



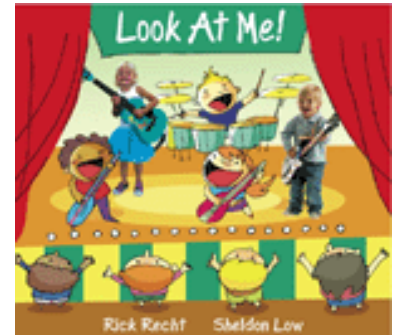
Listen to the PJ Library Musical CD

Look at Me! (3's)

By Rick Recht and Sheldon Low

Synopsis

This delightful CD is a combination of music and conversations which reflect a child's point of view. Rick and Sheldon explore themes of gratitude, appreciating one's body, cooperation, tzedakah, and much more. The playful songs can be used to help children learn Hebrew words, express feelings, and of course - dance!



[Click here to download the songbook](#)

Todah rabah – many thanks – to Rick and Sheldon for sharing the chords and lyrics.

For detailed sheet music please visit www.rickrecht.com or www.sheldonlow.com

Discuss the Jewish values and vocabulary with one another

Hebrew - *Ivrit* - עִבְרִית

Cooperation - *shi-toof pe-u-lah* - שְׂתוּף פְּעוּלָה

Taking care of one's body - *Shmirat ha-guf* - שְׁמִירַת הַגּוּף

Hebrew – Ivrit. Evidence of written Hebrew has been found dating back to the tenth century BCE. Classical Hebrew is the primary language of the Torah and many Jewish prayers, and is therefore known as *Lashon Hakodesh*, or the Holy Tongue. For centuries Hebrew was only used for prayer or study. In the 1880's a Russian by the name of Eliezer Ben-Yehuda changed that. Ben-Yehuda, a Torah scholar and ardent Zionist, believed the revitalization of Hebrew as a modern language could unite Jews all over the world. He settled in Palestine and claimed, "In order to have our own land and political life... we must have a Hebrew language in which we can conduct the business of life." He wrote the first Hebrew language dictionary and edited several Hebrew newspapers. He is credited with the birth of modern Hebrew, which indeed is a symbol of Jewish identity throughout the world.

Cooperation – *shi-toof pe-ulah*. The literal translation of this phrase is “partnership in action.” Working together is a cornerstone of Jewish life. Prayer services require a *minyan*, a quorum of ten, in order to recite many of our most sacred prayers and to publically read from the Torah. Most Jewish celebrations involve family and friends, and many mitzvot involve social action such as visiting the sick, entertaining the bride and groom at a wedding, and comforting mourners. Judaism recognizes humans are communal beings. We maximize the goodness of life when we work together for everyone’s benefit.



Taking care of one’s body – *shmirat haguf*. *Shmirat haguf* literally translates as “guardian of the body.” Judaism teaches that the body is a divine gift to be cared for. Everything physical act we do, even the most basic such as eating, walking and talking, can be elevated to a higher level when we are mindful that our bodies are sacred. Rabbis throughout history associate physical health with spiritual and mental health. There are many references in rabbinic literature about sanctifying our bodies. A story about the great sage Hillel relates he told his students he was going to perform a meritorious deed – he was on his way to bathe.

Imagine using music to convey Jewish values.

**How will you incorporate music into classroom routines?
How will families be involved?**

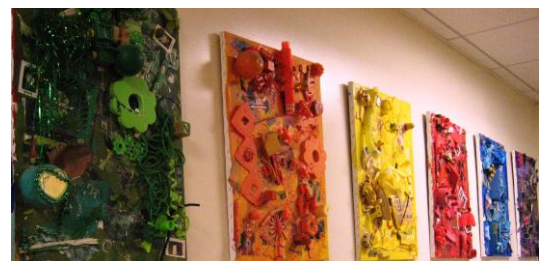
In the Classroom / Centers

- ☆ Cooperation and Hebrew: Use the song *Nikayon* at **clean-up time**. Begin to use the term *nikayon* for all classroom clean-up. Act out bath time scrubbing, too.
- ☆ Hebrew, taking care of one’s body: Help children understand exercise improves your mood – it’s hard to be cranky when you are doing jumping jacks and silly dance movements. Play *Na Lakoom – Stand Up*. Bring a CD player **outside** for even more fun.
- ☆ **Hints:** Play songs one at a time instead of letting the CD play in its entirety as background music. This way you can focus on the value or activity in each song. Learn one Hebrew word each week, and find ways to use this word throughout the day every day. Play one song on repeat mode (such as *Thank You*) at nap time or another quiet time.

Bridging Home and School

The Rainbow

Direct your families to <http://www.rickrecht.com/music/> to listen to the Rainbow Song (or any song you explore in the classroom. They may have to download some plug-ins to enable this feature, depending upon their specific computer.) Ask each family to pick their favorite color and send an object or two of that color (that does not have to be returned) to school. For example, a family might choose *ya-rok* – green, and send in a leaf, a piece of yarn, or a picture of their child in a green sweater. Make a large rainbow collage of whatever you collect. Or – you might work on one color at a time and make a different color collage each week for several weeks.



Sick Day

Parents might play *Ick, Ick, Ick* (at <http://www.rickrecht.com/music/>) in preparation for a “*Refuah Sheleima – Get well soon*” call from the classroom. Make sure you know an appropriate time to call, so the entire classroom can participate in the speaker-call.



Family Engagement at Home

Share a link



For each song you explore in the classroom, direct your families to <http://www.rickrecht.com/music/> to listen to the track. (Please note: additional plug-ins/downloads may be required.) You may suggest they listen to *Nikayon* before bath time or clean-up time at home. Ask parents to share with you how this may have changed attitudes about clean-up at home.

Share

 your stories and experiences with everyone.

What happened?

How can the learning go deeper?

Tell us a story... about musical inspiration

There are so many ways that music enhances the early childhood experience. Let us know how you used the music in this CD. Did one tune become your class theme song? Did you use a melody to inspire an art project? Perhaps you incorporated a song into your morning prayer ritual.

Please share with all of us on our private Facebook group page! <http://pjfor.me/pjgts-facebook>

More

 resources and websites for inspiration

Benefits of music: <http://tinyurl.com/music-and-children>

Music research paper: <http://tinyurl.com/music-research-study>

Exercise: <http://tinyurl.com/music-and-exercise>

More music: www.sheldonlow.com; <http://tinyurl.com/judaism-com-music>

