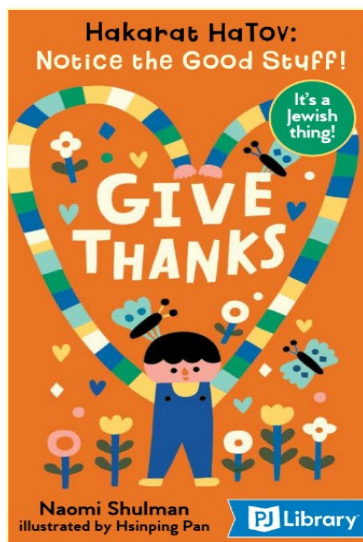


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How do you say thanks?

The Grateful Ones

What's in a name? Well, when it comes to the Jewish people, it can say quite a lot. The Hebrew word for Jews, Yehudim, literally means "the grateful ones" – an attitude of gratitude is built into our very name. While there's no Jewish holiday called Thanksgiving, many Jewish holidays have a thankfulness theme. The fall holiday of Sukkot gives thanks for the earth's bounty; the spring holiday of Shavuot expresses gratitude for the Torah and Jewish learning; Passover says thanks for being delivered from bondage; and Hanukkah is a celebration of light and perseverance. Jewish history includes many hard times, but our tradition is to focus on the good. To learn more, visit pjlibrary.org/givethanks.

HANDS ON!

Create Your Own Grateful Book

We all have hard days sometimes. How can we make the best of a bad situation? With gratitude. Create a "Grateful Book" to help you find the silver linings in your daily life.

Supplies:

- Blank notebook
- Pen or pencil
- Crayons/markers (optional)

Decorate the cover of your notebook to create your Grateful Book. When hard things happen, try to think of what you can be grateful for in the situation. For example: Maybe you and your family got stuck in traffic and were late for your soccer game, but you listened to happy music in the car. In your book, write down or draw each of these challenging moments and the silver lining of gratitude you find in them. The more you do it, the easier it will be to find things to be grateful for all day.

Thank You!

When you stop and look, you'll notice amazing things all around us, all the time. In Jewish life, it's traditional to say many different brachot (blessings) throughout the day. It's a way of recognizing good things and saying "thank you" for them. There's a blessing for almost anything you can think of: before and after eating (and there are different blessings depending on the kind of food), smelling nice smells, wearing a new piece of clothing, hearing good news, dedicating a new home, welcoming a baby to the world, even different types of weather. And that's just scratching the surface! The more you look for things to be grateful for, the more you'll find.

Gratitude in Action

This book is filled with actions: draw, write, walk, cook, sing, jump, breathe. All this action is a reminder that sometimes we may not feel grateful for something at first, but when we perform an act of gratitude, grateful feelings often follow. Gratefulness is all about not taking things for granted. After all, waking up each morning, fully alive in body and soul, and ready for a new day is no small thing. Take a moment to do the action of noticing, and the gratitude will start to flow.

TALK IT OVER WITH YOUR KIDS

WHAT are you most grateful for?

WHO do you want to thank?

THIS book suggests many ways to show thanks. Which ones would you like to try?