Continue activities following the story – One Last Thing before Bed



By
Illustrations
הוֹצָאָה: מ' מזרחי
Age Group: **Preschool (4–6)**

שִׂיחָה

Just before bedtime...

How do you get ready for bed? What helps you fall asleep? You can talk about it together and think about creating a set ritual that will engender calm, and let you share the day's experiences and thoughts that come to mind.

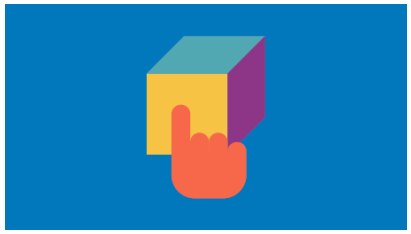


הַמְחָשָׁה

My notebook of thoughts

Isn't it lucky that there's a way we can remember our thoughts and stop them from

getting away? How do we do that? Keep a notebook and pencil by your bed, and just before falling asleep, before your thoughts scatter away, draw them. You can color in your drawing in the morning, because now... is time for bed.



שִׁלּוּב הַסֵּפֶר

It's lucky that... It's good that...

“It’s lucky that a pot has two handles, and not five... if it did, how would we hold it?”, “It’s good that the windshield is made out of glass, not cardboard”. What do you imagine? Which things make you happy just as they are? Each member of the family can bring a certain object and talk about it: “It’s lucky that...”, “It’s good that...”.



שֵׁמַע

Melodies, sounds and colors

The world is filled with melodies and sounds. Which melody do you like? Try singing a favorite melody together wile clapping your hands, moving parts of your bodies,

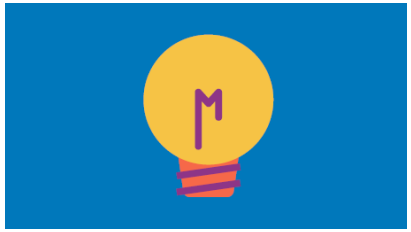
singing, or playing instruments.
The world is also filled with diverse colors and shapes. You can draw as you listen to the music. Which shapes and colors will you choose for your drawing?



הַשְׁרָאָה

Pinterest

Pinterest – Art and activities in the One Last Thing before Bed page in the PJ Library Pinterest account.



www.pjisrael.org **More activities on the Pajama Library website**