



## The Sweet Scent of Havdalah

<b>Lesson Type:</b> Craft, Sensory, Ritual		<b>Dates:</b>
<b>Materials:</b> Small bags, common kitchen spices in whole form--cinnamon, cloves, star anise, etc., magnifying glasses, candles to braid, grape juice		
<b>Books:</b> Lights Out Shabbat		
<b>Core Jewish Concepts:</b> Havdalah helps us say goodbye to Shabbat. We lose our second soul, but the besamim help us feel better.		
<b>Core Nature Concepts:</b> Spices come from different parts of plants. Different parts of plants have different purposes.		
15 min.	<b>Exploration Station:</b> Explore different parts of plants (bark, leaves, seeds, etc.) with a magnifying glass.	<b>Active Exploration:</b> Find different parts of the plants in the garden.
20 min.	<b>Opening Circle:</b> Welcoming Song: Hinei Ma Tov Book: Lights Out Shabbat What do people do on Shabbat? What do they not do? What is special that your family does? How do you feel when Shabbat is over? Story of Havdalah/two souls/purpose of besamim Demonstrate making besamim boxes and candles	
40 min.	<b>Activity A:</b> Explore various whole spices and guess what parts of the plants they come from. Gather aromatic plants from the garden. Put spices in besamim bags.	<b>Activity B:</b> Braid candles to make havdalah candles
10 min.	<b>Closing Circle:</b> What did you <b>smell</b> today? (Share with group, whisper to parent or friend) Havdalah ritual Shalom chaverim	





## Exploration Station

What do you notice?

How does it feel?

What does it remind you of?

What part of the plant do you think this  
came from?

What do you think its job is on the plant?

### Hebrew

Seed: זֶרַע (ZER-ah)      Stem: גִּזַּע (gez-ah)

Leaf: עֶלֶה (ah-LEH)      Tree: עֵץ (EHTZ)

Flower: פֶּרֶחַ (PEH-rakh)

Root: שׁוֹרֵשׁ (SHO-resh)

Bark/husk/peel: קַלְפָּה (ka-lee-PAT)

**Guessing Game:** Close your eyes. Guess  
what is in your hand.





# Drawing Treasure Hunt

*Find and draw:*

3 flowers that smell good

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4 leaves that smell good

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2 fruits or vegetables that you would like to eat

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## Besamim (Spice) Bags

We have some dried spices on the table.

You can also collect mint, basil, oregano, and lemon balm from the garden.

Before you put a spice in your besamim bag, ask:

How does it feel?                      How does it smell?

What does it remind you of?

What part of the plant did it come from?

What do you think its job is on the plant?

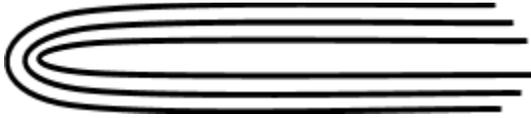
**Guessing Game:** Close your eyes. Use your nose to guess the spice.



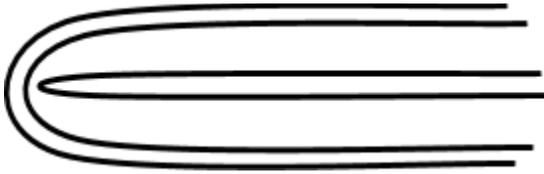


## Havdalah Candle

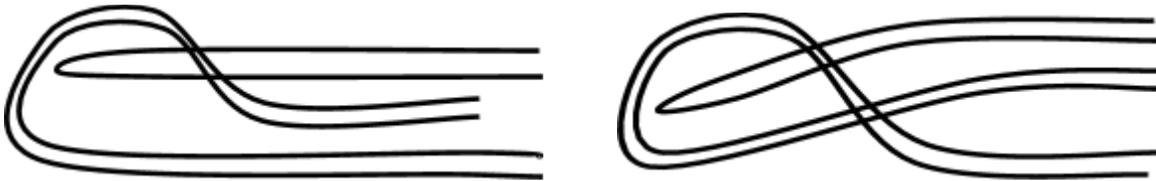
Take three thin candles and fold them in half.



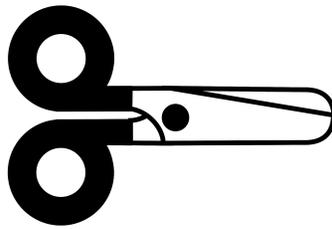
Group the middle pair and the two outside pairs.



Braid them by bringing the outside pair into the middle. Repeat this, switching sides.



Trim the top to make your candle even.



**Did you know?** You need at least two flames joined together for havdalah because the blessing refers to “lights” in the plural.





## Song Sheet: Sweet Scent of Havdalah

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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### Core Havdalah Blessings/Birchot Havdalah

Baruch ata Adonai Eloheinu melech ha'olam, borei p'ri hagafen



Baruch ata Adonai Eloheinu melech ha'olam, borei minei besamim



Baruch atah Adonai Eloheinu melech ha'olam borei m'ore ha'eish



Barukh ata Adonai ha-mavdil bein kodesh l'chol.

*Blessed are You, Adonai, Power of the universe, creator of the fruit of the vine.*

*Blessed are You, Adonai, Power of the universe, creator of spices.*

*Blessed are You, Adonai, Power of the universe, creator of the light of fire.*

*Blessed are You, Who distinguishes between the sacred and the profane.*

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Shalom chaverim, shalom chaverim, shalom, shalom!

Lehitraot, lehitraot, shalom, shalom!

(Peace, friends. See you again!)





## Taking the Garden with You

Today's exploration, the Sweet Scent of Havdalah, explored the rituals for ending Shabbat. We also explored parts of plants and different smells.

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

- Celebrate havdalah at home with your new candle and besamim box. Just grab some grape juice!
- The melody that we used for the blessing is by Debbie Friedman. You can find her Birchot Havdalah easily on YouTube.
- As you walk around the neighborhood or garden, take time to notice plants. What are the different parts? What jobs do they do for the plant? How do the plants feel and smell? What can you taste?
- Any time that you smell something pleasant, you can say the blessing for sweet smells: "Baruch ata Adonai Eloheinu melech ha'olam, borei minei besamim." Saying blessings can make everyday moments special.
- When you cook, give children herbs and spices to smell. Play a guessing game to identify each one!
- As Shabbat comes to a close, take a moment to express gratitude. What was beautiful, wonderful, and special about the past week? What are you looking forward to in the coming week?
- PJLibrary has dozens of great children's activities for havdalah, from besamim-scented playdough to songs and games. [pjlibrary.org/havdalah](http://pjlibrary.org/havdalah)
- T'ruah has an article utilizing the themes and language of havdalah to discuss food insecurity. [truah.org/resources/the-paradox-of-havdalah](http://truah.org/resources/the-paradox-of-havdalah)



**Mint**

**Oregano**

**Basil**

**Rosemary**

**Lemon Balm**