

אהבת ישראל – אומנות – Omanut (Fine Arts)

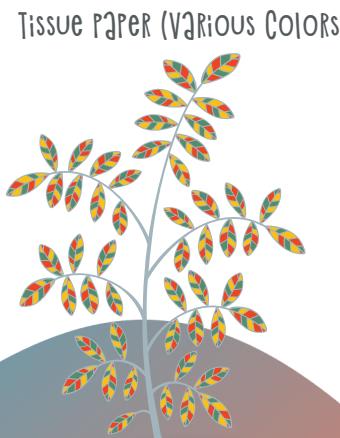
Marc Chagall, who lived from 1887 - 1985, is a famous Jewish artist, most well known for his stained glass windows. His stained glass windows can be seen throughout the world - from the Hebrew University in Jerusalem to the United Nations in New York!

Chagall's windows often allude to Jewish themes, such as the 12 Jerusalem Windows for the 12 tribes of Israel.

פְּשָׁוֶלֶה: 'Stained Glass' Artwork

We may not be able to create real stained glass at home, but you can create a project that plays with colors & light in a similar way! Pick your favorite story from the Torah or Jewish history, and use this artistic method to depict the themes of the story.

1. Tape a large sheet of waxed paper to your worksurface.
2. Cut or rip the tissue paper into pieces or shapes
3. Arrange the tissue paper on the waxed paper to create a design. Experiment with layering multiple pieces of tissue paper or different colors!
4. Use the liquid starch to glue down the pieces to the waxed paper and to each other. Add a final thin layer of liquid starch over the whole piece when you are finished.
5. Let the project dry completely, then hang in your window to see how the light travels through your image!



Materials:

WAX PAPER

MASKING TAPE

PAINTBRUSHES

Liquid starch

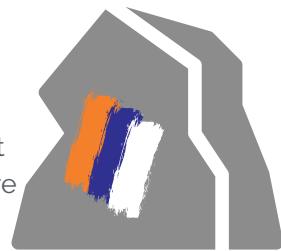
Tissue Paper (Various Colors)

אהבת ישראל – טבע – Teva (Nature)

The trail is marked by a trail marker of three stripes - white, blue, and orange. Shvil Israel is completely mapped on Google Street View, so you can explore it from home! Can you find the following along the Street View of the trail? Take a screenshot each time you find one of these items. Can you find all 10?

פְּשָׁוֶלֶה: Shvil Yisrael Scavenger Hunt

Begin by searching for 'Beit Ussishkin Nature Museum' which is at the north end of the trail. You will see a street labeled 'Israel National Trail'. Drag the small yellow figure at the lower righthand of your screen onto the trail to begin viewing in streetview!



- The white, blue and orange trail marker painted on a rock
- A wide open field
- Other hikers on the trail
- A section with stairs
- A snack cart
- Evergreen trees
- An area where the trail is in a city
- A view of Machtesh Ramon
- A tree in the desert
- An area where the trail is along the beach

What else do you see along the trail?

כושר - Kosheir (Fitness)

All Israelis complete some form of National Service beginning at age 18 or 19 - either in the military (IDF) or through Sherut Leumi, national civil service.

Everyone who serves in the army completes some form of basic training, which includes physical training. See if you can create your own physical training obstacle course!

כטולה: Make YOUR OWN Obstacle Course!

What supplies and space do you have in your own home to create an obstacle course? They could be jump ropes, hula hoops, chairs, or whatever else you find!

Try to incorporate as many of these actions as possible.

THROW

JUMP

SKIP

STOP AND START

KICK

ZIG-ZAG

HOP

RUN

SLIDE

CRAWL



BOUNCE ON A BALL



BALANCE



בישול - Bishul (Cooking)

When you think of Israeli food you probably think of falafel or hummus or shakshuka, but when you think of Israeli snacks you likely think of one of two things – Bamba or Bissli.

Bissli comes in all kinds of flavors, and you can easily make Bissli in whatever flavor you want (BBQ, falafel, pizza, onion, taco, etc...) This recipe is for the classic 'grill' flavor.

כטולה: Make YOUR OWN Bissli

1. Preheat your oven to 400°F
2. Following the instructions on the pasta packaging, cook the pasta for half the time instructed
3. Rinse, drain, place the pasta in a bowl, coat with a little bit of olive oil, and let the pasta cool for about 10 minutes.
4. Mix the seasoning into the pasta, and make sure the pasta is evenly coated.
5. Transfer the pasta to a baking tray lined with parchment paper
6. Bake the pasta in the oven for 30 minutes, making sure to give the pasta a stir at the halfway through
7. Remove the pasta from the oven and let cool before eating your homemade Bissli!

INGREDIENTS & SUPPLIES

Baking tray

Baking Parchment Paper

Paper towels

Draining Colander

Large Bowl

1 package of Fusilli Pasta (the curly kind of pasta)

Olive Oil

Grill Seasoning – prepackaged grilling or BBQ mix, or you can make your own using equal parts onion powder, garlic powder, chili powder, smoked paprika, ground coriander, cumin, salt, and black pepper.



בריאות – Briyut (Health & Wellness)

The Talmud (Brachot 6ob) includes the blessings of Birkot HaShachar as part of the process of waking up in the morning - not as we say them in synagogue. This exercise of gratitude & mindfulness just as we wake up is a powerful tool with which to start the day.

What blessings do you think of when you wake up in the morning? Try to think of 5 blessings as you prepare for the day. Some examples from the Talmud:



יהודות – Yahadut (Judaism)

Every day, whether we are at camp or not, we live our lives according to certain values, which each show up in our lives in different ways. This activity is a way to explore how this week's Middah, **Ahavat Yisrael**, is present in your life!

The idea for this activity comes from **The Jewish Lens**, an organization that engages students in learning about the values that are important in their Jewish communities, using photography as a means to connect intellectually and emotionally with tradition & Jewish Identity

כעולה: Your Jewish Lens

In your life at home, what are some things that represent your values and connection to Judaism or Israel?

Now, thinking beyond basics like a mezuzah on your doorpost, Shabbat candles in your dining room, or t-shirt you have with an Israeli flag on it – what other things can you find in your home that show you and your family's love for Israel and connection to the Jewish people?

As an example, maybe your dining room table stands out as the place where you and your family gather together to celebrate Jewish holidays and occasions, or maybe your cat or dog has a quirky Jewish name like Tevya or babka. Think outside of the box! Try to come up with at least 3 things.

Take a picture to represent the things you identified. A photograph is more than just a subject, and it is more than just a "thing," it can share an emotion or tell a story. Show us what ahavat Yisrael means to you and your family, emotionally, spiritually, and physically. Take a picture of that object, idea, or feeling.

Share your photos with us via email or on social media using the hashtag #CapturingAhavatYisrael, and share a brief sentence about why you took that picture!

