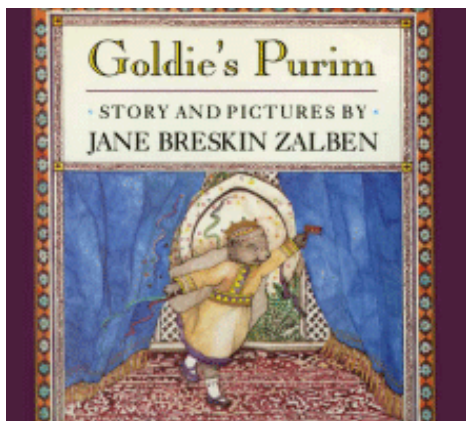


Goldie's Purim

by
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{ Who inspires you to be brave? }

Incredibly Edible

Ever notice that most Jewish holidays involve food – and lots of it? Food brings us together in celebration and connects us with memories, history, and tradition. Two of the four mitzvot (plural of mitzvah, “commandment”) for the holiday of Purim are about – you guessed it – food! One is to give friends and neighbors gifts of food called mishloach manot in Hebrew (or shalach manot in Yiddish), just as Goldie and her siblings do in this story. The other is a Purim seudah – a feast in honor of the miraculous salvation of the Jews in the Purim story. And don’t forget hamantaschen, the classic triangular Purim cookie! To learn more, visit pjlibrary.org/goldiespurim.

Choosing Bravery

It can be easy to imagine Queen Esther as a fearless heroine who risked her life to save her people, but the truth is that she hesitated when faced with the difficult choice about whether to speak up. With her cousin Mordechai’s encouragement, Esther chose to be brave and approach the king despite her fear. Goldie hesitates too when her big on-stage moment comes, but, like Esther, she decides that the show must go on even though she’s afraid. As Franklin D. Roosevelt said, “Courage is not the absence of fear, but rather the assessment that something else is more important than fear.” When you put your highest values above fear, you might just end up like Esther and Goldie – with a book named after you.

Righteous Racket

As kids know well, it’s not very often that we get permission to be noisy. But on Purim, we’re encouraged to make as much noise as possible whenever Haman’s name comes up in the reading of Megillat Esther (Scroll of Esther). And it comes up a whopping 54 times! Make your noise however you like – use groggers (noisemakers), stomp your feet, yell . . . just add to the delightful din that drowns out the name of one of the Jews’ worst-ever enemies. Thousands of years later, the Jewish people are alive and well . . . and making noise!

HANDS ON!

Put on a Play of Bravery

We all feel scared sometimes. One way to cope with that is to practice being brave. Think of an experience that scares you and act it out with a friend or family member. (And remember, it’s an old Purim custom to put on a play!)

Supplies:

- Pretend play props
- A friend or family member
- Imagination
- Bravery

Use whatever props you can find to help set the scene. For example, if visiting the doctor can be scary for you, you could set up a “doctor’s office” with a table or bed, first aid kit, white coat, and so on. Practice being brave while you have your check-up (the “doctor” can help by being encouraging and positive, especially if you need a pretend shot!). Create any pretend experience you like to help you work on being brave, even when you feel afraid.

TALK IT OVER WITH YOUR KIDS

WHEN was a time that you chose to be brave, even if you were afraid? How did you feel?

GOLDIE and her family bake hamantaschen for Purim. What foods are special to you? When do you eat them?

GOLDIE and her friends whirl groggers and stamp their feet while listening to the story of Purim. What’s your favorite way to make noise?