

CHAI MITZVAH'S

GAN 2 GROWN-UPS CONNECTION



WWW.CHAIMITZVAH.ORG



About the Gan 2 Grown-ups Connection

This booklet was inspired by Chai Mitzvah's *Grandparents & Beyond* materials. The 2018 Jewish Grandparents Network's survey found that grandparents and others aspire to pass on a love of Judaism, so Chai Mitzvah created *Grandparents & Beyond* which contains our signature text-based conversations, as well as fun activities to engage all ages.

The *Grandparents & Beyond* materials have been enjoyed not just by grandparents with their grandchildren, but also by school groups for intergenerational programs and activities of all kinds.

It was soon evident that the early childhood learning and activities in *Grandparents & Beyond* should be made available separately, and we hope that you will enjoy the ones included in *Gan 2 Grown-ups Connection* – specifically curated for early childhood – 40 pages filled with exciting intergenerational exploration, some great activities to do together both in person and remotely, as well as unique supplemental videos and music.

We welcome your feedback as you use *Gan 2 Grown-ups Connection*. Information about materials for older groups, including teens, [can be found here](#).



TOPIC 1: RITES OF PASSAGE

Rites of Passage

WHAT IS A RITE OF PASSAGE?

Rites of Passage are significant experiences you have that change you in some way. Examples of Rites of Passage include: starting school, going to sleep-away camp, Bar/Bat Mitzvah, getting a driver's license, first paid job, marriage... can you name some?



MUSIC: Start with a [song about the Rite of Passage of becoming a parent.](#)



ACTIVITY:

- **MILESTONE MAGIC:** Compare how milestones were marked for each generation in your family. Do you have keepsakes from different family members from these milestones? (For example, a needlepoint or an old siddur; photos; home movies; and, for the current generation, group texts with photos and videos)? If those keepsakes could talk, what kind of stories would they tell? Tell your family stories in person or virtually, or get *ChatterPix Kids*, a free app by Duck Duck Moose. **Take photos of those keepsakes and give them a voice!** [Here is an example!](#)



Judaism and the Environment

THE ORIGINAL EARTH DAY

Long before there was Earth Day, there was the Jewish holiday *Tu B'Shevat*, known as the Birthday of the Trees. We celebrate *Tu B'Shevat* when most of the winter rains have passed in Israel, and the sap is beginning to rise in the trees. We celebrate the rebirth of nature and the beauty of everything God has created, and think about our relationship toward the earth and every living thing.



ACTIVITIES:

• **A SEDER IN WINTER:** [*Branching Out: Your Tu B'Shevat Haggadah*](#) beginning on page 13 is perfect for young families. Children can even color in the pages.

• **BE A TREE (or a tree's friend)**

Play this game like Charades. Individuals or small groups silently act out any item they choose from the lists below. The rest of the group guesses which item it is. You can also add ideas of your own to the lists.

Things trees give us:

- shade
- fruit
- wood
- fresh air
- prevent soil erosion
- fuel
- paper

Things we can do to help trees

(and the entire earth):

- recycle bottles and paper
- don't leave the faucet running when you brush your teeth (save water)
- plant trees
- take a bus or a train instead of driving a car
- clean up litter from a park
- buy recycled products



Gratitude: Modim Anachnu Lach

100 REASONS TO BE GRATEFUL

Psychological studies have shown that feeling and expressing gratitude are important components of a happy, balanced life. There are elements in Jewish tradition that can help us to be aware of our blessings and to express gratitude.

Expressing gratitude does not mean ignoring that there is pain and hardship in the world. It means making a daily effort to see that along with the difficulty, there is also good in life that is worth celebrating.



ACTIVITY:

- **TIME TO SAY THANKS GAME:** There are so many things to be grateful for! Set your timer for two minutes. Take turns naming things that you are thankful for, and tell why. Very small children can show us the items for which they are thankful. See how many reasons to be grateful you can think of!



TEXT:

100 REASONS TO BE GRATEFUL

Rabbi Meir used to say, "It is incumbent on each person to bless God in one hundred blessings daily..." (Babylonian Talmud, Menahot 43b). Whether we recite one *brachah* or one hundred *brachot* each day, the experience can heighten our awareness of the wonders in our daily lives and help us to respond to them with gratitude.

From Pray Tell, Rabbi Jules Harlow, pp. 4–5



CONVERSATION:

- What new things to be grateful for did you uncover in your **TIME TO SAY THANKS GAME**?
- Were the younger and older generations' items the same or different?
- How do you express wonder in your daily life?



Passover Insights & Meaning

PREPARING OUR HEARTS & MINDS FOR PASSOVER

So much of our preparation for Passover is about the physical work that is necessary to prepare our homes for the holiday. We often forget to leave ourselves time to spiritually prepare ourselves for this important time. However, if we are going to help ourselves, our families, and those around our tables to truly experience the power of Passover, we need to work to find the time to prepare our hearts and minds just as we prepare our homes toward the earth and every living thing.



ACTIVITIES:

- **BEDIKAT CHAMETZ** is a symbolic search to find and destroy any hidden leaven after you have cleaned your house for Passover. It is a memorable, hands-on family activity to do the night before Passover starts. Adults hide bits of *chametz* and let the children find them at nightfall by candle or flashlight, and sweep them into a bowl using a feather. It is customary to destroy the bits the morning before the first seder.
- **SPRING IS THE TIME TO GROW:** Rosh Hashanah is called the Jewish New Year, and is seen as the anniversary of the creation of the world. Passover is thought of as another New Year. It is considered the anniversary of the beginning of the Jewish people. For this reason Passover is also a good time to think about your own personal beginning. How will you grow in the coming season? What do you hope to accomplish?



Help your children write plans for the new season on seeded paper, [available online](#) and in local stores. Plant the seeded paper as a symbol of spring renewal. Water it and when the seeds grow, they will remind you of your new start in the new season.

TOPIC 5: ISRAEL & THE JEWISH SPIRIT

Israel and the Jewish Spirit

ISRAEL, THE JEWISH HOMELAND

We focus on the positive spiritual aspects of our connection to Israel. This is not to minimize the profound challenges that Israel faces. We hope that you will find important and inspiring ideas to explore in the following activities.

ACTIVITIES:

• FRUIT FUSION:

People from every continent have come to Israel to find freedom and better lives. Each group brings with it different customs from the old country which mix with the Jewish way of life that we all share. It's a fusion of ideas and cultures that makes Israel a special place.

Mix together these fruits from many places where Jewish people have lived. Add some sugar, top it off with whipped cream (Israel is the land of milk and honey!) and enjoy this special treat.

You'll Need: (serves about 12)

1 orange, for Israel • 1 cup of grapes, for western Europe • 1 cup of cherries, for eastern Europe • 1 apple, for the United States • 1 banana, for Ethiopia • 1/4 of a papaya, for India • 1 pear, for Argentina • 1/2 cup of blueberries for Canada • 2 kiwis, for Australia • 1/4 cup chopped dates, for Morocco • 1/4 cup of sugar

What to Do:

1. Peel the fruits that need to be peeled and cut the larger fruit into bite-size pieces. Remove any seeds as well.
2. Combine all of the fruit together in a large bowl.
3. Add the sugar and mix well to make sure each piece of fruit is coated.
4. Cover the bowl tightly with plastic wrap and let it sit for 20 minutes to become syrupy.
5. Dish out individual servings and top each one with whipped cream. *B'tayavon! Enjoy!*

Immigration to Israel: How many Jewish people have come from each place? [Click here](#) to find out!



TOPIC 5: ISRAEL & THE JEWISH SPIRIT

- **DELET DECORATION: Put the Am in Amanut:** (*am* means nation, *amanut* means art) The *chalutzim* (early pioneers in Israel) felt that Israel needed to have a national style of art that reflected the way Jewish people had come to Israel from all over the world. The style, named “Bezalel,” was a mixture of European and Middle-Eastern, and was taught at the Bezalel School of Arts and Crafts. Students at the Bezalel School carved sculptures from the wood of Israeli olive trees. They also made ritual objects, like candle sticks, kiddush cups, and menorot. These were often made from metal. Bezalel students also designed posters to tell the rest of the world about Israel.

The Bezalel School of Arts and Crafts was founded in 1906 and was named after Bezalel ben Uri, the man appointed by Moses to oversee the design and construction of the Tabernacle, the portable Temple that the Israelites carried with them in the desert.



Today, the *Bezalel Academy of Art and Design* is Israel's national school of art. Graduates are famous artists, architects, fashion designers and film makers. Their work is seen all over the world.

This seder plate was made by Bezalel artists in 1921.

This delet decoration was made by Teddy F. in 2023.



- **DELET DECORATION (Delet דלת means door in Hebrew.)** Make a beautiful sign for your door – Bezalel style!

You'll Need: craft foil or disposable baking tin • scissors • decorative tape • marker • hole puncher • 12" pipe cleaner • stylus or pencil

What to Do:

1. **Prepare:** Use your scissors to cut the craft foil into rectangle shaped door hangers. Put decorative tape around the edges so that they are smooth. Punch a hole in the top of the rectangle and attach a pipe cleaner loop so that you can hang it on your doorknob. Optional: draw a *magen david* on each door hanger that the children can trace with their stylus or pencil.
2. **Create!** Children use stylus or pencil to emboss their designs on the metal. (*design suggestions: symbols of Israel like magen david, or menorah*)
3. **Hang** your DELET DECORATION proudly!

TOPIC 6: INDIVIDUAL & COMMUNITY

Individual and Community

WHAT IS TOCHECHA?

Jewish tradition discusses many different aspects of the important relationship between the individual and the community. Chai Mitzvah specifically selected the concept of *tochecha* as the focus of this session because it offers the opportunity to explore a critical role that is often difficult to assume.

The Hebrew term *tochecha* expresses the mitzvah of talking to another person (of any age) about their behavior in a way that will help the individual to make a positive behavior change. Whether it is helping a friend, or guiding a family member to make a positive change, Judaism provides us with guidance about how to disagree and correct others in ways that move our relationships and our community forward.



ACTIVITY:

- *The words of the wise, uttered gently, are accepted. Ecclesiastes 9:17*

ROLE PLAY: Give advice in different tones of voice. Which would you listen to? Why?



TOPIC 7: TZEDAKAH/PHILANTHROPY

Tzedakah/Philanthropy

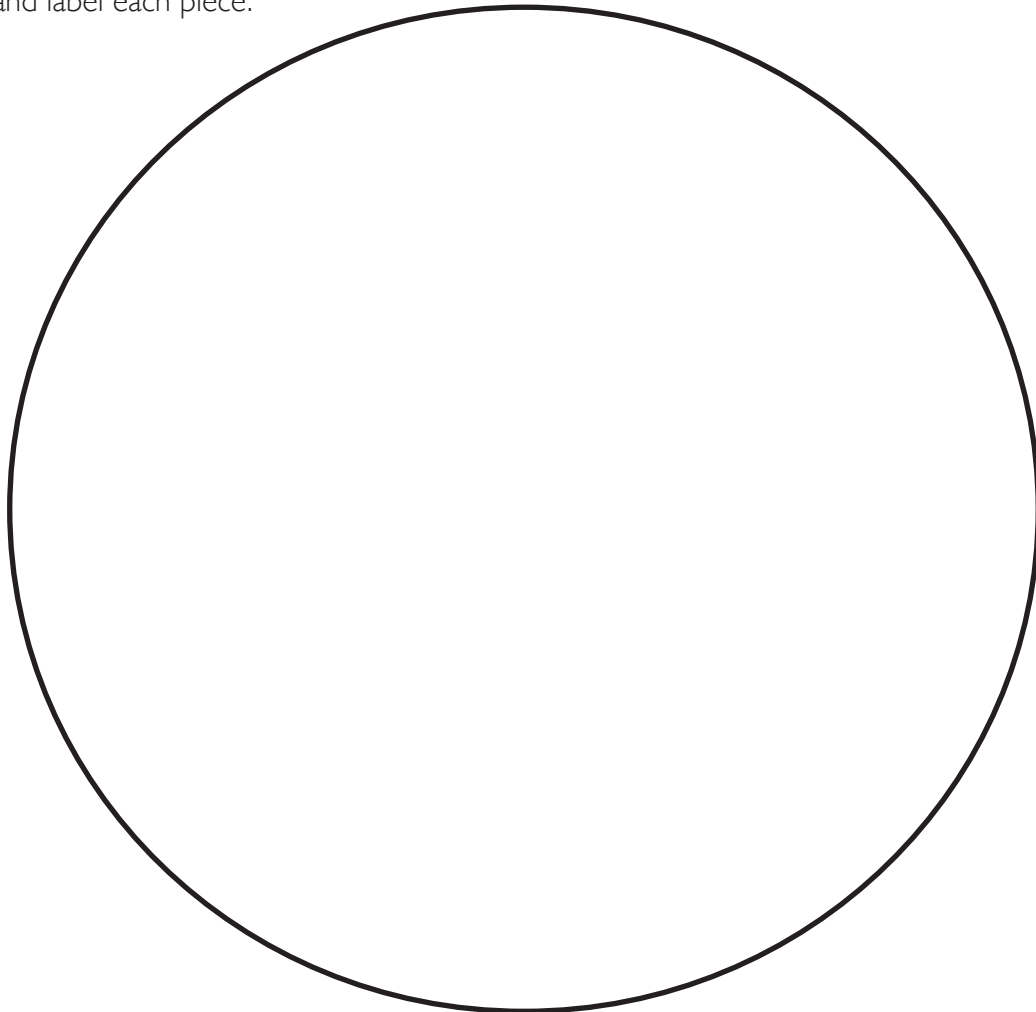
WHAT IS TZEDAKAH?

Donating to those in need is not an act chosen by generous people. Instead, it is an expected act of each and every Jew and of every Jewish community. The word *tzedakah* comes from the Hebrew word for “justice,” which tells us that giving *tzedakah* is simply fair and correct. Jewish law is concerned with meeting the needs of the poor and at the same time protecting the dignity of those in need. There are clear priorities in Jewish texts for giving food, clothing, shelter, and medicine to fulfill the mitzvah of saving lives and preserving health. Having been slaves in Egypt, Jews are commanded to be fair and prevent the suffering of others.



ACTIVITY:

- **TZEDAKAH PIE:** Using crayons or markers, make the circle below into your favorite kind of pie. Draw lines to cut it into different size pieces to give to different causes, and label each piece.



TOPIC 8: MEMORY & LEGACY

Memory & Legacy

LINKS OF LOVE

Each family is like a chain, and each family member is a link, connecting those that came before, those in the present, and those who will join the family in the future.



ACTIVITY:

- Make a chain with **LINKS OF LOVE**.
 1. Choose your paper. Avoid using thick paper that will not bend easily. Most construction paper should be okay, but you don't want to get much thicker. You want your paper not only to bend, but to stay bent.
 2. Cut strips from the paper. Use a ruler and a pair of scissors to cut out a series of long, rectangular strips. Each strip of paper makes one link in the chain. Each new strip should be equal in dimensions to each of the other strips.
 3. Make the first link. All you need to do is tape or staple the far ends of one paper strip together into a ring. Try to match up the sides evenly.
 4. Write the name, draw a picture, or glue a photo of one family member on each link.
 5. Keep adding links. Continue in the same pattern until you have added all of the family members to the chain.



TOPIC 9: ARC OF THE FALL HOLIDAYS

Arc of the Fall Holidays

TESHUVAH

The High Holy Days season begins as we welcome the Hebrew month of Elul and continues through the holidays of Rosh Hashanah, Yom Kippur, Sukkot, Shemini Atzeret and Simchat Torah. We enter this season with great introspection, seeking personal transformation through *teshuvah* (repentance or turning) *tefillah* (prayer), and *tzedakah* (giving financial support leading to other positive actions).



ACTIVITY:

• TESHUVAH SECRET HANDSHAKE

TESHUVAH actually means “turning” – turning to a new way of behaving. You might think of it in three steps:

1. Think about it.
2. Say “I’m sorry.”
3. Don’t make the same mistake again.

[Click here](#) for a way to say all of that with a secret handshake. Try this one, or make up your own!



TOPIC 10: SHABBAT

Mindfulness & Conscious Living

SHABBAT

One of the tools that Judaism provides to help us lead a more mindful/conscious life is Shabbat. Shabbat is traditionally seen as a precious gift given to the Jewish people. It is a day set aside to stop all acts of creation and attempts to achieve mastery over our world. As opposed to producing more, Shabbat opens the possibility of deepening our awareness of and relationship with what already exists. Many of the ways we celebrate Shabbat can help us block out our everyday distractions in order to lead more mindful/conscious lives.



ACTIVITY:

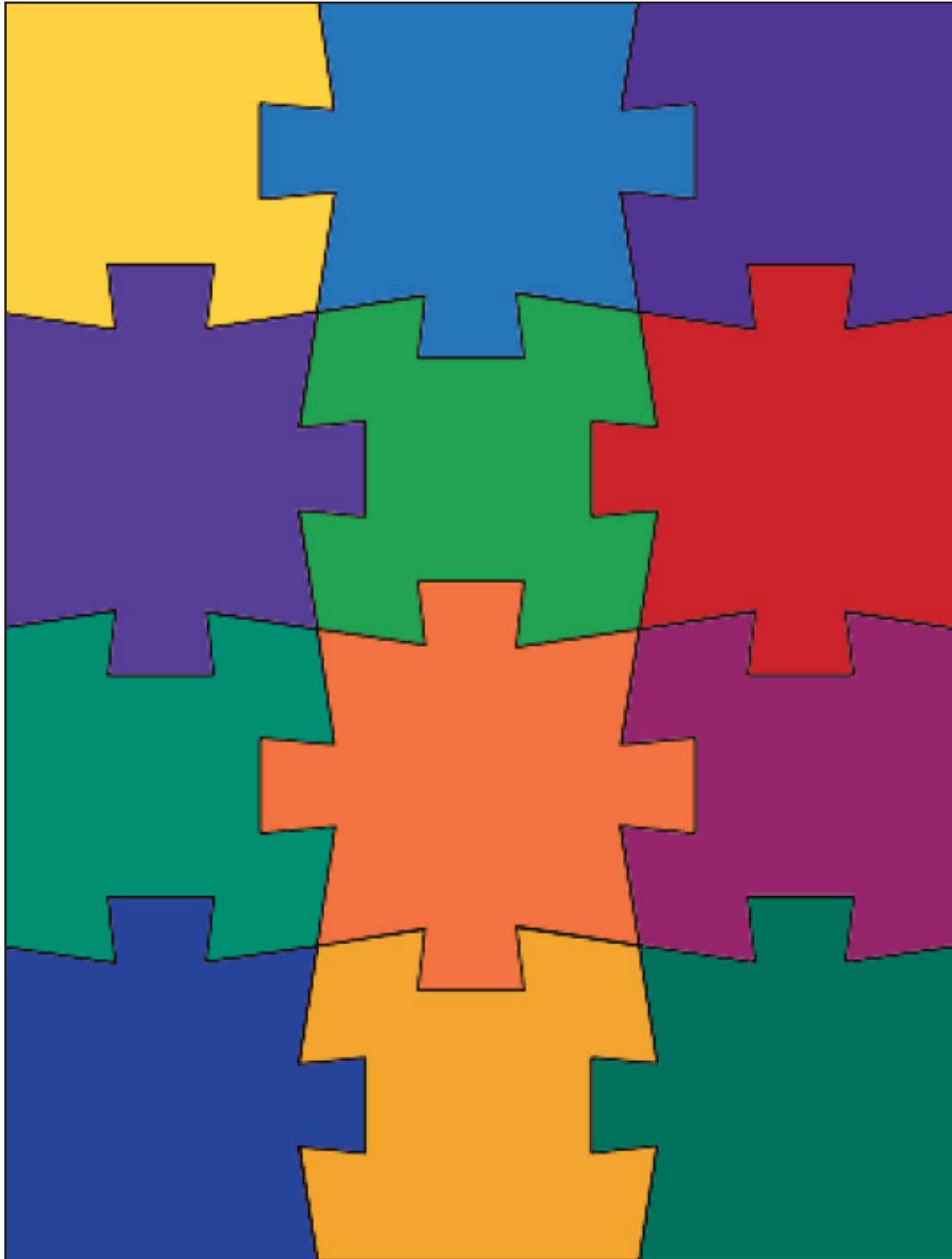
• REFRESH YOUR NEFESH

Click on the kiddush cup below to hear the Shabbat evening kiddush. Listen carefully for the word *vayinafash* (which means refreshed). The root of the Hebrew word *vayinafash* comes from the Hebrew root *nefesh*, commonly translated as soul.



TOPIC 10: SHABBAT

The word “refresh” comes from the Hebrew root *nefesh*, commonly translated as soul. Think of activities that refresh your soul, both spiritually and physically. For example, hiking in the woods, being with family, yoga, helping grandma ... things that make you feel thoughtful and grateful. Print the puzzle below on card stock. You can print one for each person, or do one puzzle together. Write one activity on each puzzle piece. Separate the puzzle pieces, and then assemble them, one by one, on Shabbat as you partake in your favorite activities.





Branching Out:

Your Tu B'Shevat Haggadah



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Branching Out: **Your Tu B'Shevat Haggadah**

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While Jewish National Fund decided to print G-d in this haggadah, we also made the educational decision to spell out אלהינו. Therefore, please treat this book with respect.

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Printed in the United States of America. The publishers and authors of this book expect that the reader will use the instructions contained herein in a manner consistent with responsible, safe teaching practices. The reader assumes all risk and responsibility in connection with these instructions.

A Seder in Winter?!?

We celebrate *Tu B'Shevat* when most of the winter rains have passed in Israel, and the sap is beginning to rise in the trees.

More than three hundred years ago in *Tzfat* **צַפַּת**, a beautiful mountaintop city in Israel, the custom of celebrating *Tu B'Shevat* with a *seder* began. Like a Passover *seder*, we drink four cups of wine and eat foods that are symbols of the holiday. And like a Passover *seder*, we use a book to guide us. The first text that was used for a *Tu B'Shevat seder* was *P'ri Etz Hadar* **פְּרֵי עֵץ הָדָר** which means “Fruit of the Goodly Tree.” It was part of a bigger book of kabbalistic customs. *Branching Out: Your Tu B'Shevat Haggadah* includes some of the ideas from that book.



Here's how to use this book

for your own special *Seder Leil Tu B'Shevat*

סֵדֶר לַיַּל טוּ בְּשֵׁבַט:

- Take turns reading aloud just like you do at a Passover *seder*. Recite the blessings and enjoy the special foods. Choose the games, songs and other activities you like best, or try all of them.
- In Hebrew, each letter has a number value. This system is called *Gematria*. *Tu B'Shevat* **טוּ בְּשֵׁבַט** is the 15th day of the month of *Shevat*. $\text{ט} = 9$, and $\text{ו} = 6$, so $\text{טו} = 15$ ($9 + 6$). The pages in *Branching Out* are ordered with both letters and numbers. Follow the numbers and letters. What happens at page 11?
- Your *Tu B'Shevat seder* can be held indoors, or if it's not too cold, outdoors. You can invite as many people as you like. Set the table nicely, and decorate with flowers, artwork, or branches from outside. **For a list of the things you'll need to get ready for your *Tu B'Shevat seder*, turn the page.**



You'll need:

1. Red and white grape juice
2. For the levels: *(choose any or all of these)*
 - Assiyah** אֲשִׁיָּהּ - walnuts, almonds, hazelnuts, pomegranate, grapefruit, pineapple, coconut, pistachios, banana, kiwi
 - Yetzirah** יְצִירָה - dates, olives, avocados, peaches, plums, cherries, apricots
 - Briyah** בְּרִיאָה - figs, seedless grapes, blueberries, raisins, raspberries, strawberries
 - Atzilut** אֲצִילוּת - candle
3. For the Activities:
 - Assiyah** אֲשִׁיָּהּ - cups and potting soil
 - Yetzirah** יְצִירָה - paper and pencil
 - Briyah** בְּרִיאָה - shallow dish with bubble liquid and wand
 - Atzilut** אֲצִילוּת - clear plastic cup or glass, water, mirror, (optional) flashlight
4. For the meal:

Plan your meal around the “seven species” from Deuteronomy 8:7-10

**“...a land of wheat, and barley, and vines, and fig trees,
and pomegranates, a land of olive oil, and honey;
a land in which you will eat bread without scarceness...”**

Some suggestions: mushroom barley soup, whole wheat bread, cheeses, salad (with olives and/or olive oil dressing) and honey cake. Page 17 has a recipe for *Tu B'Shevat* Trail Mix.

Tree-sure Hunt - remember to save a seed from each of the fruits you eat.



We celebrate *Tu B'Shevat* when most of the winter rains have passed in Israel, and the sap is beginning to rise in the trees.

We celebrate the rebirth of nature and the rebirth of our homeland, Israel.

We celebrate the beauty of everything G-d has created, and think about our responsibility toward each living thing.

Seder means order. The Kabbalists (mystics from *Tzfat*) taught that we live on four levels at the same time. At our *Tu B'Shevat seder* we will visit each one.

The first level is called *Assiyah* עֲשִׂיָה, which means “doing.” This is the level of actions, things we do. The second level is called *Yetzirah* יִצְרָה, which means “formation.” This level is about energy and feelings. The third level is called *Briyah* בְּרִיאָה, which means “creation.” This is the level of ideas and creativity. The fourth level is called *Atzilut* אֲצִילוּת, which means “nobility.” This is the level of spirituality and closeness to G-d. As we move through the levels, we move from the physical, things we can touch, to the spiritual, our inner thoughts and feelings. The things we do each day are part of all the levels at the same time.

We'll start near the root (*shoresh* שָׁרֵשׁ) of the tree, and move up through each level tasting the special foods and enjoying the different activities for each level.

Happy Tu B'Shevat!



Level 1: עֲשִׂיָּה Assiyah - Doing

Assiyah means doing: think about nature and the physical world, about actions we can take to repair it and keep it whole. The earth (ereetz אֶרֶץ) is a symbol of Assiyah because it is permanent and solid.

