



## Na'amah's Seeds

<b>Lesson Type:</b> Gardening		<b>Dates:</b> June 14 & 17
<p><b>Materials:</b> bean/spice seeds, magnifying glasses, water containers  <b>Sprout Jars:</b> drill, mason jar lids, mason jars; <b>Potting:</b> plastic pots, potting soil, trowels; <b>Seed Necklaces:</b> tiny baggies, hole punch, hemp string, paper towels</p>		
<p><b>Books:</b> Prayer for the Earth: Naamah's story, Noah's Ark by Peter Spier</p>		
<p><b>Core Jewish Concepts:</b> Noah built an ark to save the animals. Naamah saved the seeds. Jewish tradition around protecting the plants and animals.</p>		
<p><b>Core Nature Concepts:</b> Plants grow from seeds. Seeds have different characteristics. Plants need water, dirt, and sunshine.</p>		
<p><b>Pre-Session Notes:</b> Noah's Ark book has no text, only pictures.</p>		
15 min.	<b>Exploration Station:</b> different types of seeds, seedlings, magnifying glasses	<b>Active Exploration:</b> checklist treasure hunt for types of plants and plant parts
20 min.	<p><b>Opening Circle:</b>          Welcoming song (Hinei Ma Tov)          Elicit/tell story of Noah's Ark with the Peter Spier book and body motions          "Rise and Shine" Song          Read Prayer for the Earth: Naamah's Story          Demonstrate activities.</p>	
40 min.	<b>Activity A:</b> Make a seed necklace (string, tiny baggie, hole punch, paper towel, seed)	<p><b>Activity B:</b> Plant seeds in communal garden or in pots to take home.  <b>Activity C:</b> Put seeds in a sprouting jar and fill with water. Optional: Drill holes for lid.</p>
10 min.	<p><b>Closing Circle:</b>          What did you see today? (tell group, whisper to parent, etc.)          "Rise and Shine" song          Goodbye song (Shalom Chaverim)</p>	



## Exploration Station

What do you notice?

How does it feel?

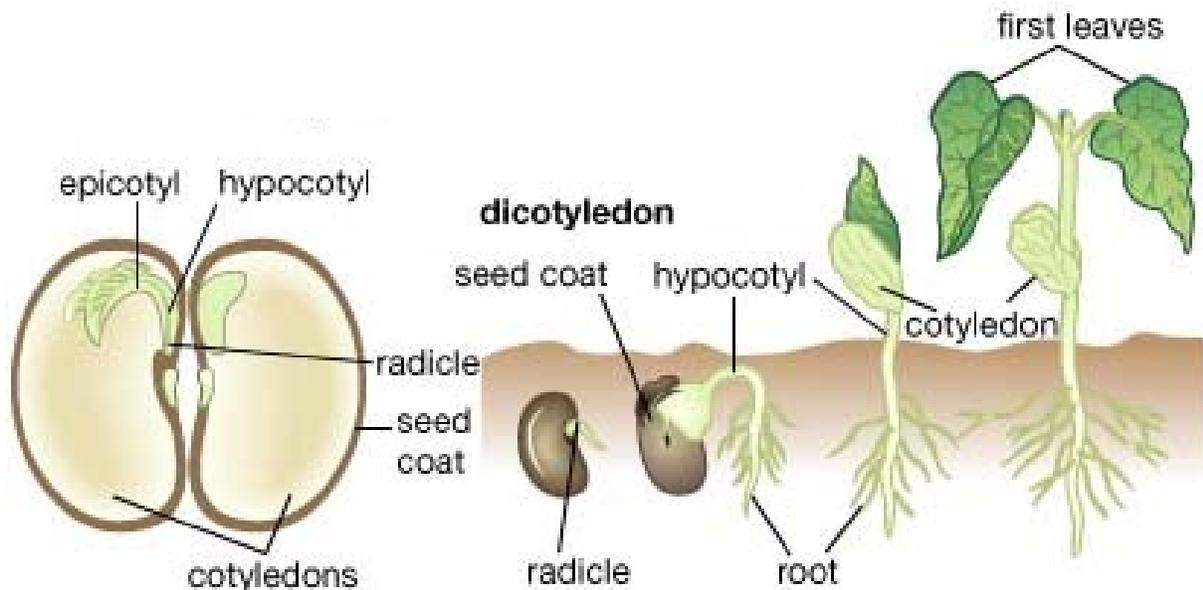
How are these the same? Different?

