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How do you say thank you?

Good Things

Babies are capable of understanding simple words from a very young age – hello, yes, no, bye-bye. The concept of gratitude is a little more challenging, but that doesn't mean we shouldn't begin talking about it. This book shows that there are countless things to be thankful for in the world – all we have to do is notice them. Hakarat hatov, Hebrew for "noticing the good," is the Jewish value of being aware of all the blessings in our life for which we can say todah (Hebrew for "thank you")! To learn more, visit pjlibrary.org/veryhungrycaterpillar.

A Healthy Appetite

The Very Hungry Caterpillar is clearly hungry for Jewish values, which often focus on kindness (chesed) and bravery (ometz lev). Traditional Jewish prayers encourage us to feel wonder (yir'at kavod) and to work toward peace (shalom); the Talmud, the core collection of rabbinic writings, teaches us to be a good friend (chaver tov), to be kind to animals (tza'ar ba'alei chayim), and to preserve the planet (bal tashchit). Judaism encourages the behaviors and mindset we all hope to instill in our own little caterpillars.

Thanks for Everything

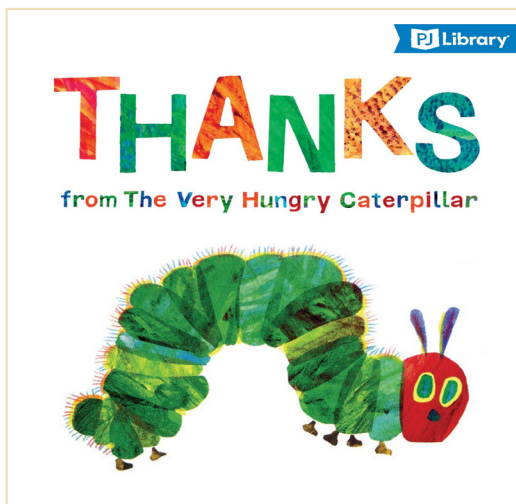
It is a Jewish practice to begin each day with a simple statement of thanks known as the Modeh Ani ("I'm Thankful") -- and it doesn't stop there. Rabbinic sages have encouraged people to say one hundred blessings every day. That may sound like a lot, but there are traditional blessings that give thanks for just about everything -- hearing thunder, smelling fragrant trees, seeing wonders of nature. By saying thank you on every page of this book, this hungry caterpillar models how easy it can be to fill one's day with gratitude.

TALK IT OVER WITH YOUR KIDS

LOOK at all the animals in this book. What sounds do they make?

THERE are many people in your family to be thankful for. Can you name some of them?

CAN you "smell" the flower in this book? Can you "pet" the sheep? What else could you do with the things in these illustrations?



HANDS ON!

Say Thanks with Sign Language

Babies understand more words than they can say, which is why many families use simple sign language. It's never too soon to teach your children to express thanks for the many blessings that come their way.

Model signing "thank you" for your child:

Place your fingertips at your lips.

As you say "thank you," sweep your hand forward in an open gesture, similar to blowing a kiss.

To see a video with the sign for "thank you" in action, and for more signs to try out with your baby, visit pjlibrary.org/signlanguageshabbat.