

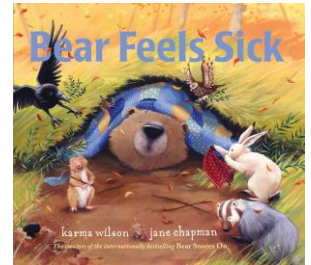
Read the PJ Library Book

Bear Feels Sick (3s)

Written by Karma Wilson

Illustrated by Jane Chapman

Published by Simon and Schuster



Synopsis

Bear is achy and wheezy and feels just plain sick. His animal friends gather herbs to make him tea, mop his fevered brow, and do their best to make him feel comfortable. He soon revives to find that his friends now feel sick. Bear assures them, "You took care of me. Now I'll take care of you." And he does.

Discuss the Jewish values and vocabulary with one another

Visiting the sick - *Bi-kur cho-lim* - בקור חולים

Acts of loving kindness - *Ge-mi-lut cha-sa-dim* - גמילות חסדים

Introducing the value of Visiting the sick *Bikkur cholim*

From Jewish teachings

Visiting the sick is an important *mitzvah* (commandment). According to tradition, visiting the sick removes one sixtieth of the patient's illness (*Bava Metzia* 30b). Over the centuries, Jewish sages have compiled detailed instructions on visiting the sick. For example, visitors should tell stories and engage in cheerful discussion in order to distract patients from their illness and reduce their feelings of isolation. Visitors are directed to attend to the patient's needs, making sure to visit at the best time of day for the patient. All are encouraged to recite prayers for good health.

For the teacher

- How do you prefer to be treated when sick?
- What do you currently do in your classroom to acknowledge those who are ill?
- Are there any new practices that you would like to introduce to your classroom to increase children's empathy and awareness for those who are sick?
- By the end of the year, what do you hope children will understand about their role in helping someone who is sick?

Questions for children

- Think about a time when you were sick. What did a friend or family member do that helped you feel better?
- If someone you know is sick, what can you do to help them feel better?
- What should we do as a class when one of our friends is home sick? Can we make up a prayer or song that we sing as a group?



Introducing the value of Acts of loving kindness *Gemilut chasidim*

From Jewish teachings

Pirkei Avot, a collection of rabbinic commentaries on ethics, states: “The world stands on three things: on Torah, divine service, and on acts of loving kindness” (1:2). Some interpret this to mean the world would cease to exist without kindness. The Me’am Lo’ez, an 18th century biblical commentator, notes that acts of loving kindness refer to unselfish actions performed without thought of reward or for those who may never be able to return the kindness. Classic acts of kindness include visiting the sick, clothing the naked, comforting mourners, and burying the dead.

For the teacher

- What types of kindness do you most often perform for others?
- Do you think it’s important for students to know about acts of kindness that you routinely try to do? Why or why not?
- How will you document the acts of kindness that occur in your classroom? How can you help children assess whether their acts of kindness have truly helped others?

Questions for children

- How can you tell if someone needs help or just needs some kind words?
- How does it feel when someone helps you? How do you feel when you help others?
- How might our class be on the lookout for ways to be kind and help others?



Imagine

 your community living these Jewish values.

**How would your classroom change?
How will families be involved?**

In the Classroom / Centers

- ☆ **Bikkur cholim/visiting the sick:** Add doctors’ tools to the **dramatic play** area. Children can role play caring for a sick doll or stuffed animal. It may help ease fears about doctor visits, too!



- ☆ **Bikkur cholim/visiting the sick:** Stock up on ready-to-decorate get well cards in your **art and literacy center**. Teach your students this simple *refuah sheleima* (literally, complete healing) get well song. (pjfor.me/Sing-a-long) The next time one of your students is home sick, arrange for a phone call and serenade the child with the cheerful voices of his/her classmates. Send or deliver any decorated cards.

- ☆ **Gemilut chasidim/acts of loving kindness:** Take your class on a kindness adventure in your building. Sing a song for seniors, bring paper flowers to the office staff, or share freshly baked cookies with the class next door. Make sure the children notice the joy they bring to others.
- ☆ **Gemilut chasidim/acts of loving kindness:** Talk about love and kindness in **morning meeting**. Ask the children to think about what things make mommy, daddy, or siblings smile. Make a kindness chart with pictures to remind children of kindnesses they are capable of doing every day.



Engage the families in your community

How can you involve families and deepen home-school relationships?

Acts of Loving Kindness List

Enlist the help of your students and their families to create a list of as many acts of kindness (appropriate for 3-yr-olds) as possible. Start by sending some suggestions, such as calling Great Aunt Sarah or saying “Good Morning” to passers-by in the school hallways. Make sure you send home copies of the list as it evolves.

Speed Play-Dating?

This is a wonderful time to help children – and their parents – find compatible friends with whom to plan play-dates. Invite families to an afternoon or evening of fun, simple games and activities. Assign seating at tables for four to six. Let everyone know you plan to switch up the table seating once or twice during the event to allow all families to get to know one another. Relationships will form organically from this.



At Home

See below for a mini-newsletter about this book. Cut on the dotted line to send directly to parents, or copy any part for your website or electronic communication with families.



ABOUT the PJ Library book Bear Feels Sick

Written by Karma Wilson
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This rhyming book tells the story of a sick bear whose animal friends nurse him back to health, only to get sick themselves. Bear assures them, “You took care of me. Now I’ll take care of you.” And he does.

DO fun stuff at home

Ready a “get-well” kit to comfort a loved one at a moment’s notice. Decorate a small shopping bag. Fill it with nurturing goodies, such as a Jell-O package, soup mix, or tea and honey. Add in silly jokes or heart cut-outs.



DISCUSS Jewish values

Visiting the sick/bikkur cholim

Jewish tradition notes that visitors should try to bring joy, laughter, distraction, and words of prayer to those who are ill.

- Recall a time when a family member was sick and how the family helped that person feel better.

Kindness/Chesed

Judaism believes that the world could not exist without kindness and we must constantly strive to help others.

- What is the nicest thing someone has ever done for you? The nicest thing you’ve done for someone else?

MORE resources

Bikkur cholim pinterest page:

<http://bit.ly/Pinterest-pjgts-visiting-sick>

More on visiting the sick: <http://bit.ly/MJL-Visiting-sick>

Teaching kindness reduces bullying:

<http://bit.ly/kindness-vs-bully>