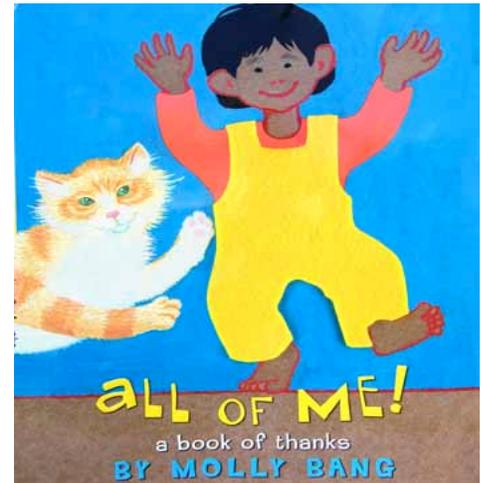


All of Me

By Molly Bang

Program Focus

Age group: Ages 2-5
Time frame: 60-75 minutes
Central value: An introduction to the Jewish value of gratitude



Synopsis

In this joyous, colorful picture book, a boy, aided by a cuddly, orange cat, enthusiastically thanks his many wondrous body parts for all which they can do. Starting with his feet and moving on to his hands and head, he shows readers each body part's basic value: "What great hands! Thank you, hands, /for gripping/and throwing/and patting and holding and for hugging." Although not explicitly Jewish in content, this book can serve as a wonderful introduction to the Jewish value of gratitude and the closely related value of prayer. Children will delight in offering thanks for their many useful and interesting body parts.

Goals

In this program, families explore the wondrous abilities of their bodies and examine different ways of expressing gratitude for all that their bodies can do. The take-home project from this program is a beautifully framed thank-you sign, upon which children have dictated notes expressing thanks for specific body parts. Families are encouraged to display this sign at home and to continue to reflect on the miraculous powers of the human body.

Submitted by

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Plan in advance

Prepare Thank You Pictures

Materials

- Dot Paints
- Thank You Signs (Sample Thank You signs appear at the end of this program guide)
- Pen/pencil for writing child's name on back of sign
- Foam frames
- Small plastic baggie for each family filled with:
 - Body part pictures mounted on colorful circles
 - Foam feet, foam hands
 - A Pen for writing
 - Glue stick
 - Foam stickers
 - Colorful jewels and sequins



Introduce with an activity

Decorate Thank You Pictures

Today we're going to read a book about a little boy who loves to say "thank you". He says thank you for all of his body parts. He thanks his feet for helping him jump; his hands for allowing him to hug and throw; and his mouth for helping him talk and sing. Later today, we'll have chance to say thank you to many of our body parts. Right now, I'd like you to decorate a Thank You sign that we'll later add picture to. We have several different types of Thank You signs for you to choose -Some display just the words Thank You while some contain both the Hebrew and English words for Thank You. Do you know the Hebrew word for "thank you"? (It's Todah!)

Directions

- Choose a thank you sign
- Decorate sign using dot paints
- Remember to write child's name on back of completed art work

Introduce the Story

Did you know that Jewish people love to say “Thank You”? Do you know how to say thank you in Hebrew? (Todah) In addition to Todah, another Jewish way of saying thanks is by offering a blessing. Many Jewish blessings start with the exact same words- perhaps you’ve heard them before they begin-Baruch Atah Adonai elohenu melech haolam-Thank you God, Creator of the World for... giving us bread, or vegetables, of for creating beauty in the world. Many Jewish people like to say “thank you” as soon as they wake up in the morning. They like to wake up and say some special prayers called Birchot HaShachar- Morning Blessings. Included in these morning blessings are words of thanks to God for helping us see, for giving us strength, for providing us with clothes to wear. One morning blessing even says thank you for making our bodies with all the right openings and closings (Some people like to say this prayer right after they’ve used the bathroom.)

In **All of Me**, our book for today, we’re going to read about a little boy who loves to say Thank you. He thanks his hands, his arms, his elbows, his knees. Which other body parts do you think he says thank you for? Let’s read and find out (read several pages straight though).

Read the story

Encourage Participation

After reading several pages aloud, pause on the next several pages to ask children to predict for which body part the boy will be thankful. (What do you think he is going to say thank you for on this page? Why does he like his _____? Do you like your _____? What do you like to do with your _____?)