Why do you think it has that shape?

Which is your favorite? Why?

What do you think is happening?

“Seed” in Hebrew: זָרַע (ZER-ah)





# Drawing Treasure Hunt

*Find and draw:*

3 plants with seeds

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3 plants that smell good

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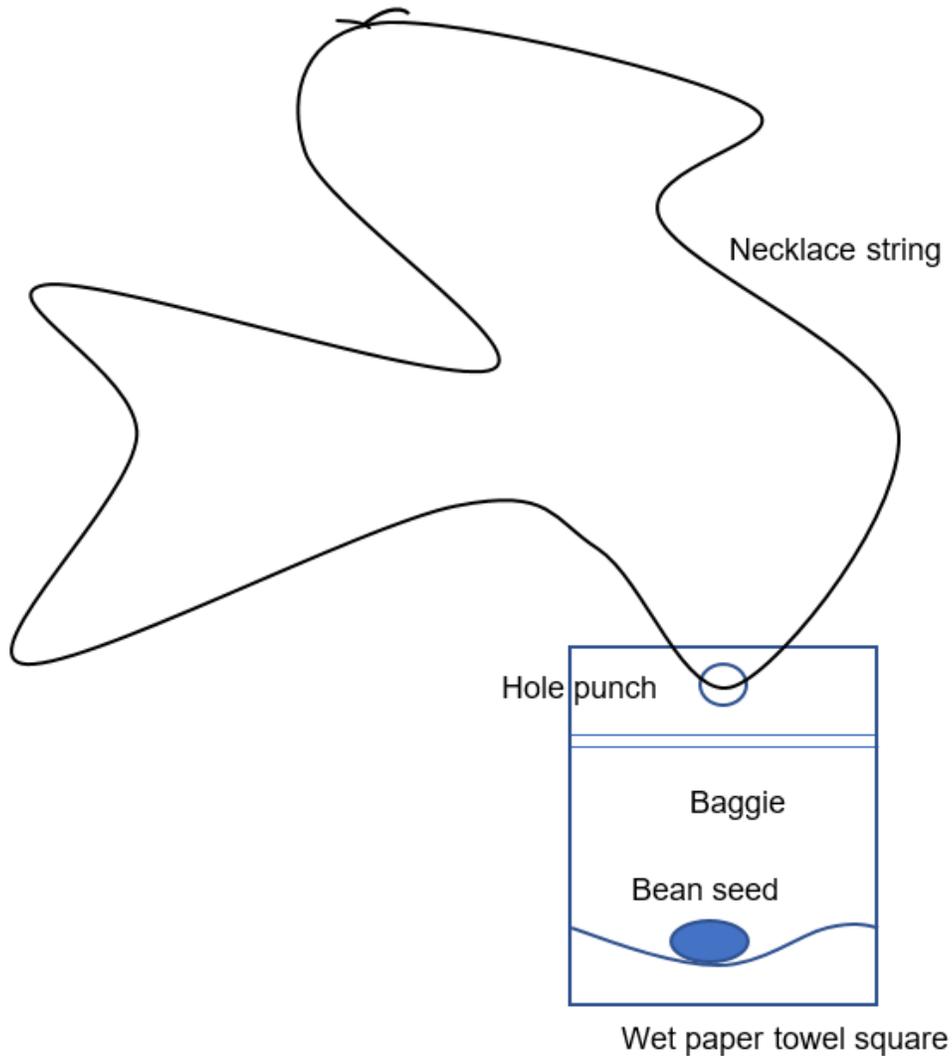
2 fruits or vegetables that you would like to eat

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## Make a Growing Seed Necklace



Wear it every day to watch it grow.

If your seed dries out (in a few days), add a few drops of water.

