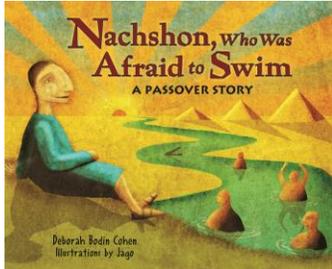


A Note from PJ Goes to School

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



Featured book and Jewish values



Nachshon, Who Was Afraid to Swim

By Deborah Bodin Cohen

Illustrated by Jago

Published by Kar Ben Publishing

As a child, Nachshon is courageous and fearless. He is not afraid of taskmasters, hard work, frogs, or any of the other plagues invading Egypt. Yet he is terrified of swimming. Moses inspires Nachshon to confront his fear. This book retells the *midrash* (Jewish legend) that as the Jewish people stood in front of the Red Sea, pursued by Pharaoh, Nachshon bravely plunged into the water. His faith in God - and his faith in himself - helps to split the waters. Nachshon experiences freedom from slavery and freedom from fear for the first time in his life.

Values

Courage / *O-metz lev* / אִמְצָ לֵב – literally, strength of heart; resisting fears and standing up for what one believes.

Do not stand idly by / *Lo ta-a-mod al dam re-e-cha* / לֹא תֵעָמַד עַל־דַּם רֵעֶךָ - jumping in to protect others from harm or help someone in need.

What to talk about at home

- Can you describe something that used to frighten you and now no longer does? How were you able to overcome your fear?
- Share stories with your children about some of your past fears and how you conquered them.
- Nachshon was not afraid to jump in and help those in danger. How does our family protect others? How else might we help others?



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What else you can do

- List new experiences and adventures your family would like to try, such as tasting new foods or taking a nighttime hike. How will you celebrate the completion of each courageous task?
- Interview family members, asking them to recount one of the most courageous things they have ever done and/or a time when they assisted someone in danger.

More PJ library books about courage and not standing idly by:

[How Dalia Put a Yellow Comforter Inside a Tiny](#)

[Blue Box](#) by Linda Heller

[Bagels From Benny](#) by Aubrey Davis

[Gracie's Night](#) by Lynn Taylor Gordon