

JNF Families Passover Activity Book

Get ready for Passover with JNF!



GENEROUSLY DONATED BY



Goldhar & Associates Ltd. Licensed insolvency Trustee

Shedthedebt.ca



Cappshupak.com

Get Ready for the Seder with JNF!

This activity book complements what your children have learned about Passover and will get them excited for the seder, with a focus on the connection to Israel.

Activities in this book are for all ages, especially the section to bring to the Seder table!

Follow along as we journey from Egypt to Israel.

About JNF

For decades JNF Canada has been known to support Israel by planting trees, building water reservoirs, preserving natural habitats, building parks and bicycle trails.

Recently, the organization has evolved to take on more progressive projects that develop social infrastructure. We now serve vulnerable sectors such as youth-at-risk, victims of domestic abuse, special needs children, the disadvantaged and far more. JNF identifies critical needs and directs donor funds to the most impactful areas.

For more information visit www.jnf.ca

About JNF Families

JNF Families is an exciting new program for young families in the Jewish community to connect with Israel, learn about the tradition of tzedakah (giving to those in need) and have fun along the way.

JNF Canada is already part of family life in many ways - through planting trees on Tu Bi'Shevat to collecting coins in the iconic Blue Box (charity box) and events. Our new initiative allows everyone in your family to build a connection to Israel in the ways that matter to you: tzedakah, tradition and fun.

For more information visit www.jnf.ca/families



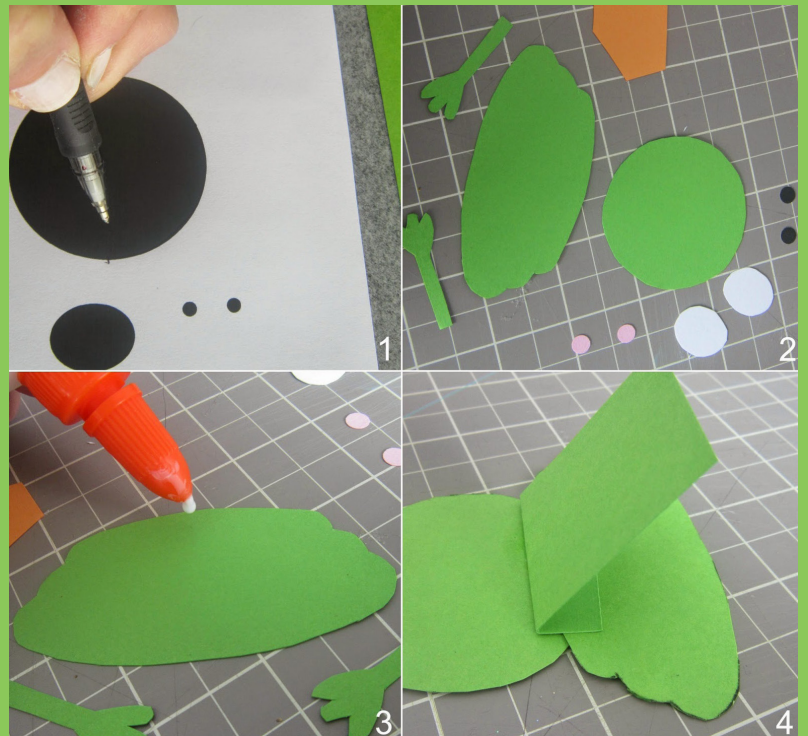
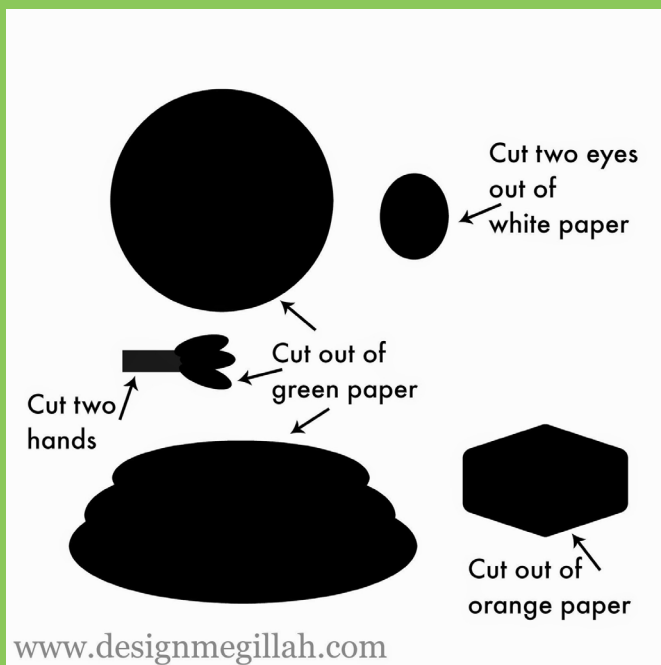
Passover Place Cards



You'll need:

- Colored paper
- Pencil to trace
- Thin black marker
- Sharp scissors
- Glue

1. Use your pencil to trace the template on the coloured paper.
2. After tracing all shapes, cut each one with sharp scissors.
3. Add a drop of glue on each piece and assemble to create the frog.
4. For the back, cut a rectangle, fold as shown and glue on to the back.



