



THANK YOU FOR ME!

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Sure, you know it's polite to say "thank you." But did you know it can also make you feel great? In this book, based on Rick Recht's song "Kobi's Lullaby," a child realizes he has a lot to be thankful for – everything from the moon and the sun to his nose and his toes.

JEWISH CONCEPTS

"Thank you" is among the first phrases we teach our children, and with good reason. Giving thanks is more than just proper etiquette -- it helps us maintain a healthy, positive attitude. The Hebrew term for gratitude, *hakarat hatov*, literally means "recognizing the good." Judaism gives us the opportunity to recognize the many good things in our life that we might otherwise take for granted. There are *brachot* (plural of *bracha*, or blessing) for all kinds of occasions, from the everyday (over meals, for example) to the profound (the birth of a child), all creating moments to pause and give thanks. Whether we do it through prayer or a lullaby or even just a contemplative moment, taking the time to express gratitude for all our gifts -- large and small -- is a way of counting our blessings. We feel happy when we consider how lucky we are, even if it's just because we're alive in the world. It's a lesson to learn early – and to practice over a lifetime.

