

NURSERY SCHOOL NEWS*Paula Sayag,
Director***Acts of Loving Kindness**

This April is certainly not adhering to the schedule we planned. We were looking forward to lots of Passover explorations and celebrations in school. Life has certainly surprised us, and we are all learning a lot about flexibility and creativity. As our virtual outreach continues fervently, TBANS teachers will be sharing the story, the morals, and the rituals of Passover in myriad ways with their classes. Please watch your class Facebook Groups, Temple website and Facebook Pages, and in-boxes for plentiful family friendly holiday resources.

Of all the themes that can be pulled from the Passover story, one most appropriate for early childhood is the idea that we should treat others with kindness and respect and be helpful (like Moses and Myriam), and we should not be selfish, demanding, or mean (like Pharaoh and the slave masters). As we retell the Exodus Story, we consider the importance of individual acts of loving kindness and their power to heal our world.

This month, I am sharing with you ways that our teachers have promoted kindness among our children in school, and ways that you may continue the effort at home.

On Dalet Special Friends' Day in February, our 4-5 year olds came to school with a "special friend" (grandparent,

aunt, neighbor) to learn about and perform acts of Gemilut Hassidim (Loving Kindness). They made bookmarks and donated books to South Lake Elementary. They painted pet rocks and packed snack bags for adult students in Citizenship and English Classes with Montgomery County Outreach. They heard a wonderful, inspiring book, It's a...It's a...It's a Mitzvah by Liz Suneby and Diane Heiman.

What mitzvah can your children do during this time? In one neighborhood, children are creating artwork to display in front windows for others to see as they walk down the street. It's a strolling art gallery, bringing joy and smiles to all.

Keshatot children spent this school year tracking their acts of loving kindness by adding a pom pom to their Kindness Jar each time they performed such a mitzvah. The first time they filled the jar, they celebrated by inviting their Shabbat Buddies (Rainbow Fish class) to a dance and cupcake party!

At least one TBANS family started a Kindness Jar at home. Can that help engender positive sibling interactions?

Megallim teachers place great emphasis on mastering social skills to become good friends and teammates. One focus is encouraging children to help peers. In school, children are often seen zipping each other's jackets, opening other's

lunch food containers, or generously sharing art materials.

One TBANS teacher is posting daily chores for children. Can your children help your home run a little more smoothly during this unusual time?

Teddy Bears often hear their teachers say, "That's such a nice friendship moment." 2-3 year olds come to understand the expectation of kindness and how they can make a difference in someone's day, whether it be holding their hand to walk down the hall, picking up a toy they dropped, or giving them a turn to play a game.

What "Friendship Moments" can you recognize at home? Positive reinforcement goes a long way!

In addition, our teachers want to suggest the books below which explore the power of kindness. Luckily, even with today's restrictions, you can still order books online. Perhaps our young children will not only learn to practice random acts of kindness, but perhaps they will influence a future culture that is kinder to all!

Jax Stief, Bet Teacher, recommends:
Cordelia by Michelle Nelson-Schmidt
I'm Not Just a Scribble by Diane Alber

Chris Mullett, Gimel Teacher, recommends:
Chrysanthemum by Kevin Henkes
Horton Hears a Who by Dr. Seuss

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Winter Candle by Jeron Ashford

Irwin Slonin, Dalet Teacher, recommends:

I Walk with Vanessa by Kerascoet

Leonardo, the Terrible Monster by Mo Willems

Words Are Not for Hurting by Elizabeth Verdick

Naomi Rubenstein, TBANS Social Skills Specialist,
recommends:

Amos and Boris by William Steig

The Gift of Nothing by Patrick McDonnell