Pre-Seder Activities

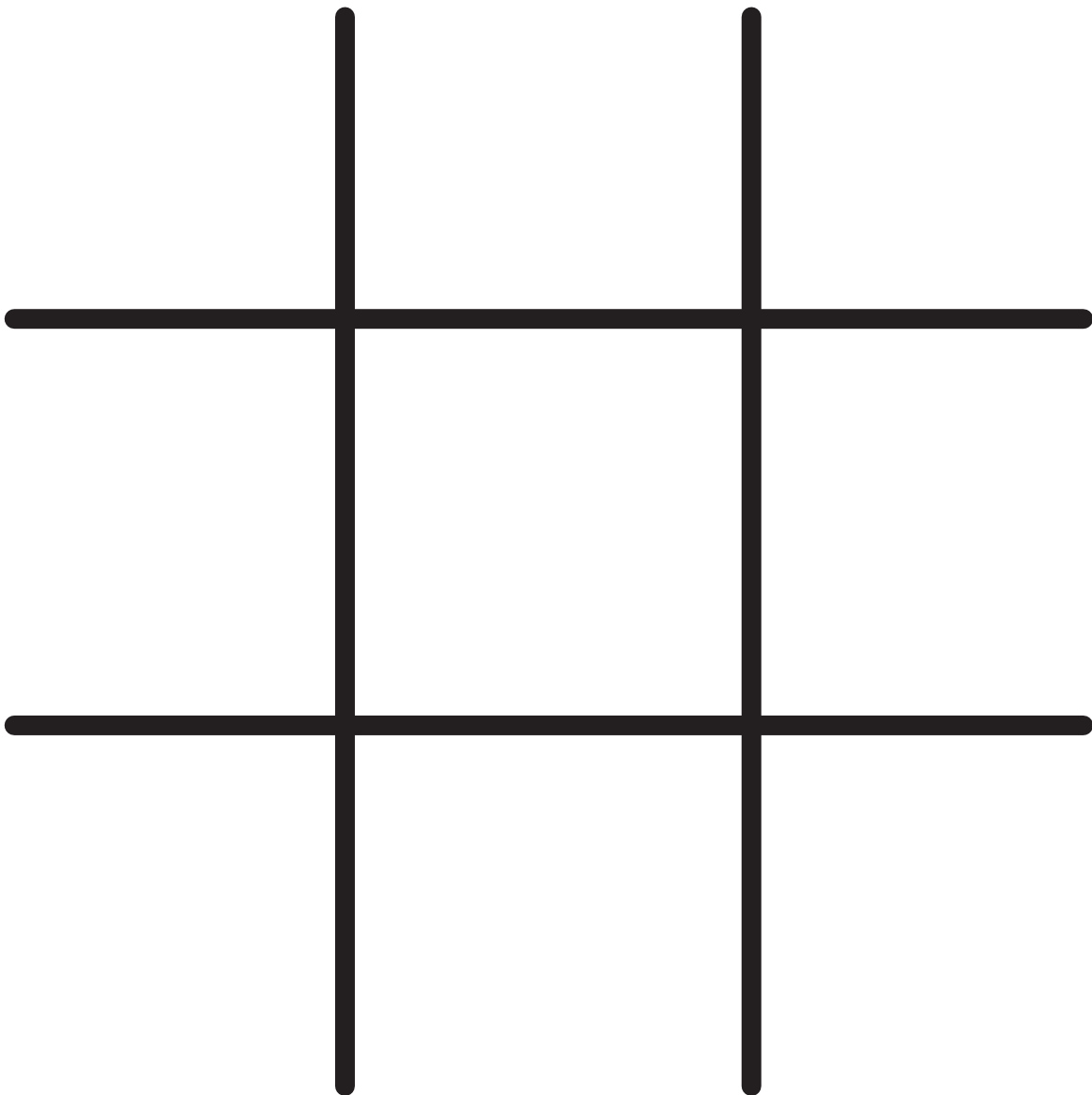
Tic Tac Toad

Instructions:

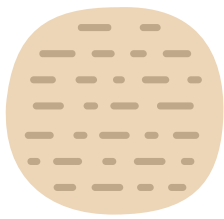
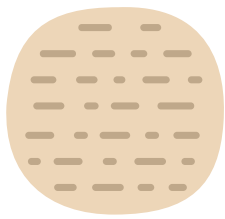
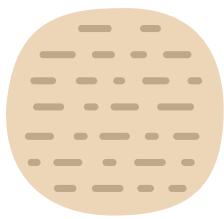
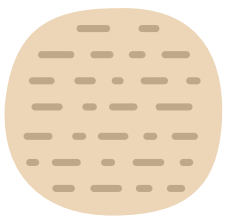
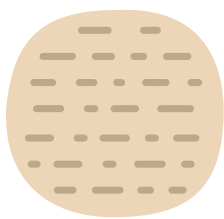
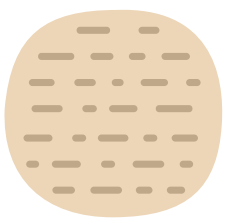
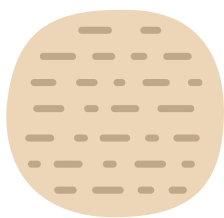
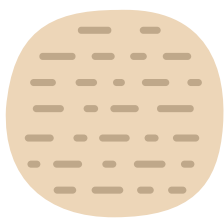
Cut out your frogs and matzahs.

Each player chooses frogs or matzah as their playing piece.

The aim of the game is to get 3-in a row of your play piece.



Cut me out!



Cootie Catcher

How to play:

Find a friend and ask them to pick a word that you have written on one of the flaps.

Moving the flaps in and out and side to side in time with the letters, spell out the word they have chosen.

Open the Cootie Catcher to reveal the next set of words and ask them to pick one. Count out the word they have chosen by moving the flaps in and out and side to side. Ask them to pick another word and count it out in the same manner.

This time ask them to pick a third word and reveal the question you have written on the inside flap. Share this question with the whole group, or just the person sitting next to you.

Outside:

Egypt
Passover
Haggadah
Family

Middle:

Matzah
Maror
Charoset
Karpas
Beitza
Seder
Chazeret
Z'roa

Inside:

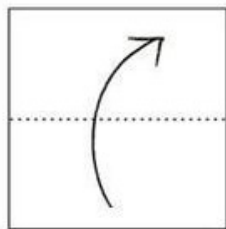
What's your favourite matzah topping?
Do you prefer matzah balls that sink or float?
What do you miss most during Passover?
What's your favourite part of the Seder?

How to Make a Cootie Catcher

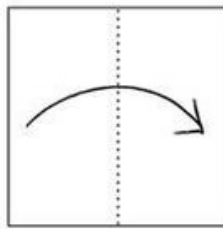
Making the outside



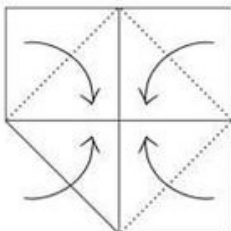
1. Cut out pattern.



