



Shabbat Soup

Lesson Type: Nature-Sensory		Dates: November 4, 2018
Materials: Large buckets or pots & large and small spoons for dirt play Make matzo ball soup in advance, small bowls & spoons		
Books: Stone Soup with matzo Balls by Linda Glaser, etc.		
Core Jewish Concepts: cooperation, feeding the hungry		
Core Nature Concepts: finding materials in nature, feeling comfortable with being messy		
Pre-Session Notes: The book is about Passover, but only mentions it in passing. Need to be clear on what materials children can and can't use for the nature soup. Need to wash hands before eating.		
15 min.	Exploration Station: Peeling and pressing garlic & tearing cilantro leaves. Place in bowls for circle time.	Active Exploration: Treasure hunt for soup veggies in the garden
20 min.	Opening Circle: Welcoming Song: Hinei Ma Tov Shabbat is a special day. What do you like to eat on Shabbat or special days to make them feel special? Book: Stone Soup with Matzoh Balls by Linda Glaser Kids put the garlic and cilantro into the soup that's cooking Song: Shabbat Soup Instructions for making nature soup--clarify what materials are not available.	
40 min.	Activity A: Making nature soup <i>Wash hands</i> at end	Activity B:
10 min.	Closing Circle: Pass out bowls of matzoh ball soup Everybody worked together today to help make soup. How can you help your family? Welcoming guests, <i>hachnasat orchim</i> , is a Jewish value. How can you help other people feel welcome? Closing song: Shalom chaverim	





Exploration Station

We are making soup and we need your help!

- Tear the leaves off the cilantro.
- Peel the garlic and squish it with the garlic press.

What do you notice?

How does it feel? How does it smell?

What part of the plant did it come from?

What do you think its job is on the plant?

Hebrew

Spice: תבלין (tav-LEEN)

Did you know?

Most spices, like garlic, have strong odors or tastes to prevent animals from eating them. Garlic kills most bacteria and tastes great!





Drawing Treasure Hunt

Find and draw the plants that grow soup vegetables!

Tomato leaf	Tomato flower	Tomato fruit
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Squash leaf	Squash flower	Squash fruit
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4 herbs or spices

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Song Sheet: Shabbat Soup

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

Shabbat Soup

Put some *chicken* in the pot. Stir it up so it's nice and hot.
Get it ready for Shabbat. Good Shabbat!



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





Taking the Garden with You

Today's exploration, Shabbat Soup, explored two Jewish values: cooperation and welcoming guests. We shared a traditional folktale and talked about making Shabbat special. And got to spend some time getting messy!

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

- Make a plan for a special Shabbat. If you don't usually celebrate it at home, get some challah, grape juice, and candles and try out a new family tradition. If you regularly celebrate it, how can you make it more beautiful with flowers, a song, or a special treat? For more ideas, visit <https://pjlibrary.org/shabbat>
- Cook with your children. Anything that involves smashing, peeling, and ripping is great for younger children. Older children may be able to cut softer fruits and vegetables with supervision. How can you all cooperate to make a meal together?
- Invite someone over for a meal. Is there another person or family that you'd like to see more often? Send over a dinner invitation. Even if your house is messy and you're eating mac & cheese, they'll appreciate the invitation!
- Make nature soup. All you need is a pot or bucket, and your children and nature will supply the rest!
- During Shabbat dinner, or any meal, take a moment to share something that you appreciate about someone else, or how someone helped you this week.
- Read folktales to open discussions about values. Go to <http://pjlibrary.org> and search for "folk tales" for ideas!

