



The Lila Tov Sh'ma

Submitted by Shauna Sadow

Preschool Lesson Plan

Objectives:

- ❑ Create a Jewish bedtime ritual.
- ❑ Learn the words of the Sh'ma and what they mean.
- ❑ Learn that G-d wants us to say the Sh'ma when we go to bed (and when we wake up).

For this lesson students are encouraged to wear pajamas to school and bring their favorite bedtime friend (stuffed animal or doll).

- ❑ Read *Good Night Moon* by Margaret Wise Brown (In Hebrew or English).
- ❑ Talk about things we do before bed (put on PJ's, brush teeth, etc).
- ❑ Decorate pre-made pillow with Sh'ma transferred on with fabric markers.
- ❑ Stuff them with good dreams. (Encourage students to think of things they would like to dream about as they fill their pillows with stuffing.)
- ❑ Sew up their pillows.
- ❑ Talk about the words that are on them.
- ❑ Read *What Is G-d's Name* by Sandy Eisenberg Sasso.



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- ❑ Say the Sh'ma and sign it so we can remember what the words mean.
- ❑ Talk about the part of the Sh'ma that tells us when to say these words. (esp. when we lie down and when we rise up).

Pretend bedtime:

- ❑ Have students lie down on blankets with their new pillows and bedtime friends.
- ❑ Read *Dream: A Jewish Bedtime Book* by Howard M. Kurtz.
- ❑ Say the Sh'ma.
- ❑ Listen to Debbie Friedman's Lila Tov Good Night from the Al Galgalim CD.
- ❑ "Wake-up" we say the Sh'ma and stretch to Modeh Ani.

Adaptations:

- ❑ Use ready-made pillowcases and/or write the Sh'ma with fabric markers.

Resources:

- ❑ *Dream: A Jewish Bedtime Book* by Howard M. Kurtz
- ❑ Debbie Friedman's *Al Galgalim* CD
- ❑ *What Is G-d's Name* by Sandy Eisenberg Sasso
- ❑ *Good Night Moon* by Margaret Wise Brown (In Hebrew or English)



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Instructions for Signing the Sh'ma

Use signs below and sign in this order: Hear People Book God God God One

Hear:



People:



Book (use a double motion):





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God:

