

# JUST FOR KIDS - FEBRUARY 2023

## **FEBRUARY HOLIDAYS AND EVENTS**

### **TU B'SHEVAT – SUNSET FEBRUARY 5 - 6, 2023** (ages 7-10)

What is Tu B' Shevat? Sometimes it is referred to as “The Birthday of Trees” or “The New Year of Trees”. Find out more here:

[https://www.chabad.org/kids/article\\_cdo/aid/819824/jewish/What-is-Tu-BShevat.htm](https://www.chabad.org/kids/article_cdo/aid/819824/jewish/What-is-Tu-BShevat.htm)

### **BLACK HISTORY MONTH – FEBRUARY 2023**

The month of February honors the important role Black people play in the story of our country.

#### **LEARN ABOUT BLACK HISTORY MONTH** (ages 8-10) **video**

It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

<https://ny.pbslearningmedia.org/resource/fa375094-c2f2-48eb-b65b-51861b5666e0/black-history-month-all-about-the-holidays/?student=true>

#### **FACTS ABOUT SOME FAMOUS AFRICAN AMERICAN HEROES** (ages 8 and up)

Explore this site to learn about the lives and contributions of some of the many African American inventors, pilots, Supreme Court Justices, freedom fighters, scientists, and astronauts.

<https://kids.nationalgeographic.com/history/topic/african-american-heroes>

## **STORIES – TU B'SHEVAT**

### **PLANTING PARSLEY** by Pamela Ehrenberg (ages 3-6) **animated**

Many people celebrate this holiday by planting saplings and participating in a meal that like a Tu B'Shevah seder, where fruits, nuts, and wine or grape juice are on the menu. Others also spend plant a tree, work in a garden, eat a special fruit, or do something else to show some love for trees and the earth. Enjoy this story, about two children planting parsley.

<https://www.youtube.com/watch?v=cfxCfly1WGk>

### **PEARL MOSKOWITZ'S LAST STAND** by Arthur A. Levine (ages 7-11) **Read aloud**

Pearl loved her street. She loved the people on her street, and she loved the trees on her street -- planted there by her mother years before. So, when the city wants to cut them down, it's time for Pearl to take a stand

<https://www.youtube.com/watch?v=6xrV067STh8>

## **STORIES – DIVERSITY AND BLACK HISTORY**

### **THE COLORS OF US** by Karen Katz (ages 4-7) **Read aloud**

Seven-year-old Lena is going to paint a picture of herself. She wants to use brown paint for her skin. But when she and her mother take a walk through the neighborhood, Lena learns that brown comes in many different shades

<https://www.youtube.com/watch?v=O58brpCvmRs>

### **HAIR LIKE MINE** by La Tashia Perry (ages 5-8) **Read aloud**

This story follows a little girl who doesn't like that her naturally curly hair looks different from the other kids around her. She sets out to find someone with hair like hers and she soon realizes we are all unique and special in our own way.

<https://youtu.be/1xgCUiIPvg4>

### **I AM ENOUGH** by Grace Byers (ages 5-8) **Read aloud**

Through simple rhymes and beautiful pictures, the author shows *that regardless of how we look, or what we can do or believe, we are all able, and worthy of respect. She encourages children to recognize diversity and show respect and kindness to others.*

<https://www.youtube.com/watch?v=wbl29C2yC5M>

### **HENRY'S FREEDOM BOX** by Ellen Levine (ages 7-12) **Read aloud**

This is based on the true story of Henry Brown, a slave who found a way to mail himself to freedom.

<https://youtu.be/0eGgqRx3bKY>

### **THE STORY OF RUBY BRIDGES** by Robert Coles (ages 7-12) **Read aloud**

This is the true story about Ruby Bridges, a very brave 6 year old girl, who in 1960 was the only black child to go to an all white school. She showed great courage and faced many angry people who didn't want her in the school. Her courage changed the lives of many people in our country.

<https://youtu.be/E5iL7H-S99s>

### **TEAMMATES** by Peter Golenbock (ages 7-12) **Read aloud**

This is a story of how the courage two men (Jackie Robinson and Pee Wee Reese) changed the face of baseball. Jackie Robinson was the first black player on a Major League baseball team when he joined the Brooklyn Dodgers in the 1940s, but he faced much hatred and anger from his teammates, baseball fans and other players. This story tells about one fateful day in Cincinnati, when Pee Wee Reese, a white player, took a stand against hate and stood up for Jackie Robinson.

<https://youtu.be/mGzJ9bu7z5c>

## **MUSIC AND MOVEMENT**

*Check out these Tu B'Shevat related songs:*

### **IF I WERE A TREE WHAT A TREE I'D BE** (ages 4-6) **animated music video**

Sing along learn about trees and act out the parts of the tree with this fun video

<https://youtu.be/7mt79JW9u18>

### **MR. R'S TREE SONG** (ages 6-8) **animated music video**

Learn about Trees -- Roots, and Trunks, and Leaves! Why do we need them? Watch this fun science song video and soon you'll be singing along with the chorus!

<https://www.youtube.com/watch?v=D7dKRBZVLvI>

*Are you stuck indoors on these cold, icy days? Don't be a couch potato! Check out these activities to get you moving and keep you in shape!*

### **SHAKE BREAK** (ages 4-6) **video**

Have fun shaking during this fun, brain break, piano jamming song with Jack Hartmann. Shake out your hands, hips and head with Jack Hartmann to get the wiggles out!

<https://www.youtube.com/watch?v=s-8CSs7XnIo>

### **WARM UP EXERCISE SONG** (ages 7-10) **video**

Feel the rhythm...hear the beat....and let your spirit get you jumping on your feet! Get ready to sing, dance and exercise together with Mendy and his friends in this exhilarating animated workout video for the whole family.

[https://www.chabad.org/kids/article\\_cdo/aid/4698506/jewish/Warm-Up-Exercise-Song.ht](https://www.chabad.org/kids/article_cdo/aid/4698506/jewish/Warm-Up-Exercise-Song.ht)

## **ACTIVITIES**

### **TU B' SHEVAT FRUIT PLATES** (ages 7 and up) **with parent's help**

On Tu B'Shevat we celebrate the new year for trees by eating fruit, especially the seven fruits of Israel which include pomegranates, dates, figs and grapes.

Make these fun fruit plates to represent trees in each season - summer, fall, winter and spring.

[https://www.chabad.org/kids/article\\_cdo/aid/2462341/jewish/Tu-BShevat-Fruit-Plates.htm](https://www.chabad.org/kids/article_cdo/aid/2462341/jewish/Tu-BShevat-Fruit-Plates.htm)

### **FROZEN YOGURT GRAPES** (ages 5 and up)

On Tu B'Shevat it's traditional to eat fruit—especially some of the fruits of Israel: figs, dates, pomegranates, grapes and olives.

Here's an easy way to jazz up your grapes and make them a little more fun.

[https://www.chabad.org/kids/article\\_cdo/aid/2846488/jewish/Frozen-Yogurt-Grapes.htm](https://www.chabad.org/kids/article_cdo/aid/2846488/jewish/Frozen-Yogurt-Grapes.htm)

**TU B'SHEVAT MAD LIBS (ages 8 and up)**

After you tell your partner the words that are asked for to fill in the blanks, Read it all and see what a funny planting story you have created!

<http://pjlibrary.org/PJLibrary/media/PJ-Library/blog/2020/Tu-B-Shevat-Mad-Libs-printable-1-15.pdf>