



פרקי  
חיות

preschool  
CURRICULUM

PRODUCED BY:

Torah Umesorah Brooklyn Teachers Center  
620 Foster Ave. Brooklyn, NY 11230  
frontdesk@torah-umesorah.org  
718.744.3100

Coordinator: Mrs. Becky Udman  
Content development: Mrs. Shaindy Fleischman  
Design: Mrs. Malky Honigwachs

© COPYRIGHT 2023

No part of this program may be reproduced  
in any form without prior written  
permission from the copyright holder.





# TEACHER'S GUIDE

## CURRICULUM INTRODUCTION:

The following curriculum focuses on eight lessons from פרקי אבות, each with a *בין אדם לחברו* application. Each of these are relevant in the day to day encounters that young children have.

A prerequisite for one to understand how another person feels is for us to know how we feel, as our own emotions directly affect how we respond to others' feelings. As we see in the Pasuk, *ואבהת לרעך כמוך*, to love/relate to others we must first know how to love/relate to ourselves. What a wonderful foundation to give young children.

Teaching children the process of recognizing where we are emotionally (referred to as our brain state), tools to help us shift our brain state, and how to access calm are actually teaching life skills that allow us to bring out our best selves, best learners, and have a closer connection to Hashem.

***"You can't change behavior until you recognize and change your brain state".***

The lessons that follow can be used in all areas of learning and play, and with time *י"ח* will become a "go to" that children can access with little or no adult guidance.

## CURRICULUM CONTENT:

- **Lessons and materials**

The eight comprehensive lessons included in this curriculum are each structured by a clear objective, engaging introduction, class activities, and more. Visuals have been included to aid in the explanation of new concepts.

- **Take-Home Books**

The six Take-Home Books serve as an application to the lessons. It gives students the opportunity to summarize the learning and prove their understanding at the conclusion of the lesson. Teachers can guide students when working on these take-home books and honor the thought process and creativity of each individual child. The books also help build strong home-school connections which benefit children tremendously.





# TABLE OF CONTENTS

<b>Brain States</b>	<b>:Introduction</b>	7
הוי דן את כל האדם לכף זכות	פרק א':	7
<b>Judging Others Favorably</b>		
איזו היא דרך טובה שידבק בה האדם...לב טוב	פרק ב':	11
<b>Caring Hearts</b>		
הוי מקבל את כל אדם בשמחה	פרק ג':	15
<b>Pass on the Smile</b>		
איזהו עשיר השמח בחלקו	פרק ד':	19
<b>Choose to be Happy</b>		
יהודה בן תימא אומר....רץ כצבי	פרק ה':	23
<b>Zerizus</b>		
נושא בעול עם חברו	פרק ו':	27
<b>Lighten the Load</b>		





# כרמק ב'

איוזו היא דרך טובה שידבק בה האדם...לב טוב ב:ט

## Caring Hearts



### INTRODUCTION

Empathy is not an age-appropriate emotion in the early years. There are children who naturally have empathic feelings, but it is more typical that young children think about themselves before thinking of others. There are activities and systems that we can set up in our classrooms that will help children become more aware of other's feelings and begin to plant the seeds for genuine empathy. The following lesson is designed to raise young children's awareness of doing nice things for others and looking out for opportunities to help them.

**VISUALS  
INCLUDED**  
»



A. LEV TOV CARDS



B. LEV TOV MITZVA NOTES



## OBJECTIVE

Students will show understanding of what the mishna describes as 'Lev Tov' by raising their cards when identifying acts of kindness.



## ANTICIPATORY SET:

Prepare a large cutout of a heart shape.

Begin the lesson by **relating a short story** about a child who is being treated unkindly. Slightly crumple the heart cutout as each unkind experience is shared. Keep crumpling the heart for each unkind gesture until the heart is completely crumpled.

**Purpose:** A visual demonstration of a person's heart when unkind things happen to him.

This is a great **tactile activity**! The crumpling of the paper and the sound it makes creates a sensory experience for children, which lends itself to the feelings we wish to impart.

\*A tactile activity is a physical activity. Most children learn better when some type of physical activity is involved, especially when learning abstract concepts like feelings.



## INPUT:

*Who can explain to me what they just saw?*

Facilitate a class discussion, and then wrap up with the following idea:

*Every person has feelings in his/her heart. When something unkind happens to a person, it hurts their heart and it's as if their heart gets crumpled...*

*How can we fix someone's heart?*

Give **wait time**\* and allow the children to come up with ideas.

\*Wait time refers to a 3–5 second pause between asking a question and collecting an answer. When students have enough wait time, they are able to think through the question and answer with more confidence.

*We can 'fix' someone's heart by doing kind gestures.*

**Model** this by asking students to share personal positive experiences where others were kind to them, as well as additional ideas of kind gestures they can do for this child. For each positive experience or kind gesture, unfold the heart. Continue the sharing until the heart is completely unfolded and open.

(To take this lesson a step further, point out the fold marks on the unfolded heart shape. Raise an awareness that unkind actions, even when rectified, can leave their mark on a person forever. Prepare a new heart cutout and compare the unfolded heart to the new heart and point out the difference.)

**Check for Understanding** by giving each student a heart shape with the words טוב ל7. Using **calling sticks**\*, call on one student at a time to share an example of a kind or unkind action. Class raises the טוב ל7 card when identifying a kind action.

\*Calling sticks are popsicle sticks labeled with each student's name. The teacher pulls a stick and asks that student to share.



### LESSON REINFORCEMENTS:

- Keep a טוב ל7 journal in your class.
- Send a טוב ל7 mitzvah note home with your student.
- Chesed Hearts! (See attached lesson plan)



### TAKE-HOME BOOK APPLICATION:

Students will color and paste a variety of different Chesed pictures into their take-home books.

