

A Note from PJ Goes to School

Your child's exploration of Jewish values through PJ Library books



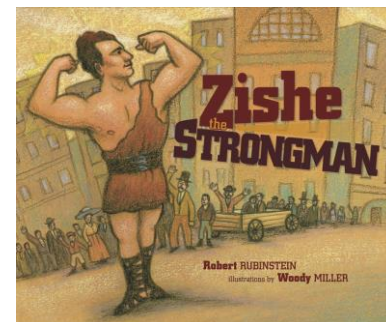
Featured book and Jewish values

Zishe the Strongman

by Robert Rubinstein

Illustrated by Woody Miller

Published by Kar Ben



Born in Poland to a poor Jewish family, Zishe, aka Siegmund Breithbart, was a real life Superman. This picture biography chronicles Zishe's growth from a young boy, capable of breaking metal chains with his hands, to the renowned "Iron King" who journeyed around the world and astounded crowds with his feats of strength. Zishe's heart was as large as his strength, and he was conscious that he represented the Jewish people. Zishe visited with the local Jewish community wherever he travelled, visiting hospitals, playing his cello for the sick, and entertaining hordes of adoring children.

Values

Strength - *Ge-vu-rah* - גְבוּרָה - In Judaism strength is measured not by the size of one's muscles but by one's ability to exercise self-control and demonstrate strength of character

Acts of loving kindness - *Ge-mi-lut cha-sa-dim* - גְּמִלוּת חֲסָדִים - Rabbinic teachings suggest loving kindness means performing helpful acts for others with no expectation of receiving a reward.

What to talk about at home

- What are some of the different ways in which people can be strong? Who do we know who is strong?
- What are examples of acts of kindness that our family performs/performed? What new acts could we try?
- What do you think are the hardest types of kindness acts to perform? What are the easiest?



What else you can do

- Make a poster that displays your family's unique strengths.
- Work on increasing your family's physical strength, by incorporating some type of group fitness activity into your daily or weekly routine (e.g. go for a walk or bike ride every night after dinner.)
- Pair an act of kindness with your new exercise routine. For example, pause during your evening stroll to smile at passers-by, pick up trash, or feed the birds.

More PJ library books about self-discipline and outer and inner strength

[All Kinds of Strong](#) by Sharon Baker

[Marven of the Great North Woods](#) by Kathryn Lasky

[Rabbi Benjamin's Buttons](#) by Alice McGinty