**“Just as others planted for you,
so you shall plant for your children.”**

(Leviticus Rabbah 208)

As a symbol of Assiyah, we eat fruits and nuts with a tough outer shell and a soft inside, reminding us that G-d protects us, both our bodies (outside) and our souls (inside). *Choose any or all of these: walnuts, almonds, hazelnuts, pomegranate, grapefruit, pineapple, coconut, pistachios, banana, kiwi.*

Before you eat, recite this blessing:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ
*Baruch atta adonai, eloheinu melech ha-olam,
borei pri ha-etz.*

Blessed are You, our G-d, Sovereign of the universe,
who creates the fruit of the tree.

Open the window, feel the cool air. Our first cup of grape juice is white, reminding us of winter when nature is asleep.

Pour white grape juice, lift the cup and say:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן
*Baruch atta adonai, eloheinu melech ha-olam,
borei pri ha-gafen.*

Blessed are You, our G-d, Sovereign of the universe,
who creates the fruit of the vine.

Drink the first cup.



The almond tree, *sh'kedia* שְׁקֵדִיָּה, is the first tree to bloom in Israel in the spring.

Sing *this classic Tu B'Shevat song:*

The almond tree is growing,
A golden sun is glowing;
The birds sing out in joyous glee
From every roof and every tree.

Tu B'Shevat is here
The Jewish Arbor Day.
Hail the trees' New Year
Happy holiday!

הַשְּׁקֵדִיָּה פּוֹרַחַת
וְשֶׁמֶשׁ פָּז זוֹרַחַת
צִפְרִים מֵרֹאשׁ כָּל גֵּג
מִבְּשָׂרוֹת אֶת בּוֹא הַחֹג:

טו בִּשְׁבַט הַגִּיעַ
חַג הָאֵילָנוֹת
טו בִּשְׁבַט הַגִּיעַ
חַג הָאֵילָנוֹת

Play *"Name that Tree:"*
(Answers are on the last page.)

1. According to midrash, the tree of knowledge was an _____ tree.
2. The first tree to bloom in Israel in the spring is the _____ .
3. According to legend, the _____ tree takes 70 years to bear fruit.
4. In the popular phrase "a land of milk and honey" the "honey" is not made by bees, it's made from the fruit of the _____ Palm.
5. According to Psalm 93, elderly people who continue to be productive are like the _____ of Lebanon which bears fruit even in old age.



Be a Tree or a tree's friend:

Play this game like Charades. Individuals or small groups silently act out any item they choose from the lists below. The rest of the group guesses which item it is.

Things trees give us:

- shade
- fruit
- wood
- fresh air
- prevent soil erosion
- fuel

Plant new trees:

Save the seeds of the fruits you eat at your *Tu B'Shevat* seder. Place each seed in a small paper cup with potting soil. Put the cups in a sunny spot, and remember to water them. Watch your seeds and compare. Which seeds sprout first? Which grow the fastest? If you like, you can make a chart with your results.

It is a tradition to plant trees in Israel on *Tu B'Shevat*. Contact Jewish National Fund at www.jnf.org or call 1-800-542-TREE to plant trees in Israel.



**“Here on Earth too G-d lives,
not in Heaven alone.
A beautiful tree,
a newly plowed field,
in them you will find
G-d’s likeness.”**

(Saul Tchernikovsky, poet, 19th century Israel)

Seeds of thought: How is G-d present in nature, in our lives and in the things we do?



Color this grape juice
white, for winter.

Level 2: יצירה Yetzira - Formation

Yetzira means formation: think about energy and feelings, creation and creativity. Water (מים *mayim*) is a symbol of *Yetzira* because water moves, cleans and dissolves. Think about what role water plays in our lives.

**“Draw water joyously
from the wells of salvation.”**
(Isaiah 12:13)

As a symbol of Yetzira, we eat fruits with soft outer shells and hard insides (pits), reminding us that if we have strong inner energy, we don't need to be hard on the outside. Choose any or all of these: olives, dates, peaches, apricots, plums, avocados, cherries.

Before you eat, recite this blessing:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ
*Baruch atta adonai, eloheinu melech ha-olam,
borei pri ha-etz.*

Blessed are You, our God, Sovereign of the universe,
who creates the fruit of the tree.

As spring approaches, the sun begins to warm the frozen earth. The landscape begins to change from white to red as the first flowers appear. As a symbol of this change, we mix some red grape juice with white for our second cup.

Mix some red juice with the white, lift the cup and say:
בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן
*Baruch atta adonai, eloheinu melech ha-olam,
borei pri ha-gafen.*

Blessed are You, our God, Sovereign of the universe,
who creates the fruit of the vine.

Drink the second cup.



Dance the mayim מַיִם (water) step, a classic Israeli dance step.

You can go to the left or to the right.
Just follow these four easy steps:
(This is *mayim left*. *Mayim right* is the opposite.)

1. Cross your right foot in front of your left foot.
2. Putting your weight onto your right foot, move your left foot out to the left.
3. Cross behind the left foot with your right foot.
4. Move your left foot out to the left again.

Create a water anagram.

Take turns - each person (or small group) contributes a line. Here's an example:

Wet and wonderful
Always moving
To all life it is
Essential,
Rain.

Flowing
Or
Rippling

Lovely and cool
Inviting
Feeding living things
Everywhere

מִצּוֹיִן
יָפֵה
מִיּוֹחַד
לְכָל
חֲשׂוֹב
יְאוֹר
יְקִיר
מַיִם



A Riddle: *How is the Torah like water?*

Give as many answers as you can. For help, look on the last page.

Give Israel a drink.

Water, vital to Israel, is in very short supply there. Jewish National Fund is working to help manage water by recycling, building reservoirs, using brackish (half-salty) water to grow fruits and vegetables, and more. You can help. Next time you have a lemonade stand, donate some of your profits to Jewish National Fund.

Sing the mayim song:

וּשְׁאַבְתֶּם מַיִם בְּשִׁשׁוֹן מִמַּעֲיֵנֵי הַיְשׁוּעָה
וּשְׁאַבְתֶּם מַיִם בְּשִׁשׁוֹן מִמַּעֲיֵנֵי הַיְשׁוּעָה
מַיִם מַיִם מַיִם מַיִם
הֵי מַיִם בְּשִׁשׁוֹן
מַיִם מַיִם מַיִם מַיִם
הֵי מַיִם בְּשִׁשׁוֹן
הֵי הֵי הֵי הֵי
מַיִם מַיִם מַיִם מַיִם מַיִם מַיִם בְּשִׁשׁוֹן
מַיִם מַיִם מַיִם מַיִם מַיִם מַיִם בְּשִׁשׁוֹן

u'shavtem mayim bisason mimienay ha'yeshuah
u'shavtem mayim bisason mimienay ha'yeshuah
mayim mayim mayim mayim hey mayim bisason
mayim mayim mayim mayim hey mayim bisason
hey hey hey hey
mayim mayim mayim mayim mayim mayim bisason
mayim mayim mayim mayim mayim mayim bisason

—"Draw water joyously from the wells of salvation." - Isaiah 12:13)

Try dancing the *Mayim* step as you sing!



