Continue activities following the story – Bear Feels Sick



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Illustrations
הוֹצָאָה: כנרת
Age Group: **Preschool (3–5)**

כְּלָלִי

Family Activity

- Bear's friends try to cheer him up and make him happy. Each one of them does their best. But how do they do it? Pick one animal and focus on its actions throughout the book. What kind of help does this animal give Bear?
- Have you ever visited a sick friend or relative? Did anyone ever visit you when you were not feeling well? How can we cheer up our kindergarten friends when they are sick?
- The badger gives Bear a herbal tea to drink, made from the medicinal herbs picked by Bear's friends. You can also make a delicious, warm, herbal tea for your family: Put some herbs like mint (nana), rosemary, lemon verbena, or sage in a teapot. Add four cups of hot water and some honey. Pour a cup of tea for every family member and decorate it with a lemon slice.
- Play "make believe sick": practice the mitzvah of visiting the sick with your family. Let your child take care of you and help you relax. Tell them what helps you when you're not feeling well. This is a golden opportunity to remind your children that they have the power to heal others!
- At the end of the story, Bear gets better, and finds out that the friends who helped him recover are all sick! How does Bear "know" to take care of his friends, and how does he manage to take care of so many friends at once? Using stuffed

animals or dolls, make a small play showing how Bear takes care of his friends.

"You must exercise great caution concerning your lives" ***Venishmartem meod lenafshotechem***

Sickness is a part of life. We get better thanks to the treatment we receive, as well as thanks to our body, which manages to overcome the illness. In the book of Deuteronomy (Devarim), chapter 4 verse 15, it is written: "You must exercise great caution concerning your lives" (venishmartem meod lenafshotechem). This means that we have the responsibility to take care of our body and maintain a healthy lifestyle.

- How do you take care of your body? Discuss: How do you keep the body clean? What kind of food is healthy? How can we use our body to make it stronger? How do we rest to regain energy?
- Bear's illness is contagious. Try to think how we can be careful to avoid getting infected (for example: washing our hands, not coming to kindergarten when we are sick). What more can we do?