

## Boker Tov! Good Morning!

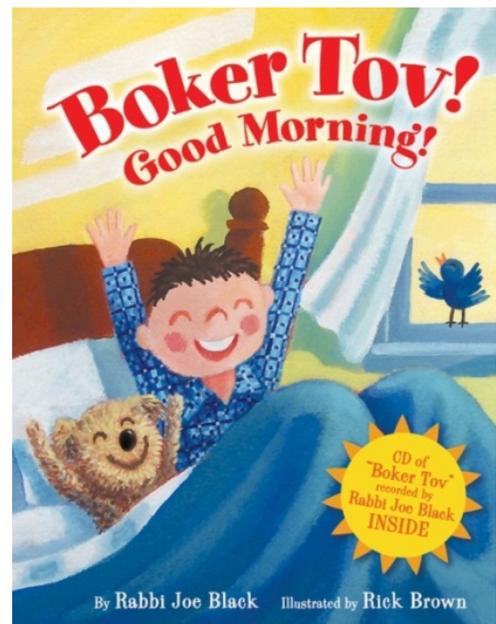
By Rabbi Joe Black

### Program Focus

Age group:	18 months-4 years old
Time frame:	45-60 minutes
Central value:	Beginning and ending each day with gratitude

### Synopsis

In this joyous, vibrant picture book, readers follow the actions of one young boy as he enthusiastically carries out his daily morning routines. Each morning, the young boy dresses, brushes his teeth, eats his breakfast, **and** takes time to thank God for the many blessings in his life, such as: the food he eats, the earth beneath his feet, and the “morning sunshine bright”. Filled with images of multi-ethnic dancing children and animals, and accompanied by a lively music CD, **Boker Tov!** leaves its readers feeling radiantly happy and ready to begin each day with joy and song.



### Goals

The primary goal of the program is to introduce families to the concept of beginning and ending each day with gratitude. During the program, families will:

- Create a fun, interactive “*Boker Tov / Lilah Tov*” sign to serve as a daily reminder to begin and end each day with gratitude
- Learn the Hebrew expressions “*Boker Tov*” and “*Lilah Tov*”
- Discover additional developmentally appropriate activities to promote the daily expression of gratitude

Additional activities include singing a variety of “*Boker Tov*” and “*Lilah Tov*” songs and making fresh squeezed orange juice (a tasty *Boker Tov* treat).

### Submitted by

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# Plan in advance

## Prepare the Interactive Sign

### Materials Needed

- Plastic Plates
- Velcro
- Scissors
- Stapler
- Sun, moon, Boker Tov, and Lila Tov cards
- Hole puncher
- Pipe cleaners

### Directions

1. Cut one plate in half.
2. Place the half plate on top of the whole plate.
3. Staple around the edges of the half plate, thereby creating a pocket. This pocket will hold the individual pieces or attachments to the sign.
4. Attach one piece of Velcro (teeth side up) to the top of the half plate.
5. Attach one piece of Velcro (teeth side up) to the top section of the full (whole) plate.
6. Attach matching pieces of Velcro (fuzzy side up) to the backs of the sun, moon, and Boker Tov and Lila Tov cards.
7. Place all pieces of sign (i.e. the sun, moon and Boker and Lila Tov cards) inside plate pocket.
8. Using a hole puncher, punch a hole into the top of the full size plate.
9. Insert a pipe cleaner through the hole; twist one end to secure it to the plate.



## Set up Work Areas

This project works best with 2 separate work stations. One station will be for watercolor painting, while the second station will be for the stringing of beads.

### Materials: Bead Stringing Station

- Bowls containing pony beads
- Prepared plates

### Materials: Water Coloring Station

- Watercolors (liquid, tubes, or watercolor pallets)
- Paint brushes
- Muffin trays/tins
- Pencil, pens for writing names
- Water
- Prepared plastic plates
- Newspaper or plastic bags or tablecloths for covering table
- Sheets of white paper, for those children who wish to continue painting, even after they have completed their Boker Tov and Lila Tov cards



## Preparation: Watercolors

- If using **tube/liquid watercolors**, fill muffin compartments half full with water, squeeze 1-2 drops of watercolor paints into the water. Fill 1-2 muffin compartments with water, but do not add color. These water-only compartments will be used for rinsing paint brushes.
- If using **water color pallets**, fill muffin compartments with water only. Pre-moisten the water color pallets so that children will be able to receive instant gratification the moment they begin painting.