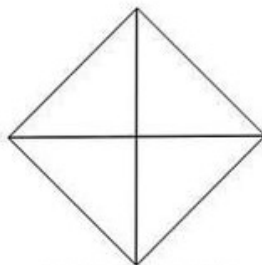
2. Design facing up fold in half vertically



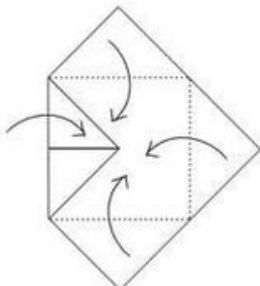
3. Design facing up fold in half horizontally



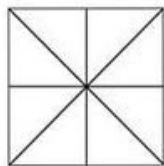
4. Design facing down, fold each corner to the center.



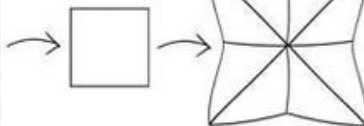
5. Flip paper over, answers will be facing up.



6. Fold each corner to the center.

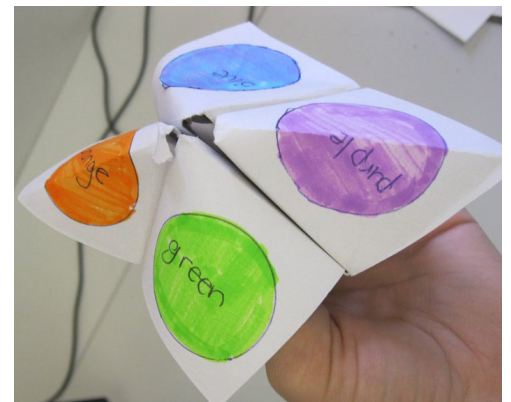
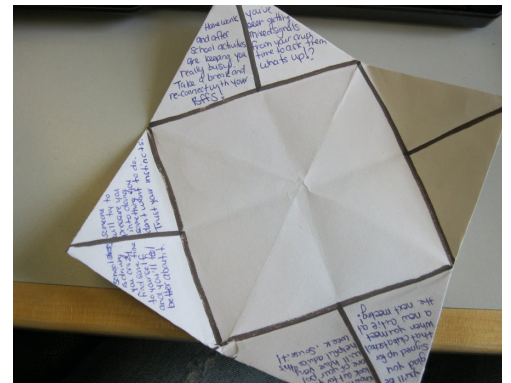
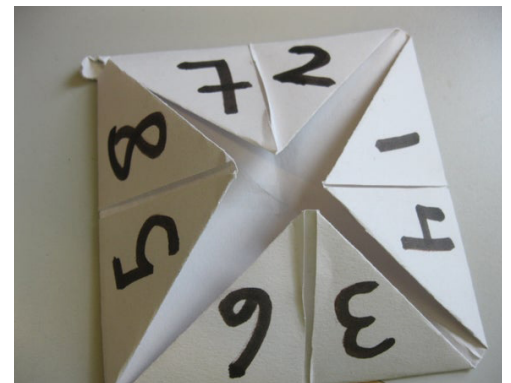


