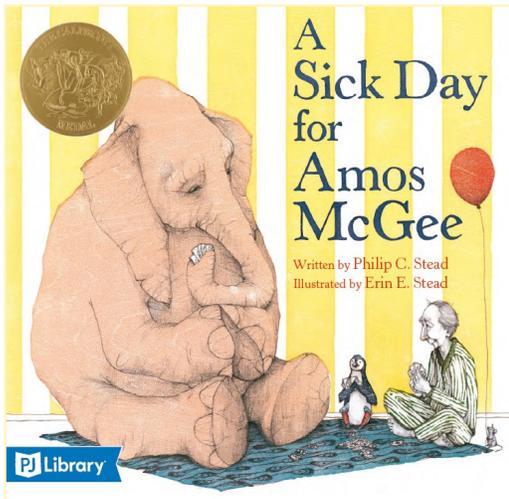


A Sick Day for Amos McGee

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{ **How do we show up for each other?** }

Get Yourself a Friend!

Amos McGee has a lot to do at the zoo, but always makes time to visit his good friends. His friends all want to do different things: the elephant enjoys playing chess, the tortoise wants to race, and the penguin just wants to chill out. Amos is game for all of it, meeting each of his friends where they are. Pirkei Avot (Ethics of the Ancestors), an ancient collection of rabbinic sayings, emphasizes the importance of companionship, telling us, “Acquire for yourself a friend” (Pirkei Avot 1:6). But it’s up to us to figure out how best to show up for each other. To learn more, visit pjlibrary.org/amosmcgee.

HANDS ON!

Drop Off a Get-Well-Soon Bag

Sometimes we can visit sick friends in person, but other times we have to stay far away enough to protect them and ourselves. You can still lift a sick friend’s spirits by dropping off a get-well-soon bag.

Supplies:

- Paper bag
- Crayons/markers
- Jar of soup
- Book and/or small toy

Decorate a paper bag.

Fill the bag with things that might help your friend feel better. A jar of homemade soup is often just the thing. You can also loan them a book or two to read or share a small stuffed animal to cheer them up.

Don’t forget to tuck in a get-well card letting your friend know that you are only a phone call or video chat away.

Cheer Up, Buttercup

“Where is Amos?” wonder the animals when he doesn’t show up. Soon they realize he must be under the weather, so they perform a very important mitzvah (Hebrew for “commandment” or good deed) called bikkur cholim, visiting the sick. It’s hard to be sick, and anyone who is under the weather can use some cheering up. Amos’s friends know just what to do when they visit Amos. How? Because he’s shown them how to show up for friends!

The Mind-Body Connection

Amos doesn’t say so, but we can tell he feels a little better when his friends visit. According to Jewish tradition, the body (guf in Hebrew) and the spirit (nefesh) are deeply connected – and research shows that the mind-body connection is very real. When Amos’s friends lift his spirit, his body gets a lift, too. It also works the other way around: When we practice shmirat haguf – caring for our bodies to help them feel happy and healthy – our spirits often rise as well.

TALK IT OVER WITH YOUR KIDS

HAVE you ever tried to help a sick friend feel better? What did you do?

THE animals cheer Amos up in different ways. What different things cheer you up when you’re sick?

HOW do you show your friends you care about them when they’re healthy?