

By: **Daniella Dekel London**
Illustrations: **Daniella Dekel London**
הוֹצָאָה: עם עובד
Age Group: **Preschool (4–6)**

כְּלָלִי

Family Activities

- Perhaps you would like to look at Daniella Dekel London's amusing illustrations, and use them to follow the plot. What do the animals like doing together? Did you find the three ants running away? Have you managed to identify the various animals concealed in Good Mood Bear?
- You may enjoy acting this story out together. Who can be the bear, and how will you disguise yourselves? And who will play the part of the other animals? At the end of the show, you could make some sandwiches and eat them together in a special friendly picnic.
- Many things can put you in a good mood: playing with friends, singing and dancing, or hugging. Perhaps you would like to discuss the various things that make you happy, and choose one that fills your heart with delight – like singing and dancing together, going for a walk in the neighborhood, or reading your favorite books together!
- The bear in the book makes new friends, and the group has a great time together. Following this story, you may want to invite a new friend home, and try out new things together. Have you made a new friend? Did spending time together put you in a good mood?
- "I'm bored and have no one to play with!" Just like the bear, we have all felt sad or

bored at times, and do not always have friends around. You may enjoy preparing a "good mood kit" together: decorate a shoebox, and put little prizes in it, such as stickers, crayons, or small games. Keep the box hidden, and take it out when you're lonely or bored.

- Perhaps you could make little bears from various items. What could you use for round ears? And how will you give it a chubby belly?
- You and your child can also dress up as bears, other animals, and even various family members. You may want to create a costume and prop basket, filled with various materials, hats, glasses, and household items. Dress up, guess each other's costumes, and get in a good mood!

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