7. Crease along center lines into a square.



8. Unfold to step 7, insert fingers under each flap & shape final joke teller.

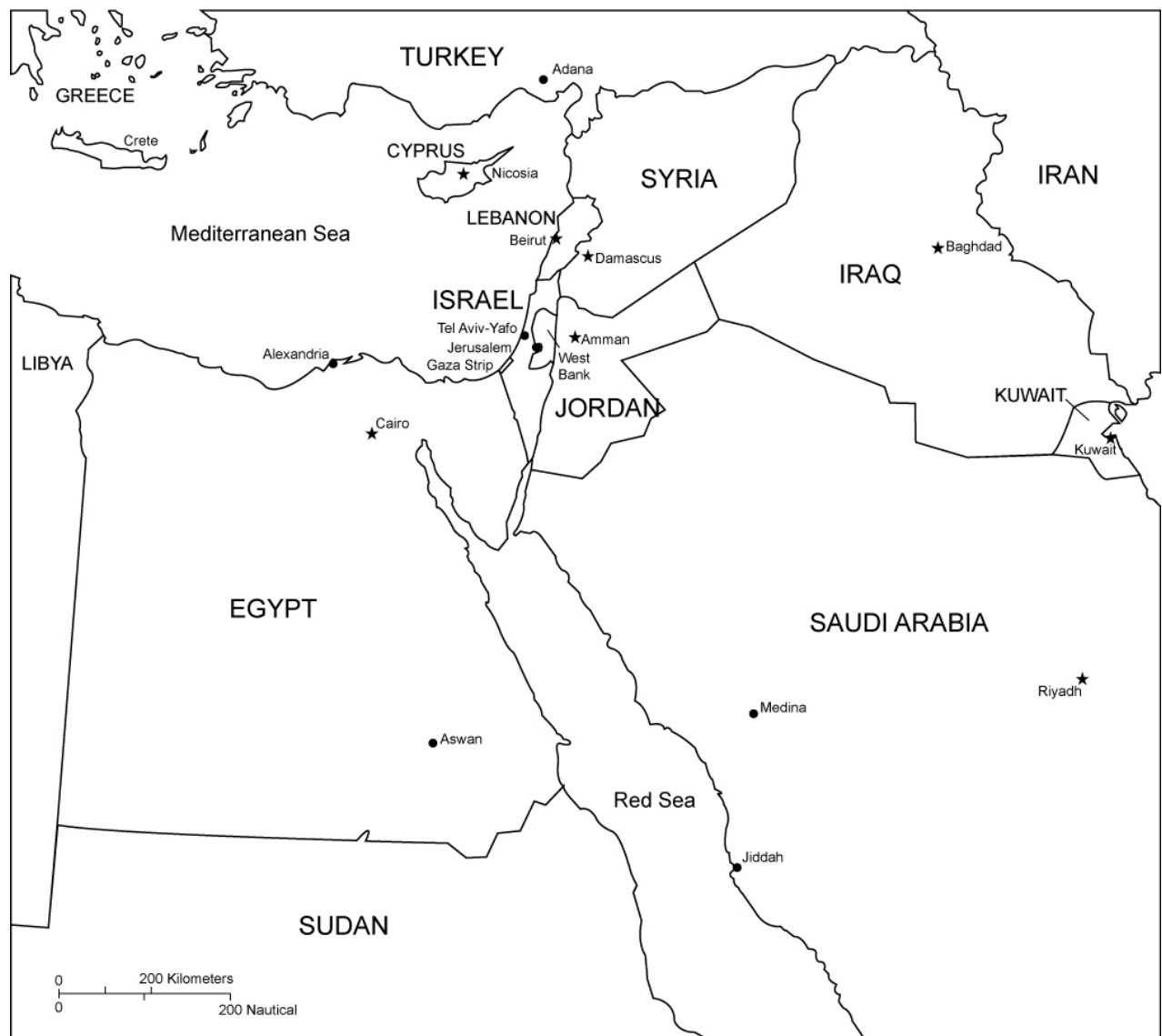
Written Parts



Israel / Middle East Colouring Map

Instructions:

Colour the map with your favourite colours!

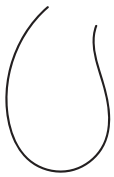


Learn To Draw A Camel

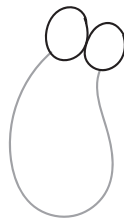
Instructions:

Copy the steps below on a piece of paper to draw your own Camel!

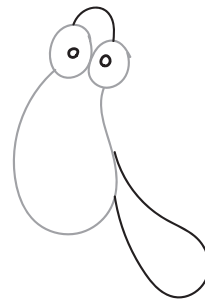
1



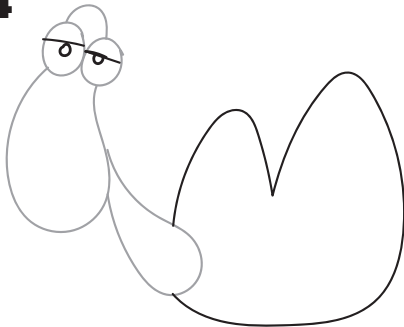
2



3



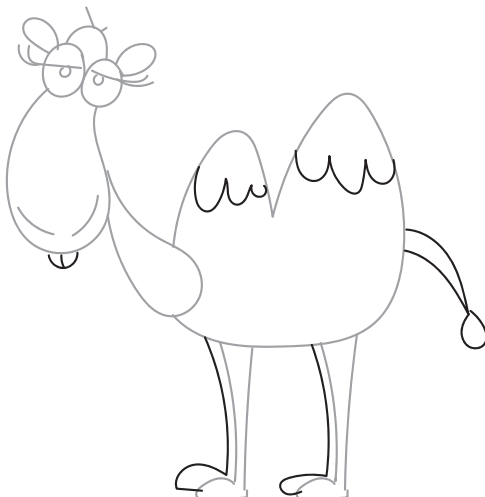
4



5



6

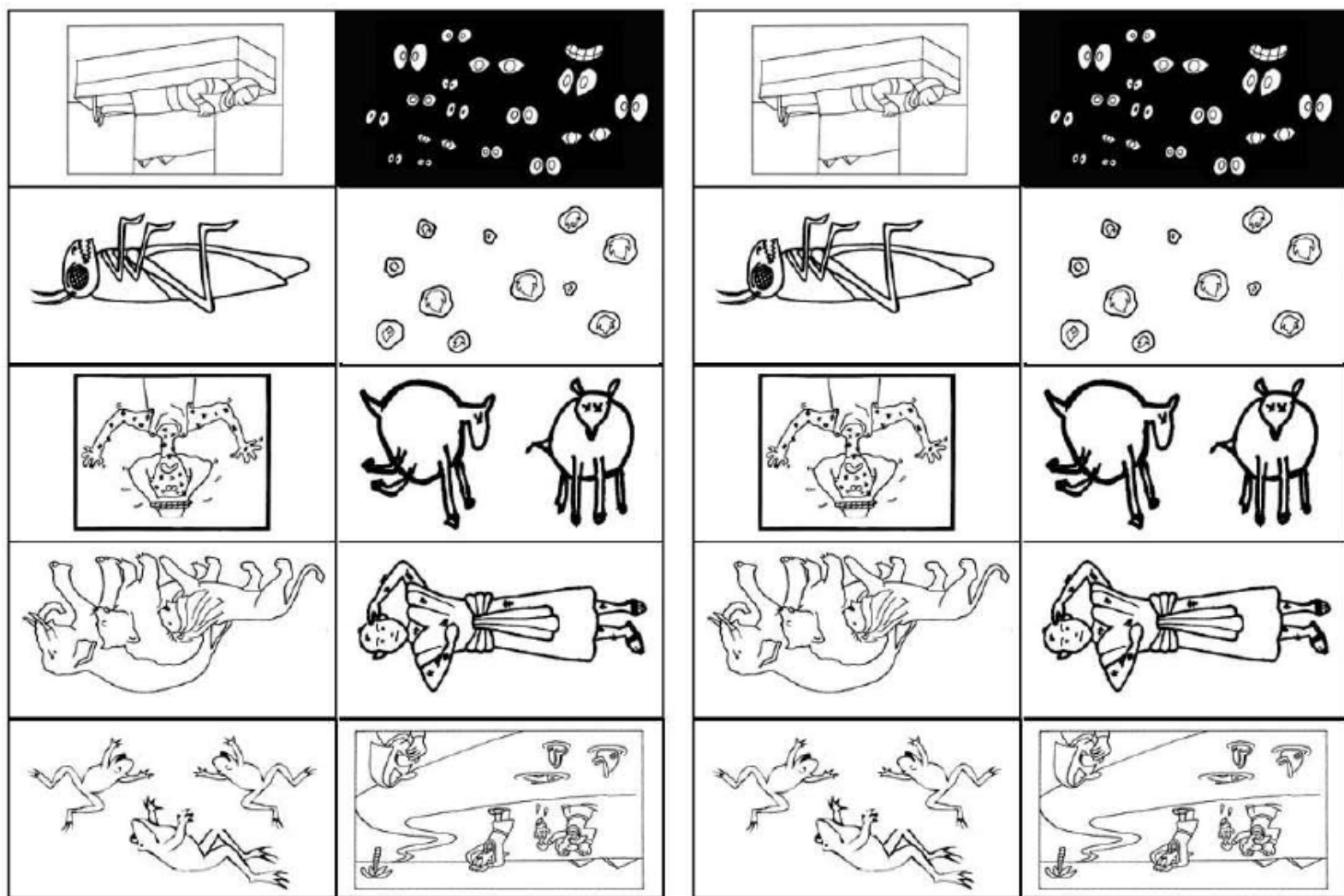


Passover Memory Game

Instructions:

Cut out your memory cards.

Colour them however you like, trying to use the same colours on the matching pictures.

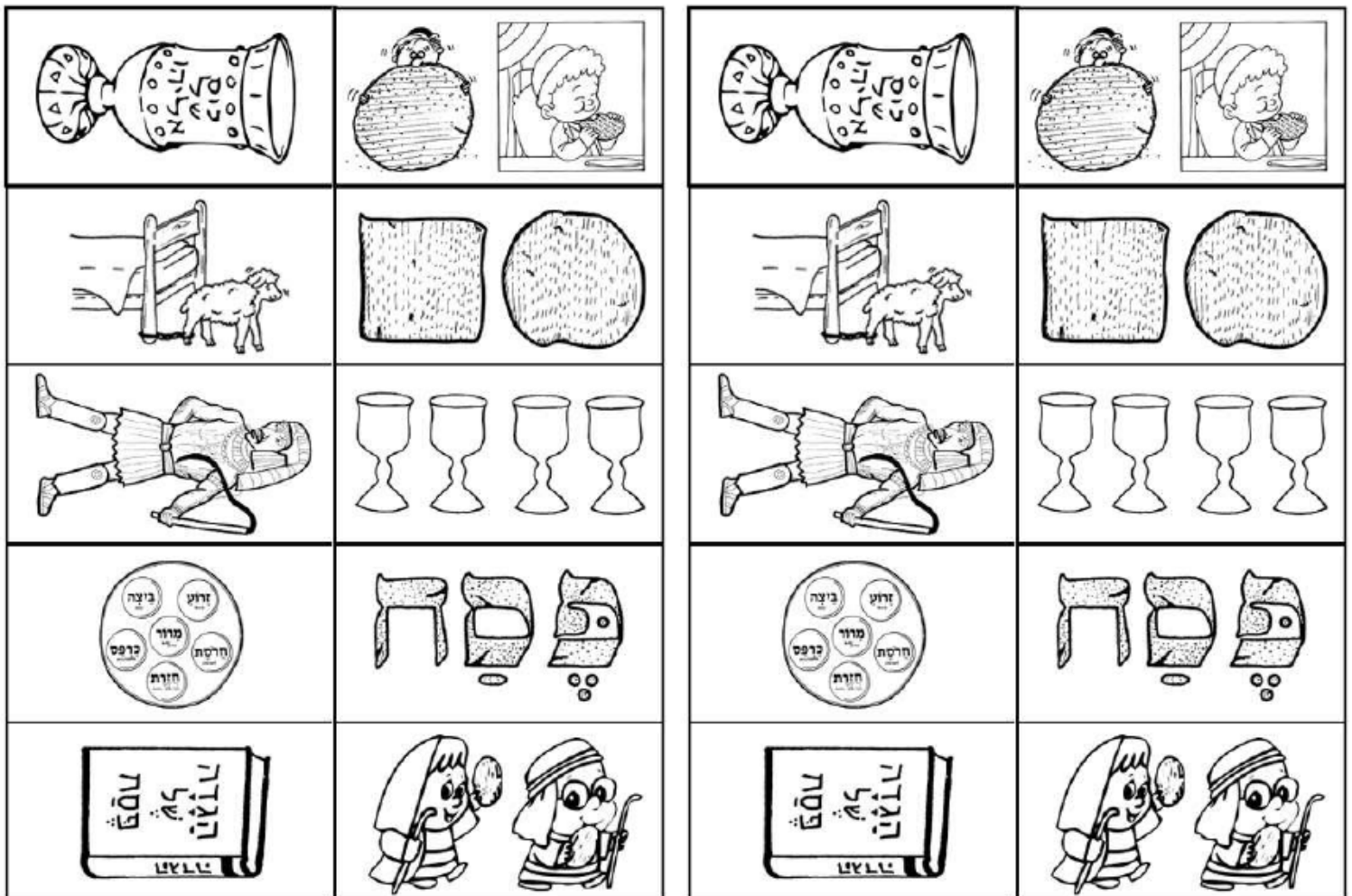


Passover Memory Game

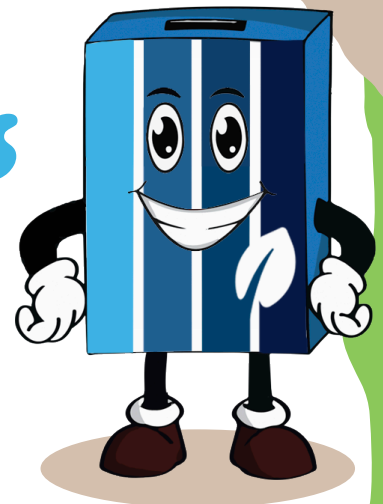
Instructions:

Cut out your memory cards.

Colour them however you like, trying to use the same colours on the matching pictures.



Modern Israeli songs



Simcha Raba

שמחה רבה מילים: יפה בלהה, לחן: ידידיה אדמון

שמחה רבה, שמחה רבה-

אביב הגיע פסח בא.

תפרו, תפרו, תפרו לי בגד עם כיסים,

מלאו, מלאו, מלאו כיסי באגוזים,

שמחה רבה...

שאל אשאל, שאל אשאל ארבע קשיות.

שתה אשתה, שתה אשתה ארבע כוסות.

שמחה רבה...

כי הנה הסתו עבר, הגשם חלף הלך לו,

הנצנים נראו בארץ, עת הזמיר הגיע,

כי הנה הסתו עבר, הגשם חלף הלך לו,

התאנה חנטה פגיה והגפנים סמדר.

(על פי שיר השירים)

Grande alegria

Grande alegria, grande alegria

A primavera chegou, pessach veio

Grande alegria, grande alegria

A primavera chegou, pessach veio

Consturem, costurem, costurem-me uma roupa com bolsos

Encham, encham, encham meus bolsos com nozes

Grande alegria...

Perguntarei, perguntarei quatro perguntas*

Beberei, beberei quatro copos

Grande alegria...

E um copo grande, e um copo grande minha mãe trará

Para Eliahu, para Eliahu o profeta

Grande alegria...

Tomara que venha, tomara que venha, tomara que entre

Ele me verá, me verá tão elegante

Grande alegria...

Scan Me To
Follow Along



Modern Israeli songs

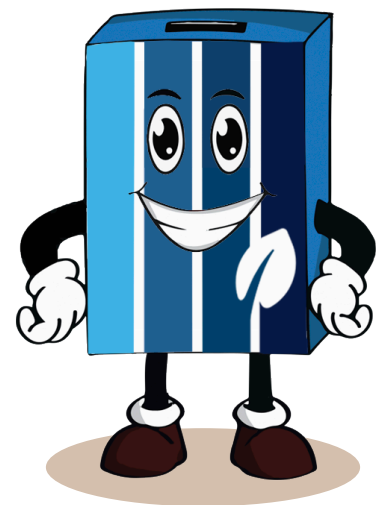
How Do You Know Spring Is Coming

איך יודעים שְבֵא אָבִיב / דתיה בן דור

איך יודעים שְבֵא אָבִיב
איך יודעים שְבֵא אָבִיב?
מִסְתַּכְלִים סָבִיב סָבִיב
וְאִם רוֹאִים שְׁאִין עוֹד בּוֹץ בְּשִׁבְלִים,
וְאִם רוֹאִים שְׁנַעְלָמוֹ הַמַּעֲיִלִּים
וְאִם פָּרַג וְגַם חֲרָצִית,
לִכְבוֹד הַחֵג קִשְׁטוּ אֶרֶץ.
אֵז יוֹדְעִים אֵז יוֹדְעִים
שְבֵא אָבִיב שְבֵא אָבִיב,

אֵז יוֹדְעִים אֵז יוֹדְעִים שְבֵא אָבִיב.

Scan Me To
Follow Along



We Were Slaves

עבדים היינו	We Were Slaves
(Avadim Hayinu)	We were slaves, we were slaves,
עבדים היינו, היינו	Now we're free, we're free
עתה בני חורין, בני חורין	We were slaves
עבדים היינו	Now, we're free
עתה, עתה בני חורין	We were slaves
עבדים היינו	Now we're free
עתה עתה בני חורין	We're free
בני חורין	Now we're free
עתה עתה בני חורין	We're free
בני חורין	

Scan Me To
Follow Along



Beginning The Seder

We gather around the Seder table with family and friends to tell the Passover story. How does your family celebrate Passover?

Take a few minutes sharing your favourite part of the Seder or anything special you did to prepare (get a new outfit, make the charoset, taste test the chicken soup).

#1 Which city hosts the world's largest Passover Seder every year?

- New York City
- Stockholm
- Katmandu
- Jerusalem

#2 Who was the first US President to host a Passover Seder at the White House?

- Bill Clinton
- George HW Bush
- Ronald Reagan
- Barack Obama

#3 When does Passover start?

- 14 Adar
- 14 Nissan
- 14 Tishrei
- 14 Kislev

#4 Which Biblical figure is invited to the Passover Seder?

- Moses
- Jacob
- Abraham
- Elijah

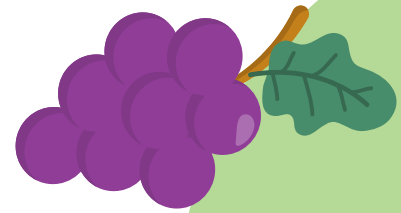
Kadesh –

Get your grape juice ready!

Did you know that grapes are one of 7 special fruits of Israel?

Today, Israel has more than 300 wineries. Approximately 60,000 tons of wine grapes are harvested in Israel annually - that's about 4.3 million bottles of wine!

In North America, Kedem is the most widely known kosher brand for grape juice. In Israel, the main grape juice is the Carmel Tirosh or 'Tirosh' produced by Carmel Winery.



Urchatz & Karpas –

The Spring Herb Gets Dipped Into Salty Water

It's time to get your green vegetable ready for some dipping into salty water!

Some Ashkenazi Jews use a potato for karpas, as green vegetables were not readily available in Eastern Europe.

If you enjoy salty water you'll love a trip to the Dead Sea!

The Dead Sea is one of the saltiest bodies of water on Earth – almost 10 times saltier than most oceans. The high salt concentration is what makes swimming in it feel like floating.

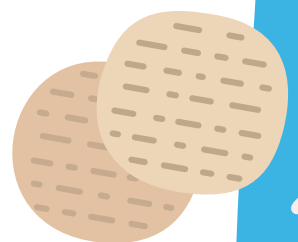
Sprawling more than 10km, the Malham cave at the southern tip of Israel's Dead Sea is the world's longest salt cave system.



Yachatz – Breaking the Matzah!

This is one of the most exciting parts of the seder – hiding the afikoman.

If you made an afikoman cover this year, make sure to give it the person leading the seder to keep the matzah safe and easy to find.



Magid – The Story Begins!

