Hakarat haTov
(Recognizing the Good/Gratitude)

Easy at-home Jewish learning from the ISJL

THE BIG IDEA: *Hakarat haTov* (Recognizing the Good/Gratitude)
Having *hakarat hatov* (recognizing the good/gratitude) means that we see the positive in everything and we appreciate each day. In this video we will learn how to turn disappointment into gratitude: https://www.bimbam.com/episode/gratitude/

STORY: *All the World*
The book *All the World* is about a group of friends and family who celebrate all the great things our world has to offer. Hear a recorded version of the book at the following link: https://www.youtube.com/watch?v=7C4IK5B6D4o

After listening to the story, use PJ Library to have a helpful discussion on this book: https://pjlibrary.org/getmedia/17098510-4187-4d1d-a655-e89aa8b5569a/All-the-World.pdf

ART ACTIVITY: Make an "I am Grateful for..." Chart
On a poster board, make a list of things to be grateful for each day. Have the whole family participate, so that there are many ideas, and you can all see what everyone else appreciates! As you go through your day, try to remember to be grateful. When you feel grateful, put a sticker on the chart next to what you feel grateful for that day.

SHARING AND TRACING ACTIVITY: Happy Memories
Have everyone search the house for objects that remind them of happy memories. Examples include: candlestick holders, toys, stuffed animals, wedding photographs. Once everyone has found something, come together and talk about why you chose that item and give a reason you are grateful for the object. You can then trace the objects on a large sheet of paper to make a collage of happiness.