

Say Hello, Lily

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{ How does friendship change us? }

Taking Time to Warm Up

Lily wants to go with her mother to Shalom House, but once there, her face gets hot and her heart starts thumping. Social anxiety can be especially hard when you're a little kid, and sometimes having a job to do can help. In Lily's case, she and her mother are fulfilling an important *mitzvah* (commandment or good deed)—*v'hadarta p'nei zaken*, showing respect and care for the elderly. Lily's mom acts as a great role model, providing her with opportunities to learn care and sensitivity for the elderly. Their friend Mrs. Rosenbaum is especially understanding, knowing that Lily "will be ready when she's ready."

Spread a Little Sunshine

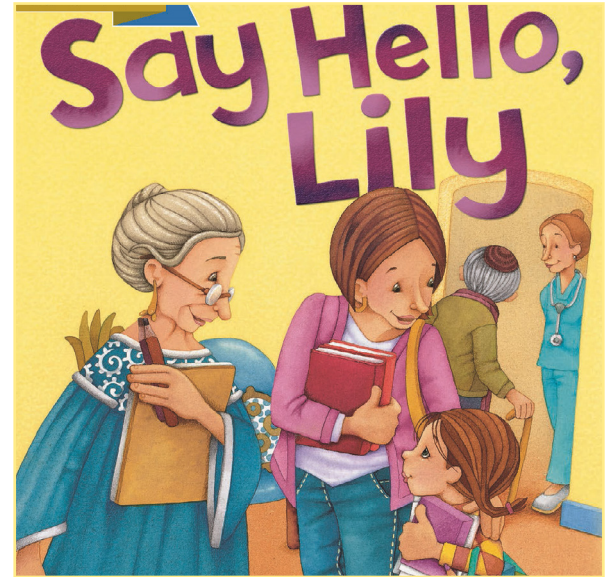
Mrs. Rosenbaum's friendship with Lily deepens when Lily visits her at Shalom House. All the residents work patiently to bring Lily out of her shell and get her smiling. When Lily warms up, she has a great time—and soon realizes that she has a bunch of new friends. Mrs. Rosenbaum's friendship with Lily is an example of *mitzvah goreret mitzvah*, one good deed leading to another. To learn more, visit pjlibrary.org/sayhellolily.

Find a Friend

Shyness can discourage children from making new friends, and that's a shame not only for your kids, but also for the potential friends. Even though Lily was feeling nervous at first, she made some great pals at Shalom House. "Acquire for yourself a friend," wrote the sages in *Pirkei Avot* (*Ethics of the Ancestors*), a tract from the *Mishnah*, an ancient collection of Jewish oral law. Friendships can be especially meaningful when they form between people of different backgrounds, experiences, and ages—like Lily and her new friends.

TALK IT OVER WITH YOUR KIDS

- H**ow do you feel when you meet new people?
- H**ow can you help someone who feels shy?
- D**o you have any elderly friends? What do you like to do with them?



HANDS ON!

Create a Laughing Basket

Want to help kids break the ice in a new situation? Get 'em smiling—grab a basket and fill it with funny tidbits. Here are some examples of things to include:



Supplies

- Folded-up pieces of paper with jokes written on them
- Masks (silly, not scary)
- Noisemakers
- A clown nose
- Groucho-style glasses



...or whatever else you have lying around that makes you smile.

Whether your child is visiting a senior center or hosting a new playdate for the first time, dipping into the laughing basket will help everyone find something to giggle over together. Chances are even the shyest kids will crack a smile.