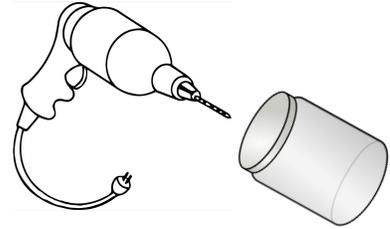
You can plant it outside or in a pot once it sprouts!





## Make a Sprouting Jar

- 1) If you have a peanut butter jar, screw on the lid. Drill about 25 holes in the lid.



- 2) If you have a mason jar, get a lid.



- 3) Put in **one** spoonful of seeds. (That's all you need to grow a full whole jar of sprouts!) Note: You can mix seeds of the same size, but don't mix seeds of different sizes; they grow at different rates.



- 4) Fill with water. Leave the water in until tomorrow morning. This gives the seeds the signal to start growing.



- 5) Each morning, fill the jar with water and then immediately drain it. Leave the jar in a bowl so that it sits at an angle. This lets water out and air in.



- 6) When your sprouts are ready (showing just roots or roots and leaves), eat them!





## Song Sheet: Naamah's Ark

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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### My Roots Go Down

*Chorus:*

My roots go down, down into the earth (3x)  
My roots go down

I am a pine tree growing tall and strong [or other plants and actions] (3x)  
My roots go down.

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### Rise and Shine

*Chorus:*

Rise and shine and give God the glory, glory! (2x)  
Rise and shine and (*clap*) give God the glory, glory! Children of the Lord.

The Lord said to Noah, "There's gonna be a floody, floody." (2x)  
"Get those children (*clap*) out of the muddy, muddy!" Children of the Lord.

So Noah, he built him, he built him an arky, arky. (2x)  
Made it out of (*clap*) hickory barky, barky. Children of the Lord.

The animals, they came on, they came on by twosies, twosies. (2x)  
Elephants and (*clap*) kangaroosies, roosies. Children of the Lord.

Na'amah collected, collected the seedsies, seedsies (2x)  
For all the veggies, (*clap*) flowers, and treesies, treesies. Children of the Lord.

It rained, and poured, for forty daysies, daysies. (2x)  
Nearly drove those (*clap*) animals crazy, crazy. Children of the Lord.

The sun came out and dried up the landy, landy. (2x)  
Everything was (*clap*) fine and dandy, dandy. Children of the Lord.

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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, Na'amah's Seeds, introduced a modern midrash about Noah's wife, Na'amah, who saved the seeds to replenish the earth after the flood. We also explored seeds and planted our own.

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

- Read one of the many books about Noah or Na'amah from PJLibrary.
- Take care of your sprouting jars by filling them with water and immediately draining them each day. In 3-7 days you'll have delicious sprouts! To make another batch, use any whole dried bean or spice seed from the grocery store or order a packet of mixed sprouting seeds and soak overnight.
- Act out the story of the flood with a cardboard box and some stuffed animals. Kids may want to be Noah, Na'amah, or any of the animals.
- Take a moment each day to observe your seed necklace. Can you find the root? Stem? First leaves (cotyledons)? More leaves? If the seed in your baggie starts to grow higher than the top, plant it in a pot or outside.
- Na'amah took care of the earth by helping plants grow. How can you help take care of your neighborhood? This might involve picking up trash (with gloves!), making signs to remind people to keep their dogs out of flower beds, recycling to keep the earth clean, or getting involved with a community garden.
- What other kinds of seeds can you grow? Try growing an avocado seed in water (instructions are easy to find online). Take other seeds out of foods you routinely eat (tomatoes, cucumbers, etc.) to sprout in a baggie with a paper towel and water.
- Act out being a seed. What do you need to grow? Who will give you water, sunshine, dirt, and warm temperatures? Express gratitude for living on a planet that provides all of these things so that plants can grow.
- As you walk around your neighborhood, look for plants with seeds. These might be flowers, trees, or fruiting plants. Where are the seeds and what do they look like?
- When you spend time with your seeds and plants, take a moment to express gratitude. How do they provide for us? How can we provide for them? What a wonderful world we live in!