Follow Up activities and resources

Decorating Frames for Thank You Pictures

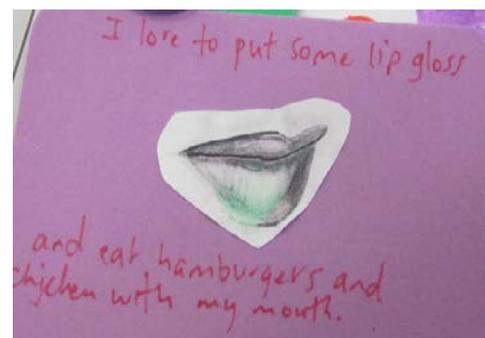
Materials Needed

- Foam frames
- Small plastic baggie for each family

Directions

Much of this activity can be done in your book reading circle. Families simply remain seated on the floor, in the same spot in which they listened to the story being read aloud.

Earlier this morning, you decorated thank you signs. Now, I’d like you to work on decorating frames for your signs. I’m going to pass out baggies to everyone. In your baggie, you will find some pictures of different body parts. I’d like you to choose two or three body parts to glue onto your frame. On the pictures which you’ve selected for your frame, I’d like a grown-up to help you write why you are happy that you have that particular body part. Just like the



boy in our book today, I'd like you to say thank you eyes for (you fill in the blank, perhaps you might say for helping me look at pictures in books ...Or thank you feet for allowing me to climb and dance...) After you've written your notes and attached your body parts to your frame, you may add stickers and jewels to your frame. To complete the project, use a glue stick to attach your painted thank-you sign to your decorated frame.



A glue stick can be used to attach jewels and sequins to the frame. The jewels, however, will stick better if glue (rather than a glue stick) is used. So, if time and space permits, you may want to set up separate stations that families can go to after they've completed the first part of their assignment- after they've written notes and attached body parts to frames. These additional stations can contain glue, q-tips, and a variety of materials to be glued to the frame for decorations.

Making Edible Bagel Faces

Materials

- Mini bagels
- Soft or whipped cream cheese
- Small round fruits and vegetables (for example-blueberries, strawberries, grapes, etc)
- Small thin sticks of vegetables (i.e. pepper sticks, carrot sticks, etc.)
- Spoons for spreading cream cheese

Do you remember some of the parts of the head which the boy in our book was thankful for? He said thank you for my mouth, and my lips, and my tongue, and...What else? Wow, there are so many parts of our face which our special. Right now, we're going to use bagels and cream cheese and fruits and vegetables to make our very own edible bagel faces. As we eat our bagel faces, we can think about how lucky we are to have eyes and ears and noses- Not only do all of these parts help us see and hear and smell, but as we're going to find out, they also taste delicious.



Singing Songs about Body Parts

Head, Shoulders, Knees, and Toes

Head and shoulders

Knees and toes (2x)

Head and shoulders

Knees and toes (2x)

Eyes and ears and mouth and nose

Head and shoulders

Knees and toes (2x)

If you're Happy and you know it

If you're happy and you know it,

Clap your hands

(Clap hands twice)

If you're happy and you know it,

Clap your hands

(Clap hands twice)

If you're happy and you know it,

Then your face will surely show it

If you're happy and you know it,

Clap your hands.

(Clap hands twice)

Shake your head, show your tongue, wiggle your fingers... etc.

Look at Me

(From the CD *Look at Me* by Rick Recht and Sheldon Low)

Listen: http://www.rickrecht.com/music/song.php?songs_id=193&songs_category_id=26

My af (nose) helps me smell things,

My oznaim (ears) help me hear

My eynayim (eyes) helps me see you when you're far and when you're near

My yadim (hands) help me feel things

My lashon (tongue) helps me taste

My reglayim (legs) are for walking or for running in a race.

Look at me, look at me

I have a healthy body as you can see.

I'm the proudest kid in the whole wide world,

And I'm so lucky to be me.

Resources for parents, teachers, families

Nurturing the Family

Following the program, try to e-mail each family, thanking them for coming and providing them with a list of Hebrew body parts (if you spent time at your program singing songs using the Hebrew names of body parts). Parents may also enjoy reading an article on ways of nurturing the value of gratitude within their children. The article listed below is by Wendy Mogel, author of *Blessing of A Skinned Knee*.

- “Gratitude: Encouraging your Child's Natural Appreciation for the Little Things”
<http://www.kveller.com/preschooler/behavior-and-discipline/gratitude.shtml>
- Link for Hebrew body parts
http://www.learn-hebrew-phrases.com/Parts_of_the_body/index.htm

**Thank
You**

Todah

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**Thank
You**

