One Last Thing before Bed

Right-hand page

Colors, sounds, and children's creative thoughts fill the world. Nothing can be taken for granted. We can imagine, investigate, and ask questions. Todi, the protagonist in the book, presents us and her exhausted father the diverse thinking and amazing diversity in our world. Even Janusz Korczak, a celebrated educator, had viewed the world this way – with wisdom, joy and wonderment.

**... and the wise man is happy that there is day and night in the world, summer and winter, young and old... and that the colors of flowers and the eyes opf human beings are different... only he who dislikes thought will be disappointed by differences and angered by variety, for they cause man to think, to see and to understand.**

(Janusz Korczak, "Principles of Life", from **The Child's Right to Respect**, translated from Polish by Dov Sadan and Shimshon Melzer, published by the Ghetto Fighters' House and HaKibbutz HaMeuhad, 1976, pp. 336-337)

Left-hand page

**Reading Together – Experiencing Together**

**Just before bedtime...**

How do you get ready for bed? What helps you fall asleep? You can talk about it together and think about creating a set ritual that will engender calm, and let you share the day's experiences and thoughts that come to mind.

**My notebook of thoughts**

Isn't it lucky that there's a way we can remember our thoughts and stop them from getting away? How do we do that? Keep a notebook and pencil by your bed, and just before falling asleep, before your thoughts scatter away, draw them. You can color in your drawing in the morning, because now... is time for bed.

**It's lucky that... It's good that...**

"It's lucky that a pot has two handles, and not five... if it did, how would we hold it?", "It's good that the windshield is made out of glass, not cardboard". What do you imagine? Which things make you happy just as they are? Each member of the family can bring a certain object and talk about it: "It's lucky that...", "It's good that...".

**Melodies, sounds and colors**

The world is filled with melodies and sounds. Which melody do you like? Try singing a favorite melody together wile clapping your hands, moving parts of your bodies, singing, or playing instruments.

The world is also filled with diverse colors and shapes. You can draw as you listen to the music. Which shapes and colors will you choose for your drawing?

Pinterest - Art and activities in the *One Last Thing before Bed* page in the PJ Library Pinterest account.

QR – Cards to spark the imagination. Scan the code, and find out how you can play a card game we've prepared for you!