# Introduce with an activity

## Creating Boker Tov/Lila Tov Signs

*Today we're going to read a book about some of the activities that one little boy likes to do every morning when he first wakes up. Every morning, the boy in our book likes to jump out of bed, take off his "jammies", get dressed, eat breakfast, and dash off to school. This little boy also likes to say thank you. Every morning when he wakes up, he looks around and says thank you for all of the wonderful things which he sees—He says thank you for the sunshine, thank you for the yummy breakfast food, thank you for the earth, and even thank you for the hamster which he discovers in his classroom when he arrives at school.*



*Right now, we're going to make a Boker Tov/ Lila Tov sign-a good morning and good night sign- which will remind us to start and end each day by saying thank you, just as the boy in our book does. When we sit down to read our book, I'll show you exactly how our signs work, but for right now, I'd like you to work on making and preparing some of the pieces for your sign.*

## Painting Directions

1. Distribute one sign/plate to each participant.
2. Participants remove Boker Tov and Lila Tov cards from the plate's pocket.
3. Using watercolors, children decorate each card (Blot with paper towels if cards become too drippy).
4. Be sure to jot children's names on the back of their card.
5. Once the children have completed painting their Boker Tov and Lila Tov cards (and extra paper), ask them to bring their plate to the bead stringing table.



## Sign Handle Directions

1. Children string beads onto the open end of the pipe cleaner.
2. After children have attached as many beads as they desire, parents tie or twist the open end of the pipe cleaner to the section of pipe cleaner which is already attached to the plate, thereby forming a loop or handle which will enable the sign to be hung on a door-knob, within easy reach of a child.

# Read the story

## Introduce the Story

Today, we're going to read the book, **Boker Tov** by Rabbi Joe Black, which shows what one little boy does when he first wakes up in the morning. Do you know how to say the word morning in Hebrew? (Boker-Can you say that word with me?)

**What do you do when you wake up in the morning?** (As children offer suggestions, ask the group to pantomime each action.)

**What do you say when you wake up in the morning?** (In our book, the boy likes to say "Boker Tov".)

Let's watch and listen and see what this boy does and says when he first wake up in the morning.

If possible, sing rather than read the book aloud.

## Encourage Participation

- Ask children to describe what the dog is doing on several of the book's pages.
- On p. 11, ask the children to guess what the new surprise in the classroom is (the hamster).
- Ask children to join you in imitating some of the actions depicted on each page- Pretend to get dressed, wave hello/Boker Tov to the letter carrier, dance in the classroom, etc.

## Closing Remarks

Wow, sometimes there's a lot to do in the morning. Every morning, the boy in our book gets dressed, eats breakfast, and says thank you. Let's see what he says thank you for (review p 8-10 –He says thank you for "the food he eats, for the earth beneath his feet and for the morning sunshine bright.")

Earlier today, you made a sign which you can take home and hang in your bedroom. This sign can help you remember to say thank you every morning, just as the boy in our book does. Every morning when you wake up, you can jump out of bed, run to your sign, reach your hand in the pocket and pull out the sun and the card that says –"Boker Tov. Good morning! Today, I am happy because..." **[Demonstrate how to attach these items to the sign].**

Once you've arranged your sign, try to think of one thing which you feel happy about. I bet that every day, you'll think of something different to be happy about. One morning you might feel happy because the birds are singing. Another day you may be happy that the sun is shining, or you may be excited that you are going to have a play date with a friend, or that you are going to visit grandma.

At night, you can rearrange your sign again, just before you go to sleep. What shines in the sky at bedtime? That's right-the moon. So at bedtime, you can take down the sun and put up the moon. You'll also need to put up the Lila Tov card. The Lila Tov card asks you to think about one nice thing which happened during the day and say thank you for that person, place, or thing. So, for example, one night, you might say, "Thank you for the friends whom I played with today", or you might say "Thank you for the zoo that I visited today", or "Thank you for the sun which kept me warm all day long". What other types of thank you's might you say at the end of the day? I hope that you'll keep track of some of your morning and night time thank you's because I really want to hear about them the next time I see you.