Ma Nishtana – The 4 Questions - Why is this night different from all other nights?

Want to try something different for the 4 questions? Give it a go in Yiddish or French!

Yiddish 4 Questions

Tate ich vil bei dir fregen di fir kashes:

Ma nishtana halayla hazeh mikol haleylos. Vos iz anderesh fun der nacht fun Pesach fun ale necht fun a gants yor?

1) Di ershte kashe iz,

Sheb'chol haleylos eyn anu matbilin afilu pa'am echas, halayla hazeh sh'tey p'amim?

Ale necht fun a gants yor tunken mir nisht ayn afileh eyn mol, ober di nacht fun peysach, tunken mir ayn tsvey mol — ayn mol karpas in zaltz vasser, di tsveyte mol maror in charoses?

2) Di tsveyte kashe iz,

Sheb'chol haleylos anu ochlin chameytz oy matzah, halayla hazeh kulo matzah?

Ale necht fun a gants yor esn mir chomets ader matseh, ober di nakht fun peysakh, esn mir nor matseh?

3) Di drite kashe iz,

Sheb'chol haleylos anu ochlin sh'ar yerakos, halayla hazeh maror?

Ale necht fun a gants yor esn mir alerlay grintsen, ober di nacht fun peysach, esn mir nor bitere grintsen?

4) Di ferte kashe iz,

Sheb'chol haleylos onu ochlin beyn yoshvin uveyn m'subin, halayla hazeh kulanu m'subin?

Ale necht fun a gants yor esn mir say zitsndikerheit un say ongeleynterheit, ober di nakht fun peysach, esn mir nor ongeleynterheit?

Tate ich hob bei dir gefrekdt di di fir kashes yetzt gib mir a teretz.

Today, Yiddish is a sizable minority language in Israel, spoken by around 200,000 native speakers.



French 4 Questions

Pourquoi cette nuit se différencie-t-elle de toutes les autres nuits?

- 1) Toutes les nuits, nous ne sommes pas tenus de tremper même une seule fois, cette nuit nous le faisons deux fois?
- 2) Toutes les nuits, nous mangeons du 'Hametz ou de la Matzah, cette nuit, seulement de la Matzah?
- 3) Toutes les nuits, nous mangeons n'importe quel sorte de légumes, cette nuit, du Maror?
- 4) Toutes les nuits, nous mangeons assis ou accoudés, cette nuit, nous sommes tous accoudés?

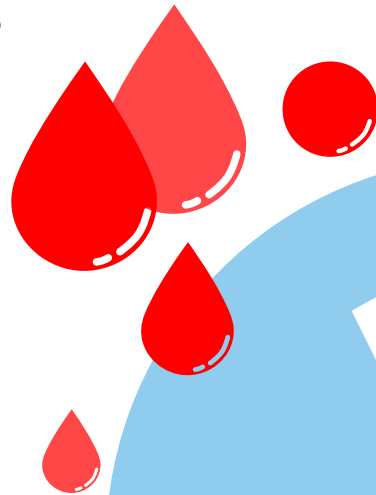
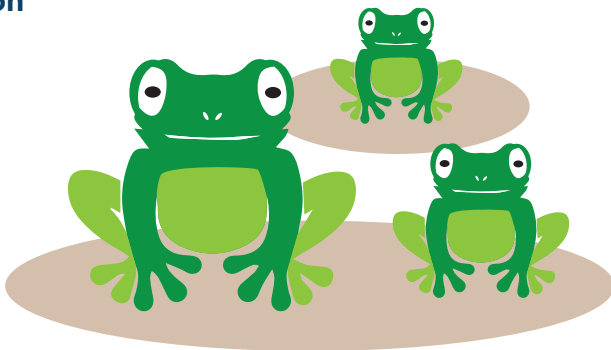
The Plagues

#5 How many days did the plague of blood last?

- 5
- 6
- 7
- 3

#6 What name is used to refer to a group of frogs?

- School
- Division
- Group
- Army



Avadim Hayinu – We Were Slaves in Egypt

Some Sephardic Jews mimic the lashings received by Jewish slaves by swatting their Seder table-mates with scallions.

Rachtza – Wash Those Hands Again!

Motzi Matzah – Time to Eat Some Matzah!

It's the moment we've been waiting for, that first bite of matzah! What type of matzah do you eat?

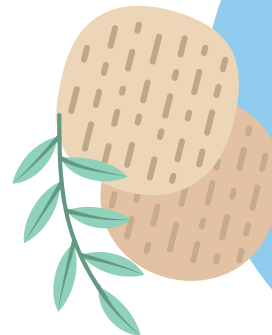
#7 Matzah is cooked for exactly how many minutes?

- 36
- 13
- 18
- 11

In North America many are accustomed to traditionally eat crunchy wheat-based matzah, or spelt or oat for those who have wheat sensitivities. This is the typical Ashkenazi tradition.

In some communities such as the Ethiopian community, the custom is to eat a soft, thicker version of matzah, similar to a flatbread. This “authentic” style of matza making is believed to be what matzah was like hundreds of years ago.

Some believe matzah became thinner and more cracker-like due to concerns that the bread wasn't entirely cooked within, and therefore not kosher for Passover. By the end of the 18th century hard matzah became the new-norm and is the most common version we see today.



Maror – Bitter Herb

Maror is not so pleasant to eat, but most people can't get enough of the tasty charoset, fruit and nut mixture, that it gets dipped into.

Charoset is enjoyed so much that the Ben and Jerry's factory in Be'er Tuvia in Israel makes Charoset flavoured ice cream each year!



Shulchan Aruch – The Meal

While your guests enjoy some delish food see if they know:

#8 Which popular carbonated beverage releases a special Kosher for Passover version by replacing the corn syrup with sugar:

- Pepsi
- Coca-Cola
- Orange Crush
- A&W Root Beer

Some Sephardic Jews have a custom to continue eating some kitniyot foods on Passover such as rice, corn, sunflower seeds, and sesame seeds, in addition to legumes such as beans, peas, and lentils. This means they can have the popular Peanut Butter based Israeli snack 'Bamba'.

