

A THANK YOU WALK

A Note from PJ Library®

One of the earliest two-word phrases toddlers learn to say is “thank you” – and as this book shows, there are countless ways of doing it. Expressing gratitude is more than a matter of politeness – *Hakarat hatov* (Hebrew for “acknowledging the good”) is an important Jewish value, and research shows that it can contribute to overall well-being. When we notice all the good things in the world around us, we feel happier. That’s partly why parents of every culture and background work to instill an “attitude of gratitude” in their children. To learn more, visit pjlibrary.org/thankyouwalk.

Traditional Jewish observance can help foster a sense of appreciation by encouraging multiple blessings of thanks, every single day. It is a Jewish tradition to say blessings of thanks upon waking and before going to sleep, before and after eating and drinking, even after using the bathroom. Some people try to say one hundred different blessings every day – that’s a blessing almost every ten minutes! It may sound like a lot, but when we get in the habit of expressing thanks for all the good things in our lives, we begin to see just how many there are. One thing we can certainly be grateful for is the opportunity to spend time reading this book to the little ones in our lives. How lucky are we?

About PJ Library

The gift of PJ Library is made possible by thousands of generous supporters, your Jewish community, the PJ Library Alliance, and the Harold Grinspoon Foundation. PJ Library shares Jewish culture and values through children’s books that reflect the diversity of Jewish customs and practice. To learn more about the program and ways to connect to local activities, visit pjlibrary.org.