# Follow Up activities and resources

## Singing Songs & Performing Finger-Plays about Waking up and Going to Sleep

### **This Little Girl All Ready for Bed**

This little girl all ready for bed,  
down on the pillow she lays her head  
(Lay one finger down in the palm of the other  
extended hand)

Wraps herself up in the covers so tight  
(Wrap fingers of the extended hand tightly  
around the sleeping finger)

This is the way she sleeps all night

Morning comes, she opens her eyes  
Back with a toss the covers fly.  
(Open the hand which was clasping the finger;  
Allow the opened hand to fly through the air)

Up she jumps, she's up and awake  
(Bounce finger up and down on the palm of  
the extended hand)

Ready to play and have a good day.

### **If You're Happy in the Boker**

(To the tune of "If you're happy and you know  
it")

If you're happy in the boker, shout Boker Tov  
(2x)

If you're happy in the boker and you really  
want to show it,

If you're happy in the boker shout, Boker Tov

(eat your breakfast, brush your teeth, and  
comb your hair, etc.)

If you're sleepy in the lila, close your eyes(2x)

If you're sleepy in the lila, and you really want  
to show it,

If you're sleepy in the lila, close your eyes and  
go to sleep.

### **I Wake up in the Boker**

"I wake up in the boker and I open my eynayim  
(eyes)

I jump from my mitah (bed) and clap my  
yadayim (hands)

## Squeezing Fresh Orange Juice- Preparing a Boker Tov Treat

We've spoken a great deal today about waking up in the morning-in the boker. I have a question for you- What do you like to eat in the morning-in the boker-when you first wake up? Is there a special name for the meal which we eat in the morning? (Breakfast) What do you like to drink at breakfast? Right now we're going to make a special morning breakfast treat. We're going to make our own fresh-squeezed orange juice. Has anyone here ever made orange juice before? What will we need in order to make orange juice? What do you think we should say before we drink our juice? Should we say thank you to the oranges for giving us such good juice?

### Materials

- Oranges (sliced in half)
- Hand juicers (many, but at least 2 or 3)
- Paper bowls
- Paper cups
- A Large Pitcher for collecting the juice
- Carton of Store-bought Orange Juice
- Cheerios



### Directions

1. Pass out a handful of cheerios to each child (The cheerios will serve as a distraction, as the children await their turn with the juicers.)
2. Distribute ½ orange to each child, and a small bowl.
3. Ask children to wait for a turn with the juicer. Upon receiving a juicer, each child will twist his/her orange on top of the juicer, extracting as much juice as possible from the orange. (Those who can't wait for the juicer can try hand-squeezing their orange into their bowl.)
4. After each child has used the juicer, he/she should pour the collected juice into the large pitcher.
5. When all of the oranges have been squeezed, pour a little of the fresh squeezed orange juice into each child's cup.
6. (Optional) Recite a blessing before drinking the juice, or simply offer a shout of "thank you".
7. After serving the fresh squeezed juice, offer children additional helpings of store-bought juice.

## Resources for parents, teachers, families

### Nurturing the Family

Following the program, try to e-mail each family, thanking them for coming, providing them with the words to some of the songs that you sang at the program. Parents may also enjoy reading articles on ways of nurturing the value of gratitude within their children (written by Wendy Mogel, author of **Blessing of a Skinned Knee**):

- PJ Blog: "Gratitude: Encouraging your Child's Natural Appreciation for the Little Things"  
<http://www.kveller.com/preschooler/behavior-and-discipline/gratitude.shtml>
- PJ Blog: "Nurturing Gratitude"  
<http://pjlibrary.org/pj-blog/index.php/archives/1950/nurturing-gratitude/>

בוקר טוב

**Boker Tov**

**Good Morning!!**

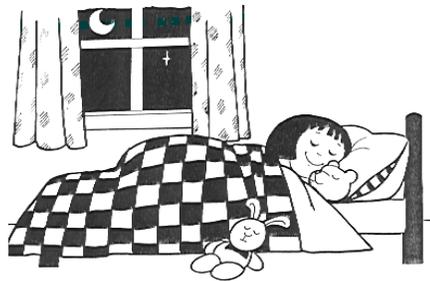


**Today, I am happy because...**

לילה טוב

**Lila Tov**

**Good Night!**



**Tonight, I say "Thank You" for...**