

Continue activities following the story – Up and Over



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 הוצאה: מודן
 Age Group: **PRESCHOOL**

קריאה

A discussion on fear and encouragement

As our children grow up, they experience various fears, but discussing them helps them to cope with them, while instilling in them a sense of security. Together you can choose to discuss what they find scary, and what helps them overcome their fears.

קריאה

Listening to a story

Would you like to hear Maayan and listen to everyone cheering her on? Scan the code and listen to the story together.

[!הספור להאזנה עכשו בפודקאסט של ספריית פיג'מה](#)

✿✿ לציאת החופצה

בגן **At the playground**

After reading this book, you may enjoy going to the playground together, and trying out the equipment together as well as separately. Perhaps you would like to invent a special course from the slide to the swing and so on that would bring joy to all of you.

✿✿ קריאה

Family encouragement

“Hooray, Maayan!” Everyone calls out when Maayan is scared. How do you cheer one another on? Perhaps you could come up with family words of encouragement, find a motivating song, or a chant you all agree on that cheers you up and gives you strength.

✿✿ השקאה

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