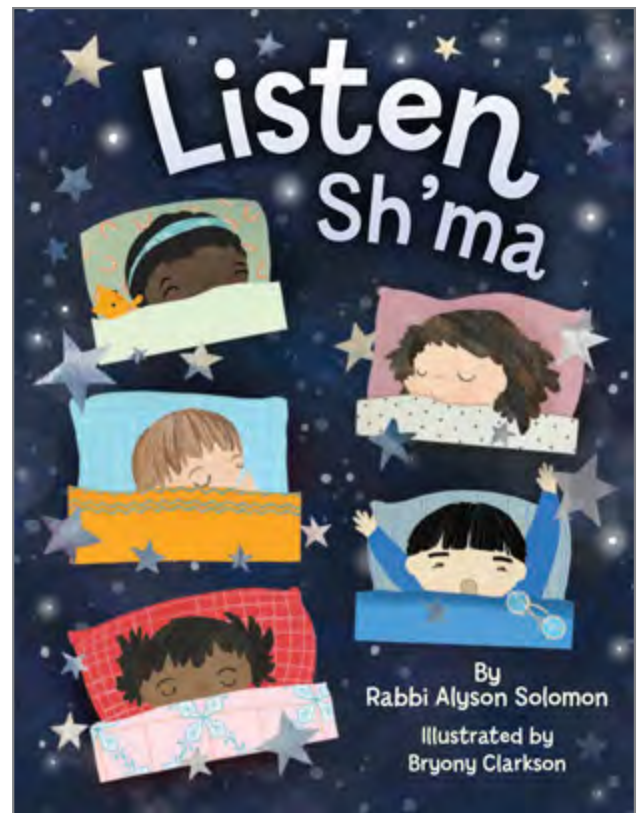


About the Book

From bath time to story time to cuddling, young children of all sizes, shapes, ethnicities, and abilities get ready for bed with loving parents and caregivers.

The Sh'ma is one of the oldest and most important prayers in Judaism. The Sh'ma implores us to listen and open our hearts. This gentle introduction for young children helps them sound out the very beginning of the prayer and to begin to glimpse its meaning. By slowing down the first word—shhh, mmm, ahhh—this quiet book helps children hear the sounds of the world around us and within us.

In this story, families wind down for the day and meditate on the different sounds they hear during their routines. The sound of bath water, of putting on pajamas, reading aloud, hugging and cuddling, and getting comfortable in bed.



Key Themes:

Tradition; prayer; mindfulness; meditation; multiculturalism; diversity and inclusion; family; love; peace

ISBN 978-1-68115-611-8

Ages 2–4 years

Use these questions to preface and conclude a reading of this book with children. Encourage them to share their observations as you read the book together, and take time to linger on pages or spreads that generate more discussion.

Before Reading

- What time of day do you think this story takes place? What are the clues that help you figure it out?
- Point to the word “Listen” on the cover of the book. Read the word aloud and ask:
 - o What does it mean to listen?
 - o Why do you think “Listen” is written so large here?
- Explain that Sh'ma also means to listen in the Hebrew language. Now, knowing the title of the book and what the cover looks like, what do you think this book might be about?

After Reading

- Shhh...what are sounds you hear when you are getting ready for bed? Can you hear any of them now?
- Mmm...when do you like to make the mmm sound?
- Does anyone else you know make the mmm sound?
- What is something you like to say ahhh about?
- When the world is quiet and getting ready to sleep, what would you like to say to it?

Optional: Extension Activity

Create body/arm movements to go along with shhh...mmm...ahhh. Move your body while chanting the sounds.

Listen Sh'ma

By Rabbi Alyson Solomon | Illustrated by Bryony Clarkson

Character Cut Outs



