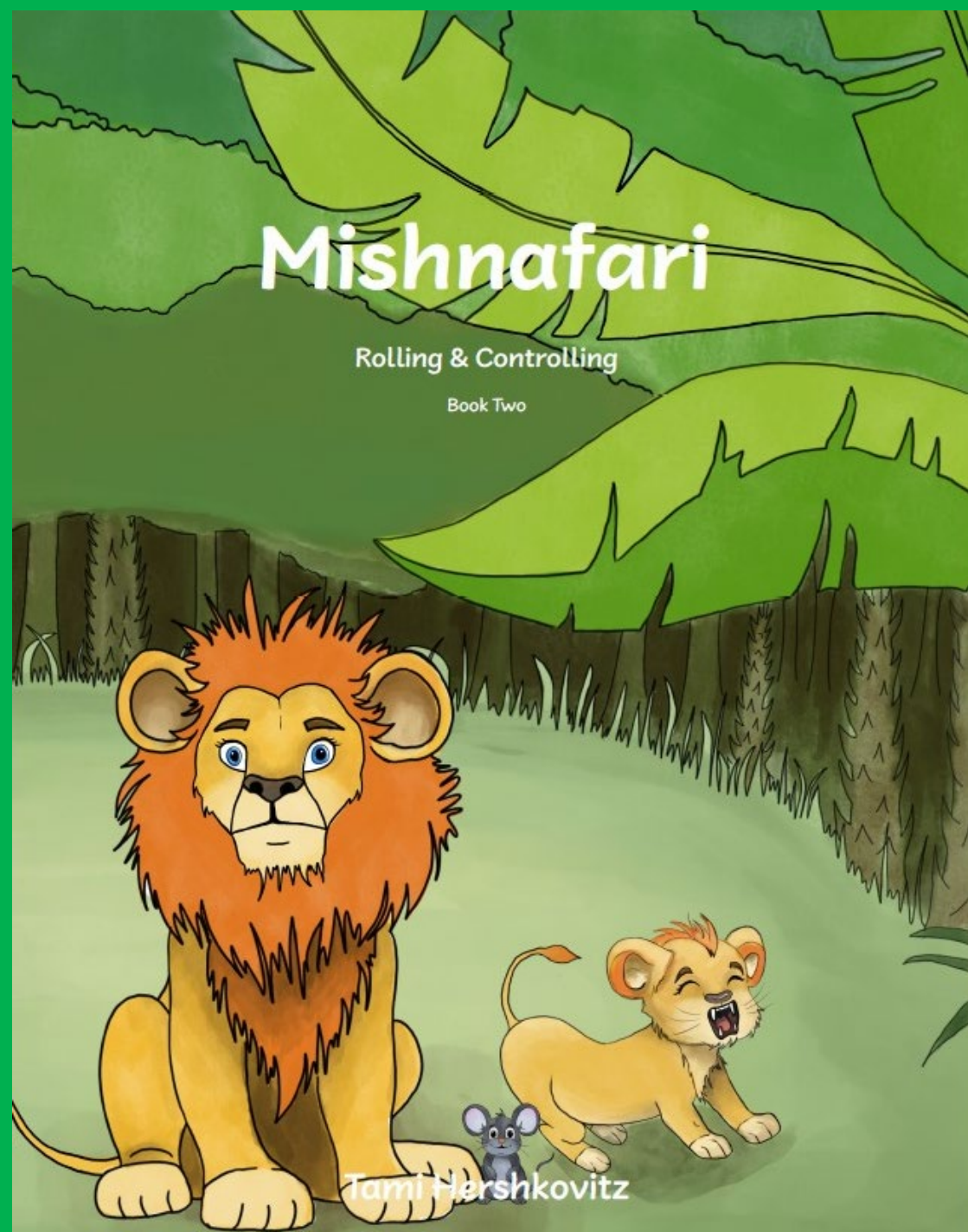


Mishnafari

Rolling & Controlling

Book Two



Tami HersHKovitz

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SAMPLE ONE

From the Mishnafari Book

Rolling & Controlling

Chapter 1 – Take a Breath



The sky begins to change colors. The dark night gives way to a light blue sky, and orange sun rays light the clouds.

“The world is beautiful,” thinks Leo as he stretches his legs and tries to stand up. He feels something strange under his paws, so he looks down and notices the ground is all muddy. His leaf mat is floating in a puddle of wet soil.

“Yuck!” he yells. “I don’t like this at all!”

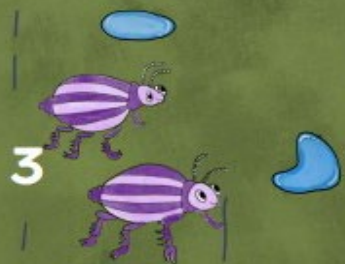
To add to his aggravation, a big thunder cloud roars above him and a strong rain shower hits his head. Leo freezes for a second. That caught him by surprise. Leo’s dad, Lolo, says that everyone has to stay where they are.

“We are not going out of the cove until the rain stops and the sun shines again.”

