

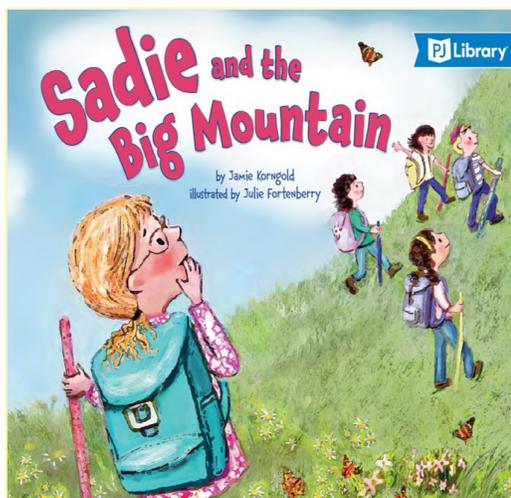
# Sadie and the Big Mountain

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**What's your biggest challenge?**

## Journey to Transformation

Passover celebrates the Jewish people's escape from slavery in ancient Egypt. Hooray, we're free! Now what? For seven weeks after their liberation, the Jewish people traveled through the wilderness until they came to Mount Sinai, where they received the Ten Commandments. The holiday of Shavuot (Hebrew for "weeks") commemorates the transformative moment when a formerly enslaved community was handed ground rules for creating a new, free society. Sadie also experiences a transformation. Her fears about climbing the mountain hinder her feelings of personal freedom. But once her teacher helps her release her fears, she becomes free to happily join her friends in the experience. To learn more, visit [pjlibrary.org/sadieandthebigmountain](http://pjlibrary.org/sadieandthebigmountain).

## HANDS ON!

### Make Your Own Walking Stick

If you're going to climb mountains like Sadie, you could use your own walking stick. It's easy and fun to make.

Supplies:

- Large stick
- Sandpaper
- Paint
- Paintbrush
- Glitter (optional)

Go outside and find a large stick. Try out different sizes to find one that feels right for your height. Pull off any bark pieces you don't want and use the sandpaper to smooth the stick. Paint it with any colors you like and add glitter if desired. Once it dries, you're ready to go conquer those mountains.

## The Stories We Tell

We all tell ourselves stories about our lives. In the week leading up to Shavuot, Sadie whips up some big fears about her upcoming class hike, as well as some big insecurities about herself: "I could never climb a mountain as big as the one Moses climbed." But when Sadie finally reaches the "mountain," she realizes that her fears were just a story she was telling herself. When fear talks loudly in our ears, we can talk back. With some clear vision and courage, we can climb any mountain that is in front of us.

## Small Mountain, Big Message

For an event as momentous as the giving of the Ten Commandments, you might think that God would choose a lofty, towering mountain as the setting. But as Sadie learns, "God chose a small mountain to teach us that anyone can climb high enough to reach God." Her teacher's words echo a passage from the Torah (the first five books of the Bible): "For this commandment that I command you today is not too difficult or beyond your reach.... Rather, the matter is very near to you; it is in your mouth and in your heart, so you may obey it (Deuteronomy 30:11-14)." According to one legend, when God spoke the Ten Commandments, each person present heard it in a unique way that was the most understandable to them. Small mountain, big message!

## TALK IT OVER WITH YOUR KIDS

**HAVE** you ever felt scared to try something? What was it?

**WHO** helps you feel brave?

**WHY** do we need rules? If you could make a new rule for your family, what would it be?