**“All the rivers run into the sea,
yet the sea is not full,
To the place
from which the waters flow,
there they return again.”**

(Ecclesiastes 1:7-8)

Seeds of thought: What does this quote say about the cycle of life? What does it teach us about cause and effect, both in nature and in our actions?



Level 3: בְּרִיאָה Briyah - Creation

Briyah means creation: think about ideas, hopes and dreams, the natural laws and patterns of nature that govern the universe. The wind (*ruach* רוח) is the symbol of *Briyah*. In Hebrew, *ruach* means wind, breath, or spirit.

“ ‘And the pomegranates were in flower’ --
these are the children who sit
and study Torah, and they sit in rows,
like the seeds of pomegranates.”

(Song of Songs Rabbah, on 6:11)

As a symbol of Briyah, we eat fruits that are soft throughout so that the whole fruit can be eaten. Here, there is no difference between our inner feelings and our outer selves. Choose any or all of these: figs, seedless grapes, blueberries, raisins, raspberries, strawberries.

Before you eat, recite this blessing:

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ
Baruch atta adonai, eloheinu melech ha-olam, borei pri ha-etz.

Blessed are You, our G-d, Sovereign of the universe,
who creates the fruit of the tree.

During the summer, fruits and vegetables are plentiful, the air is warm, and we are reminded of the richness of life. As a symbol of this change, we mix more red grape juice into the white for a deeper color.

Mix some more red grape juice with the white,
lift the cup and say:

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגָּפֶן
*Baruch atta adonai, eloheinu melech ha-olam,
borei pri ha-gafen.*

Blessed are You, our G-d, Sovereign of the universe,
who creates the fruit of the vine.

Drink the third cup.



Blessings of Appreciation, B'rachot Hanehenin, בְּרָכוֹת הַנְּהֻנִין can be said any time you notice the special world around you. Blessings of Appreciation have been written for smelling delicious fruit, for meeting someone smart, for seeing a rainbow, and more. You can even make up your own, and while you're at it, try this game:

I Spy Ha'olam Ha'chai העולם החי (the living world)

Look around you and find something that reminds you of G-d's presence in the world of nature. It could be anything from a soft breeze to a thunderstorm, to a squirrel climbing a tree. Make up a *bracha* that gives a hint about the item you've chosen. (For example: "Thank you, G-d, for our four-legged friends.") The other players have to look around and guess what you have chosen. If no one can guess, add to your *bracha*, for example: "Thank you, G-d, for our small, brown, four-legged friends." Keep on adding to your *bracha* until someone guesses what you have chosen.

Pattern Puzzler:

There are only a few patterns in nature and they are applied to many things. For example, the branching of a tree is similar to the branching of veins, and river branches as well. How many other examples of patterns in nature can you name? If you need help getting started, read the suggestions on the last page.



Ruach Bubbles

Place a shallow dish filled with a mixture of 1/4 water and 3/4 liquid soap in the center of the table. Take turns dipping in the bubble wand (which can be made from a wire hanger) and sharing a hope as you blow a bubble and watch it ride on the invisible waves of the air. Your hope can be something for the world, which you say out loud, or something personal which you say silently. Think about your breath, which fills the bubble. When the bubble pops, your breath joins the rest of the air in the atmosphere.

Sing Hatikva, התקווה (The Hope):
(Please rise as you sing.)

Hatikva was written in 1878, long before Israel became a state, by Naphtali Herz Imber. In 1948, when the State of Israel was established, *Hatikva* became the national anthem.

כָּל עוֹד בְּלִבֵּב פְּנִימָה
נֶפֶשׁ יְהוּדֵי הוֹמִיָּה
וּלְפָאֵתֵי מִזְרַח קַדִּימָה
עַיִן לְצִיּוֹן צוֹפִיָּה
עוֹד לֹא אֶבְדָּה תְּקוּוֹתֵנוּ
הַתְּקוּוֹה בַּת שָׁנוֹת אֲלָפִים
לִהְיוֹת עִם חֹפְשֵׁי בְּאַרְצֵנוּ
אֶרֶץ צִיּוֹן וִירוּשָׁלַיִם

*kol od balevav penima, nefesh yehudi homiya
u'lfatei mizrach kadima, ayin l'tziyon tzofiyah
od lo avda tikvateinu, hatikva bat shnot alpayim
lihiyot am chofshi b'artzeinu, eretz tziyon vi'rushalayim*

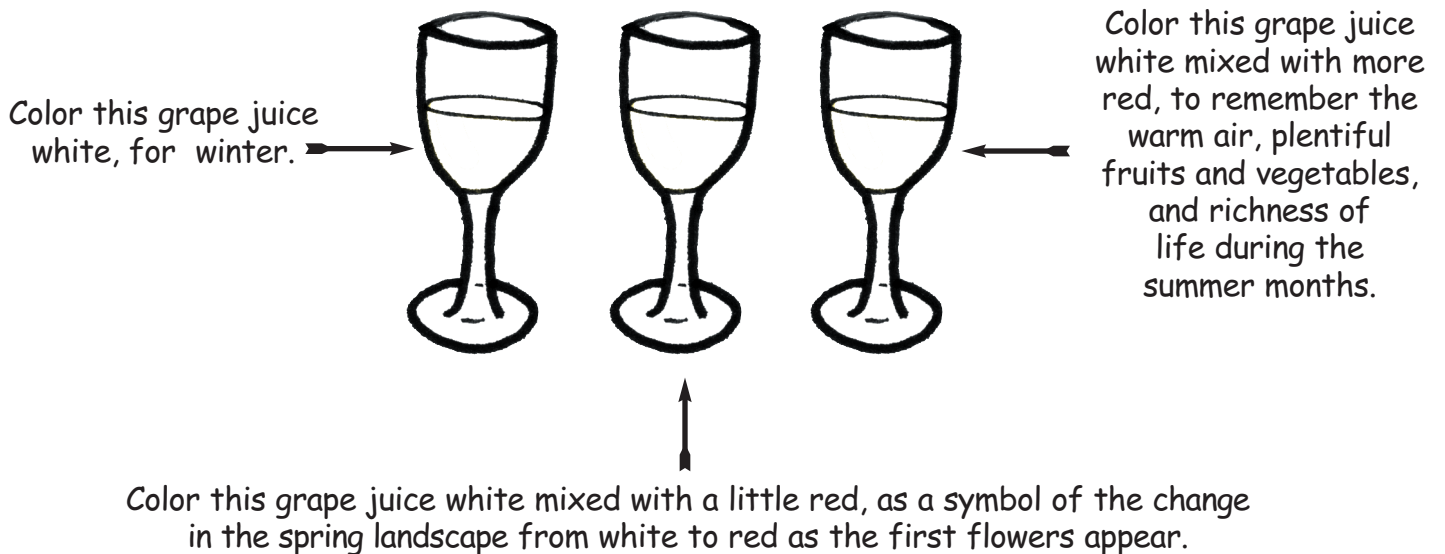
As long as within each of us the Jewish heart beats true,
As long as still towards the east, to Zion, looks each Jew,
As long as our hopes are not lost
- two thousand years we kept them
To live in freedom in the land of Zion and Jerusalem.