Feeding Bamba snacks to children may explain why the peanut allergy rate in Israel is 10 times lower compared to the rest of the Western world.



Tzafun – Afikoman Time!

Search high, search low, search under your toes!
Where could that afikomen be?

Barech

Traditionally at this point we say a Grace After Meals,
a thank you for being blessed with such a delicious meal.

This is a great time to thank all of the cooks, bakers and
helpers for everything they did to get the seder meal ready!

Want to impress your guests? Here are some common ways of
saying thank you in languages commonly heard in Israel:

Hebrew – todah!

Arabic – shukran!

Amharic (Ethiopian) – Amesegnalaw!

Yiddish – A dank!

Hallel

Hallel is a prayer of thanksgiving.
The name hallel literally means “praise”.

#9 Aside from during Passover, what other times during the
year is this prayer sung?

- Shavuot
- Chanukah
- Rosh Chodesh (the first day of the new month in the lunar calendar)
- All of the above

Nirtza

It's been a long journey, but we did it,
we made it to the end of our story!

Here We Go to Israel!

Did You Know? The world famous Waze app was invented in Israel?
If we had it back then maybe it wouldn't have taken 40 years!

40 years is a very long time, but worth it to travel to beautiful Israel!

If you've been to Israel share your favourite memory
from your visit.

If you have not been to Israel yet, is there anything you
look forward to doing on your visit?

Since 1948, Israel has absorbed more immigrants per
capita than any other country in the world.

One of the many unique communities in Israel are the Bene
Israel, India's largest Jewish community. Today more than
80,000 live in Israel. The word for Passover in one of their
native languages, Marathi, is "Anashi Dhakaicha San,"
which means "The Holiday of the Closing of the Anas."

In addition to the strong
connection many have
to Israel for religious or
personal reasons, for
decades it has been a
safe haven for Jews in
need all over the world.



Here are some of the traditional Passover songs in other languages:

Echad Mi Yodeah – Who Knows One?

Hebrew Transliteration

Echad mi yodea? Echad ani yodea. Echad Eloheinu, Eloheinu, Eloheinu, Eloheinu,
Shebashamayim uva'aretz
Shnayim mi yodea? Shnayim ani yodea. Shnei luchot habrit,
Shlosa mi yodea? Shlosa ani yodea. Shlosa avot,
Arbah mi yodea? Arbah ani yodea. Arbah imahot,
Chamisha mi yodea? Chamisha ani yodea. Chamisha chumshei Torah,
Shisha mi yodea? Shisha ani yodea. Shisha sidrei mishnah,
Shivah mi yodea? Shivah ani yodea Shivah y'mei shabta
Shmonah mi yodea? Shmonah ani yodea Shmonah y'mei milah
Tishah mi yodea? Tishah ani yodea Tishah yarchei leidah
Asarah mi yodea? Asarah ani yodea Asarah dibrayah
Achad asar mi yodea? Achad asar ani yodea Achad asar kochvayah
Shneim asar mi yodea? Shneim asar ani yodea Shneim asar shivtayah,
Shlosa asar mi yodea? Shloshah asar ani yodea Shlosa asar midayah,

Had Gadya – One Little Goat : Ladino Version

What is Ladino? The Ladino language, also called Judeo-Spanish, Judesmo, or Sephardi, Romance language has been spoken by Sephardic Jews living mostly in Israel, the Balkans, North Africa, Greece, and Turkey. Ladino preserves many words and grammatical usages that have been lost in modern Spanish.

Today, Israel is the country hosting the most Ladino speakers, where approximately 200,000 still converse. Istanbul, Turkey, is also home to a prominent Ladino-speaking community and has been publishing a Ladino newspaper called El Amaneser (The Dawn) since 2005.

Un kavritiko ke lo merko mi padre por dos levanim.

I vino el gato i se komio el kavretiko ke lo merko mi padre por dos levanim....

I vino el Santo Bendicho El, i degoyo al malah amavet, ke degoyo al shohet, ke degoyo al buey, ke se bevyo la agua, ke amato el fuego, ke kemo el palo, ke ahavro el perro, ke modryo el gato, ke se komio el kavritiko, ke lo merko mi padre, por dos levanim.



Before We Get There, How Much Do You Know About Israel?

#10 This popular chickpea based food is a favourite for locals and tourists:

- Falafel
- Krembo
- Shawarma
- Schnitzel

#11 How many member seats are there in the Israeli Knesset (parliament)?

- 100
- 172
- 200
- 120

#12 Israel is about the size of which US city?

- New Jersey, NY
- Minneapolis, MI
- Erie, PA
- Fayetteville, AR

#13 Israel is the only country in the world that has more trees today than it had 50 years ago.

- True
- False

#14 Ramat Aviv has the largest number of chess grandmasters per capita than any other city in the world.

- True
- False – It's Be'er Sheva!

Trivia Answers: 10) Falafel 11) 120 12) New Jersey, NY 13) True 14) False – It's Be'er Sheva!

#15 Which Olympic sport does Israel participate in?

- Bobsledding
- Rhythmic Gymnastics
- Baseball
- All of the above

#16 Israeli families celebrate Yom Ha'atzmaut with a picnic or BBQ. Israelis' unique way of barbecuing includes lighting a small hibachi-style grill. What is the Hebrew for this grill?

- Aish
- Mangal
- Bassar
- Saruf

#17 Which of the following countries does Israel NOT share a border with?

- Egypt
- China
- Lebanon
- Jordan



Thank you for joining us on our journey to Israel!

**L'shana Haba b'Yerushalayim
Next Year in Jerusalem!**

Interested in visiting Israel?
JNF Canada hosts missions to Israel throughout the year!

**For more information visit:
www.jnf.ca/missions**

Yom Ha'atzmaut, Israel Independence day, is coming up soon!
Can't make it to Israel before then? Take one of our virtual tours!



**Stay up to date with upcoming events:
www.jnf.ca/families**