Pitome!
Idea Page

Grab a *Thank You* Moment!

► Jewish Family Education at your Fingertips!

by Nina Gelman-Gans

When young children progress through their day, they observe constant wonders. They will stop in their tracks to examine rolly-polly bugs, spiders, and cool-looking leaves.

Children also notice details that we no longer see. Tuning in with them helps us tune into the small wonders in our lives, everyday. Why not recognize these moments, and make them Jewish?

The next time you notice something that inspires awe, make it a Jewish moment by saying the blessing below. It will take 15 seconds. Say the blessing with excitement, and thank your child for noticing something wondrous.

Baruch Ata Adonai,
Eloheynu melech ha-olam,
o-seh ma-a-seh
v'rei-sheet.

בָּרוּךְ אַתָּה יהוה
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
עוֹשֶׂה מַעֲשֶׂה בְּרֵאשִׁית.

Praised are You, Eternal our God,
Creator of the universe,
who continually does the work of creation.

This publication contains names of God.
Please treat it with appropriate respect.

© 2008 Pitome Publishing, LLC 805-898-9207
PO Box 30961 ✱ Santa Barbara, CA ✱ 93130
ideas@pitome.com ✱ www.pitome.com

You can also make bedtime a joyous spiritual time with the song below. It's a nice way to review highlights of the day, and enter dreamland with appreciation and a smile.

Thank you God

(*Baruch Ata Adonai*)
Thank you God.
Thank you for my mommy and
Thank you for my dad.
Thank you for _____.
And Thank you for _____.
Thank you God.

It's your turn! Think of four things that make you thankful and list them below.

(*Baruch Ata Adonai*)
Thank you God.
Thank you for _____ and
Thank you for _____
Thank you for _____.
And Thank you for _____.
Thank you God.

At bedtime, start by singing "Thank you God!" Sing your own thank you moments and then ask your child to take a turn. Our panel of parents included thanks for coffee, naps, family, surfing, and sunshine. After each set of four verses everyone in the room can sing "Thank you God!"

Song adapted from Doug Cotler.
Order a CD at dougcotler.com