**“We breathe and the trees breathe.
We breathe in
what the trees breathe out.
So we breathe each other
into existence.
And the breath . . .
goes in a cycle.”**

(Rabbi Arthur Waskow)

Seeds of thought: How do your actions affect the world around you, both in the environment and in your community?



*After the third, and before the fourth cup,
is a good time for the*

Festive Meal

Eating bread reminds us that we depend upon the earth.
Earth, G-d, and people work together to make a loaf of bread.

Lift the loaf of bread and recite the bracha together:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

*Baruch atta adonai, eloheinu melech ha-olam,
hamotzi lechem min ha'aretz.*

Blessed are You, our G-d, Sovereign of the universe,
who brings forth bread from the earth.

B'tayavon! Enjoy your meal! בְּתַאֲבוֹן

*Anyone who has finished eating and is restless
might enjoy a*

Tree-sure Hunt

while the others are finishing their meals.

Here's how it works:

One seed has been put aside from each fruit that was eaten during the *Tu B'Shevat seder*. Now it's time for the people who don't like to sit at the table for a very long time to take those seeds and hide them! Wrap each one in a paper napkin and remember to count how many seeds you've hidden so you'll know when they've all been found.

When the slower eaters are finished, they can search for the seeds. Play "hot and cold" to help them out! Try to remember which fruit each seed is from. When the seeds are finally found, reward your tree-sure seekers with some dessert.



שִׁבַּעַת הַמִּנִּים Shivat Haminim

are seven species, or types of fruits and grains,
that grow in Israel:

1. barley שְׂעוֹרָה



5. olive זֵית



2. date תְּמָר



6. pomegranate רְמוֹן



3. fig תְּאֵנָה



7. wheat חֶטֶה



4. grapes עֲנָבִים



Tu B'Shevat Trail Mix

(This recipe makes 10 cups of trail mix.)

You'll Need:

3 cups old-fashioned oats • 1 cup raw sunflower seeds • 1/2 cup lightly toasted sesame seeds • 1 cup wheat bran • 1/2 cup oat bran
• 1/2 cup wheat germ • 1/2 cup coarsely chopped walnuts • 1 cup raw peanuts • 1/2 cup coarsely chopped almonds • 1/4 cup safflower oil
• 1 cup honey • 2 cups mixed dried fruit (raisins, golden raisins, dates, figs, apples and pears cut into small pieces)

What to do:

1. Ask an adult to pre-heat the oven to 300°F. In a very large bowl, mix together the oats, sunflower seeds, sesame seeds, wheat bran, oat bran, wheat germ and nuts. (If you don't have a bowl that's large enough, make half the recipe.) Mix well. Add the oil and honey. Stir to blend evenly.
2. Pour the mixture into a large baking pan with high sides. Ask an adult to put it into the oven. Bake until the grains and nuts are lightly colored and thoroughly cooked, about 45 minutes. Have an adult help you stir the mixture every 5 to 10 minutes to make sure it cooks evenly. An adult should also help you take the mixture out of the oven. Let it cool completely. Stir and break up any clumps that might form while the trail mix cools. Add the mixed dried fruit. Store *TU B'SHEVAT* TRAIL MIX in an airtight container. Take it with you on hikes, or to school. Enjoy!



After our meal, we thank G-d for our food, and for all the good things we have received. The following is a shortened version of

Birkat Hamazon

Leader: My friends, let us bless G-d for this meal!

All: May the Lord's name be blessed from now and forever.

Leader: [Add the words in brackets when there is a minyan.] May the Lord's name be blessed from now and forever. With your permission, let us bless [our G-d] from whose food we have eaten.

All: Blessed be [our G-d] from whose food we have eaten.

Leader: Blessed be [our G-d] from whose food we have eaten.

All: Blessed be G-d, blessed be the Divine Name.

Praised are You, Lord our G-d, Sovereign of the universe, who nourishes the whole world with kindness and compassion. May we never be in want of food, for G-d provides for all the creatures which G-d has created. Blessed are You, Lord, who feeds all.

We thank You, Lord, for the pleasing, ample, desirable land which You gave to our ancestors, for the covenant and Torah, for life and sustenance. May You forever be praised by all who live, as it is written in the Torah: "When you have eaten your fill, you shall praise the Lord your G-d for the good land G-d has given you." Praised are You, Lord, for the land and for sustenance.

Rebuild Jerusalem, the holy city, quickly in our days. Blessed are You, Lord, who rebuilds Jerusalem in mercy. Amen.

Praised are You, Lord our G-d, Sovereign of the universe, who is good to all, whose goodness is constant throughout all time. Favor us with kindness and compassion now and in the future as in the past. May we be worthy of the days of the messiah.

May the Merciful bless this land and protect it.

May the Merciful bless all of our people who suffer and bring them out of darkness into light.

May the Merciful bless the State of Israel, the dawn of our redemption.

May we receive blessings from the Lord, lovingkindness from the G-d of our deliverance. G-d who creates peace in the heavenly heights, may You grant peace for us and for all Israel, and say, Amen.

רבותי (חברי) נברך

יהי שם ה' מברך מעתה ועד עולם

יהי שם ה' מברך מעתה ועד עולם
ברשות רבותי

נברך [אלהינו] שאכלנו משלו

ברוך [אלהינו] שאכלנו משלו ובטובו חיינו

ברוך [אלהינו] שאכלנו משלו ובטובו חיינו

ברוך הוא וברוך שמו

ברוך אתה ה' אלהינו מלך העולם

חנן את העולם בלו בטובו

בחן בחסד וברחמים הוא נותן לחם

לכל בשר כי לעולם חסדו.

