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Age Group: **Preschool (4-6)**

שִׂיחָה

Then and Now

You can share with your children: Which things have changed since you were children? Or since your grandparents were children? What was different about your life growing up? Were some things only allowed if you were a boy or a girl back then too?



מִשְׂחָק

Playing Letters

Sa'ada learned how to read while listening to the Hebrew cantillation or te'amim, which

teach you how to “sing” a text, and stress certain words. She can inspire you to come up with a unique sound for each letter of your name, and “play” it: You can choose a trilling, low or high note. For the letter Mem you can choose a long note, similar to the one you make when you eat something delicious “mmm”



בְּשׁוּל

Making Pita Bread like Grandma Sa’ada

Ingredients

2 cups of flour

1 heaped teaspoon of dry yeast

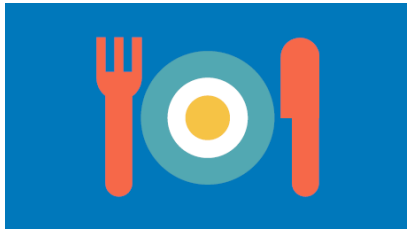
1 cup of lukewarm water

1 tablespoon of olive oil

1.5 teaspoons of salt

Method

Mix the flour, yeast and salt well in a bowl. Gradually add the water and mix until a soft dough is produced. Add the oil and salt, and knead the dough with your fingers. Cover with a dishtowel. After 10 minutes, separate the dough into 6-7 balls. Using a flour-covered rolling pin, flatten each ball into a pita bread that is approximately 0.5cm thick. Place each pita bread in a very hot frying pan for 2 minutes on each side.



שְׁמַע

QR Code

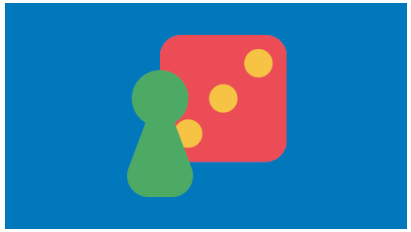
Scan the QR code to listen to Alef-Beit Melody on the Sifriyat Pijama podcast.



מְשַׂחֵק

Recognizing Letters

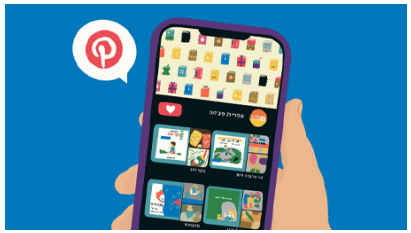
You can look at the illustrations of the melodies that Sa'ada is hearing and recognize the letters curling in the tune. Which letters did you recognize?



הַשְׁרָאָה

Pinterest

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