kind actions and deeds we say that we are performing "gemillut chasadim"- acts of kindness. Does anyone remember some of the gemillut chasadim which we just heard about? All of these special acts are called-"gemillut chasadim."*

*When many of you came in today, you worked very hard on making shiny, glittery circles. In addition to your circles, everyone is also going to take home a white dress or shirt. For the next several weeks, I'd like you to be a bit like Hanna and a bit like the moon in our story. Every time you do an act of chesed, I'd like you to use a glue stick and attach a circle to your dress or shirt. Under your circle or star, ask someone to write down the act of kindness that you just performed. Let's see if we can put our first glitter spot on our dress or shirt right now. **Can you think of one kind thing, one act of chesed that you performed lately? As soon as you come up with your act of kindness, use a glue stick to attach your circle and then ask a grown-up to write down some words that describe your act of Chesed.***



# Follow Up activities and resources

## Sing “If You’re Kind and You Know It”

To help children continue to identify acts of chesed, display pictures showing children engaged in kind acts (refer to the PJ Library book *26 Big Things Small Hands Can Do*) Ask children to describe what they see in the picture and then pantomime that activity with their hands.

(To the tune of “If You’re Happy and You Know it”)

If you’re kind and you know it, share a toy (2 xs)  
If you’re kind and you know then you really ought to show it,  
if you’re kind and you know it, share a toy

If you’re kind and you know it, feed a pet  
If you’re kind and you know it, help in the garden (pretend to dig and water plants)  
If you’re kind and you know it, invite friends to play (use a hand to beckon someone to play)



## Drop coins into a Tzedakah box

Set up tzedakah boxes on several different tables or in several different locations around the room. Place a pile of pennies or coins next to the box and demonstrate how to drop a coin into the box. Please note that while children of all ages will enjoy dropping the coins into the box, few children below the age of 5 will be able to fully understand what will happen to the money once it’s been deposited in the box. Despite the fact that children will not fully comprehend what they are doing, putting coins in a tzedakah box is, nevertheless, a fun activity which can be used to introduce children to the concept of giving charity.

After a child performs each activity, he/she should attach one more “glittery dot” to his/her shirt or dress. An adult should write a description of the chesed activity underneath the dot.



## Make Coffee-Filter Flowers

### Directions

1. Using markers, decorate 3 coffee filters.
2. Stack the colored filters, placing one on top of the other.
3. Fold the stack of filters in half and then fold in half again. The stack of filters will now be shaped like a triangle.
4. Place the top of the pencil (the eraser end) on the point of the triangle.
5. Press the sides of the triangle together, thereby folding the pencil into the filters.
6. Wrap a pipe cleaner around the bottom of the filter (where the point of the triangle and the pencil top are located). Secure the pipe cleaner, by twisting the loose ends together.
7. Holding the pencil/stem end of the flower, dip the filters into a bowl of water.
8. The colors will begin to blend. Remove flower from water.
9. Gently open the filter, separating the layers of filter, so as to form flower petals.
10. Place a piece of Styrofoam in the base of the plastic cup. Poke flowers into the Styrofoam so that the flowers will be able to stand upright without knocking the cup off balance.



# Resources for parents, teachers, families

## Nurturing the Family

Remind families to take home their chesed dresses or shirts and their sparkly dots. Ask children to work on filling up their dresses or shirts at home. Request that each family bring their shirt or dress to the next scheduled PJ program. Families can share their dresses/shirts with one another at the next program.

Create a list of “Chesed Activities For the Whole Family” (Visit an animal shelter and volunteer to take a pet for a walk, plant a garden and donate some of the produce to a local food shelter, participate in a local park clean up or a charity walk, make “Get Well” cards and send them to a friend or relative who is ill, help shovel a neighbor’s walk, help rake a neighbor’s leaves, etc.) Send a copy of the list home with each family and/or send it to the family via e-mail.

For more information of chesed and gemillut chasadim:

PJ Library Books: Acts of Kindness Focus

<http://www.pjlibrary.org/Parents-and-Families/Reading-Tips-and-Resources/Jewish-Values/Gemilut-Chasadim.aspx>

Raising a Mensch – PJ Library Blog

<http://pjlibrary.org/pj-blog/index.php/archives/5170/raising-a-mensch/>

Summer Acts of Kindness – PJ Library Blog

<http://pjlibrary.org/pj-blog/index.php/archives/4989/summer-acts-of-kindness/>





Hanna

