

The Reed and the Cedar

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Suggestions for Family Activities

The story of Zippora and Uffi is about surprises awaiting us on our way and the power of being flexible: The ability to adapt to different situations, bend with the wind, and yet remain steadfast come rain or shine:

**A person should always be soft like a reed,
and he should not be stiff like a cedar**

[Talmud Bavli, Taanit, 20a]

A discussion on reeds and cedars

You may enjoy discussing flexibility and stability in life. You may want to share examples from everyday life. Situations in which we behave like cedars, rooted in our positions, or situations in which we are agile, changing our behavior or opinion. What happens when we realize that our desires cannot be met as we expected them to be?

Listening to a story

The book's soundtrack is waiting for you. All you have to do is scan this QR code, sit back, and listen to the story together. This is perfect for new immigrant families as well.

An exercise in physical flexibility

You may enjoy sitting opposite one another, inhaling and lifting your arms up at your sides until they are straight up. Next, exhale while lowering your arms until they reach out in front of you. We recommend doing some short exercises each time and gradually add more. Enjoy!

A game of reed-cedar

What's the opposite of reed? Cedar! And what's the opposite of hot? Cold! And the opposite of old? Young! What's the opposite of...flexible? stable? sour? baby? Take turns saying a word and having the other players come up with its antonym. By the way, what's the opposite of... opposite?