“What? No fair!” Leo stomps his feet and starts to scream and cry. “I have plans for today! I’m supposed to meet my friend and do something special. I can’t just sit here; I have to practice being strong so I can jump high and land on the magic pile of leaves so we can fly!”

Everyone in the cove sits quietly and looks at Leo as he yells and cries. What else can they do? The rain isn’t stopping and Leo is putting on a loud and ridiculous show.

“Boy, this cub needs to learn some stuff in life,” whispers the beetle to its friend. “Does he really think we can control the weather?”



“I hear you!” screams Leo, as he tries to stand up and charge toward the beetle.



Lolo and Lili jump up.

“Woah, woah! Sit down, Leo!” orders his father in a very quiet and firm voice. “That is not how we behave when we are upset, not to ourselves and definitely not to our friends.”

Leo looks down at his paws. He knows he didn't behave well, but to be honest he doesn't know how to handle it better.

“How do you get angry but not yell and scream?” Leo thinks to himself.

A tickle travels from his back up to his ear and shakes him from his thoughts.



Moshe Mouse whispers to Leo in a soft voice,
as if he heard Leo's thoughts.

*"Take a breath so deep,
and don't make a peep.
Count so slowly up to ten.
Blow out your breath and do it again!"*

Leo doesn't move as he follows Moshe Mouse's instructions. He takes a deep breath and blows it out. He does it four times, then looks at the beetle. "I'm sorry," he says quietly. "I didn't mean to scare you. I would never hurt you. I just got so angry."



“He knows,” says Moshe Mouse. The beetle is still too scared to move or make a sound. “I have an idea,” continues Moshe. “I will teach you another trick to use when you are upset, and tomorrow when the sun is shining, we will go find someone who can teach us how to be strong.”

“Yay!” cheers Leo. “I’m ready to learn!”

Moshe smiles, “Okay, repeat after me.”

*Wishnah Mishnah help me roll
all the way to get control.
Help me now to calm my mind
so, I can keep my actions kind.*



"I love it!" Leo chants the new rhyme.

"It's like I'm asking the Mishnah to help me, but who is in the Mishnah? Who wrote it?"

"You will meet someone tomorrow. Today, we just have to stay put and wait for the rain to be over," Moshe says.

Wishnah Mishnah help me roll all the way
to get control! Help me now to calm my mind
so, I can keep my actions kind.

Leo chants the new rhyme all day long until he finally falls asleep. He dreams about the white feathers dancing and forming a chain again.

SAMPLE TWO

From the Mishnafari Book

Rolling & Controlling



Moshe Mouse smiles at Leo and begins chanting the helping rhymes. Leo joins right in. They are chanting the helping rhymes again and again.

*Wishnah Mishnah help me roll
all the way to get control.
Help me now to calm my mind
so, I can keep my actions kind.*

Leo closes his eyes and jumps - he doesn't even feel the landing. The leaves wrap around him softly and raise him up in the air. When he opens his eyes, he is sitting on a big shiny red and gold leaf floating between the clouds and a swinging chain of white feathers.

Chapter 3 - Meeting Ben Zoma

Leo and Moshe Mouse look at the world from above. It is gorgeous! The world is changing as they travel back in time. The air is clearer and nature seems more colorful.

They are going down and are about to land when Leo notices a man with a black beard sitting on a bench by a little house.



"Here you are!" says the man. "Nice to meet you, Leo! And how are you doing Moshe Mouse?"

"Wait, do you know us?" asks Leo.



"Well, of course! You called me! You chanted your helping rhyme and asked me to teach you one of my Mishnayot. I am Shimon Ben Zoma."

“Here is one good Mishnaya for you to know,” continues Ben Zoma.

“Who is strong? The one who can control himself.”



Leo is amazed. He asks Ben Zoma to repeat this saying - “Who is strong? The one who can control himself.”

Ben Zoma continues and explains, “You know Leo, being strong is being able to do something that is really difficult.”

SAMPLE THREE

From the Mishnafari Book

Rolling & Controlling



Lolo points to these hills around them and says, "This is our place! We all have been coming here from time to time to let all our anger out. That way no one gets hurt."

Leo turns and looks around at the hills and slowly begins roaring. At first his roar is quiet, then it grows louder and louder. Moshe Mouse starts to squeak with Leo. For a minute it looks scary, but then it becomes funny. The two friends sit on the sand and start laughing. It works! Their bellies feel clear and clean of any anger.

Moshe Mouse has a jingle for that. Leo laughs. Moshe has a jingle for everything.

"Here it is, listen up! Use it when you need to!"

Check out the next book in the series:



Join our friends on their adventure as they learn to help themselves and others.

*Skip and hop on the pile so high,
all the leaves will start to fly.
Once we say our little rhyme,
magic takes us back in time!*

Leo, a young cub in the Savanna of Africa, discovers with his friend, Moshe Mouse, that they can fly into the past. Back through the ages, they meet the sages who help them make the right choices in life. Mishnafari is based on the part of the Mishnah that is dedicated to ethics and good behavior. Join Leo and Moshe as they learn self-control.