ובטובו הגדול תמיד לא חסר לנו

ואל יחסר לנו מזון לעולם ועד.

בעבור שמו הגדול כי הוא זן ומפרנס לכל

ומטיב לכל ומכין מזון

לכל בריותיו אשר ברא.

ברוך אתה ה' הן את הכל.

נודה לך ה' אלהינו על שהנחלת לאבותינו ארץ

חמדה טובה ורחבה, ברית ותורה, חיים ומזון.

יתברך שמו בפי כל-חי תמיד לעולם ועד, בפתוב:

ואכלת ושבעת וברכת אתה אלהיך על הארץ הטובה

אשר נתן לך. ברוך אתה ה' על הארץ ועל המזון.

ובנה ירושלים עיר הקודש במהרה בימינו.

ברוך אתה ה' בונה ברחמי ירושלים אמן.

ברוך אתה ה' אלהינו מלך העולם, המלך הטוב

והמיטיב לכל, הוא היטיב, הוא מיטיב, הוא ייטיב לנו.

הוא גמלנו, הוא גומלנו, הוא יגמלנו לעד.

חן וחסד ורחמים, ויזכנו לימות המשיח

הרחמן הוא יברך את הארץ הזאת ויגן עליה.

הרחמן הוא יברך את אחינו בני ישראל הנתונים בצרה

ויוציאם מאפלה לאורה.

הרחמן הוא יברך את ראשית צמיחת גאולתנו.

ונשא ברכה מאת ה', וצדקה מאלהי ישענו,

ונמצא חן ושכל טוב בעיני אלהים ואדם.

עושה שלום במרומינו הוא יעשה שלום

עלינו ועל כל ישראל ואמרנו אמן.



Level 4: אֶצִילוּת **Atzilut - Nobility**

Atzilut means nobility: think about pure noble spirit, lovingkindness, power and beauty. Feel close to G-d and remember that each creature is part of just one universe. Fire (*aish* אֵשׁ) is the symbol of *Atzilut*. Fire is the energy of life, yet it can also destroy.

**“Here is the secret of secrets . . .
when we honor the words of Torah . . .
blessings pour from heaven above
to the earth below.”**

(P’ri Etz Hadar)

We do not eat any fruits to symbolize *Atzilut* because G-d is timeless, infinite, and impossible to describe.

As summer turns to fall, plants turn inward to prepare their seeds. Animals turn inward for rest, and people turn inward to think about the year that has passed and the one that is beginning. Remember, our purpose is to live in balance and harmony with all of G-d’s creation. As a symbol of this season, the fourth cup of grape juice is full strength red.

Pour red grape juice, lift the cup and say:
בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגָּפֶן
*Baruch atta adonai, eloheinu melech ha-olam,
borei pri ha-gafen.*

Blessed are You, our G-d, Sovereign of the universe,
who creates the fruit of the vine.

Drink the fourth cup.



Make a rainbow:

Fill a clear glass or plastic cup with water. Hold it in front of a sunny window and move it around until you see a rainbow. The water bends the light, dividing it into all the colors that you see. This reminds us that pure white light is actually made up of many different colors. Just as many different colors combine to make a pure white light, when many kinds of people work together, they can make a peaceful world.

Mitzvah Mirror:

Take a small mirror that can't break to a place where you can see the sun, or use a flashlight if it's dark outside. (Remember, don't look directly at the sun's light, it's bad for your eyes.) Place the mirror so that the light shines right at it. Move the mirror just a little bit. Do you see how you moved the light from one place to another? When you do mitzvot, you shine the light of Torah on the world.



Light a candle and say this bracha together:

נְבָרֵךְ אֶת מְקוֹר הַחַיִּים שֶׁבּוֹרֵא מְאוֹרֵי הָאֵשׁ

N'varech et makor ha'chaim she'borei m'orei ha'aish.

Bless the Source of Life who creates the lights of the fire.

Hold the palms of your hands high above the candle, where you don't feel any heat. Slowly move your hands closer to the flame. Notice that the closer you come to the flame, the warmer it feels. If you come too close, though, you'll get burned.

Read aloud together:

The light of the candle reminds us that each of us has the power to light different kinds of fires, either helpful or harmful. As our *Tu B'Shevat seder* ends and we look at the light of the candle, we promise that our actions will be for *Tikkun Olam* תִּיקּוּן עוֹלָם, the care and repair of nature and the world.



**“Love,’ say the sages,
‘Love that supports
and is supported in turn’--
That is the nature
of the universe.”**

(Samson Raphael Hirsch, 1808 - 1888)

Seeds of thought: What does it mean to you to “support and be supported in turn?” Give examples both from nature and from things that people do.



Color this grape juice white, for winter.



Color this grape juice white mixed with a little red, as a symbol of the change in the spring landscape from white to red as the first flowers appear.



Color this grape juice white mixed with more red, to remember the warm air, plentiful fruits and vegetables, and richness of life during the summer months.



Color this grape juice full strength red, for fall, when plants prepare their seeds, animals turn inward for rest, and people think about the year that has passed and the new year that is beginning.



“Name That Tree” (page 7•5):

1. Some say apple, some say etrog
2. Almond
3. Carob
4. Date
5. Cedar

Riddle (page 9•10)

- Water, like Torah, quenches thirst. (You can be thirsty for knowledge.)
- Water, like Torah, refreshes your spirit.
- Water, like Torah, can be found anywhere.
- Water, like Torah, is given free to the world.
- Water, like Torah, gives life.
- Water, like Torah, is given from heaven.

Pattern puzzler (page 11•13)

- Waves in the ocean - sand dunes - clouds
- Electrons and neutrons in atoms - planets orbiting the sun
- Water swirling down the drain - galaxies
- The movement of a waterfall falling and a fire burning are the same, but opposite

Other books about *Tu B'Shevat* from Jewish National Fund:

- An American Tu B'Sh'vat, A Seder for The New Year of the Trees*, by Ellen Bernstein
- Haggadah Shel Tu-Bi'Shevat*, written by Dr. Barry Eckstein, edited by Dr. Solomon Goldman, Esther Adler and Miriam Harel
- Seder Tu B'Shvat, A celebration of Israel's seasons and of ecology in the Jewish tradition* by Beth Uval
- The Trees Sing, A Sourcebook for Tu Bi-Shevat*, selected by Rabbi Moshe Edelman, edited by Joel Lion
- Tu Bishvat*, compiled and written by Wolf Gafni, translated by A. Eibel and C. Sterne
- Tu B'Shevat Hagaddah*, written by Betty Samuels, edited by Nita Gottesman, Harriet Breuer and Ruth Kornheiser