



## Blessing Picnic

<b>Lesson Type:</b> Cooking, Nature-Sensory, Jewish Traditions		<b>Dates:</b> 5/31/18, 6/3/18
<b>Materials:</b> Brachah cards, crayons or markers, various whole fruits, child-safe knives, cutting boards, bowls/plates, serving bowl and spoon		
<b>Books:</b> I Say Shehechyanu		
<b>Core Jewish Concepts:</b> Blessings over various types of plants--identifying where they grow (on vines, on the ground, etc.) Special blessings for unusual animals, lightning, etc.		
<b>Core Nature Concepts:</b> The foods we eat come from different types of plants and different parts of plants: roots, stems, fruits from trees, fruits on the ground, fruits on vines, etc.		
<b>Pre-Session Notes:</b>		
15 min.	<b>Exploration Station:</b> Insides of fruits, magnifying glass	<b>Active Exploration:</b> Insect and worm hunt
20 min.	<b>Opening Circle:</b> Welcoming Song: Hinei Ma Tov In Jewish tradition, we try to make everyday things special. And when we see special things, we want to make them even more special. What special thing are you excited about? Hallelujah (Psalm 150) song with children adding songs that they're thankful for. Read: "I Say Shehechyanu" Song: Baruch Atah Adonai/Thank You God with kids' verses Have children act out being animals, make the sound of thunder, etc. Say prayers. Give instructions for both activities.	
35 min.	<b>Activity A:</b> Color bracha cards and find things to say them over.	<b>Activity B:</b> Cut up a few fruits and veggies for the picnic.
20 min.	<b>Closing Circle + Snack and Shmooze:</b> Closing song: Shalom Chaverim What did you bless today? What was your favorite blessing? Children identify where snack items come from and find the appropriate blessing cards; say the brachot together.	





## Exploration Station

Use the magnifying glass and your eyes to explore the fruit.

What do you notice?

Where are the seeds?

What shape are they seeds? Why do you think they have that shape?

How many seeds are there? Why do you think that is?

What job do the seeds do?

Which fruit is your favorite? Why?

### Hebrew

Seed: זֶרַע (ZER-ah)

Fruit: פְּרִי (peh-REE)





# Drawing Treasure Hunt

*Find and draw:*

2 plants that smell good

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3 insects

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2 fruits or vegetables that you would like to eat

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## Song Sheet: An Attitude of Gratitude

### Hinei Mah Tov

Hinei mah tov umanaim, shevet kulam gam yachad.  
*(How good and pleasant it is for all of us to be together.)*

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### Haleluyah (adapted from Psalm 150)

*Chorus:*  
Haleluyah, haleluyah, haleluyah  
Haleluyah, haleluyah, haleluyah

Halelu, halelu for \_\_\_\_\_ (kids fill in, 4x)

Kol haneshama t'halel Yah (2x)  
*(Let everything that breathes sing praises to Yah.)*

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### Blessing Song

*Chorus:* Baruch Atah Adonai, Thank You G-d.

Thank you for the worms and thank you for the bees  
Thank you for the flowers and thank you for the trees

Thank you for \_\_\_\_\_ (kids fill in, 4x)

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### Shalom Chaverim

Shalom chaverim, shalom chaverim, shalom, shalom!  
Lehitraot, lehitraot, shalom, shalom!  
*(Peace, friends. See you again!)*





## Taking the Garden with You

Today's exploration, An Attitude of Gratitude, introduced the abundance of blessings we have to celebrate everyday moments in our lives and make them special. We also cut up fruits and vegetables, and noticed where our food comes from.

To extend your family's learning in the coming weeks you could:

- Carry your blessing cards with you. Look for opportunities to make everyday moments special throughout the day!
- When you cut up fruits or vegetables at home, take a moment to talk about how they grow. You may want to look up pictures of plants that you don't see often. How does ginger grow? Brussels sprouts? Artichokes?
- Sing "Haleluyah" or "The Blessing Song" and have children fill in ideas about what makes them so happy that they want to say thank you. (If you don't like to sing, just talking about it is fine, too!)
- As you walk around your neighborhood, notice edible plants. Which part do you eat? Are the fruits growing on the ground, in trees, or on a vine? (Remember that anything with seeds, like tomatoes and cucumbers, is a fruit!)
- Start a family tradition of taking a moment to share something that each person is grateful for before eating dinner or going to bed.
- PJLibrary has a great web page with ideas for everyday blessings that includes some great songs. Go to [pjlibrary.org](http://pjlibrary.org) and then type "blessings" in the search bar.
- Make up your own blessings. When a special moment comes, take a moment to say thank you for living in a world that makes such a moment possible.

