

MORAH, MORAH TEACH ME TORAH!

**A Multi-Media Approach to Teaching the
Weekly Parashah All Year Round**

Tobey Greenberg and Nechama Retting

ISBN 10: 1-934527-26-4

ISBN 13: 978-1-934527-26-2

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Manufactured in the United States of America

ACKNOWLEDGEMENTS

Without the encouragement, support, and enthusiasm from several people, this book would not have been possible. Firstly, we would like to thank Diane Holsten and Lisa Arber—two talented Jewish educators whose creative ideas have been an inspiration in writing this book. Next, we would like to thank the many rabbis—whose encouraging words and wisdom kept us writing and creating the various elements of this book. Thank you to Rabbi David Kalender, Rabbi Joshua Ben-Gideon, Rabbi Rebecca Ben-Gideon, Rabbi Stuart Marks, and Rabbi Shalom Deitsch. Other people we'd like to thank, who were instrumental in contributing their help are Chanie Deitsch, Rochel Ohayon, Mendy Werdeyger (from MostlyMusic.com), Carol Boyd Leon, Irene Light, Meryl Weiner, Judith Caplan Ginsburg, Lenny Solomon (from Shlock Rock) and all the other Jewish song writers who have inspired us.

Of course it was the children we teach for whom this book was designed and created. Because of their constant enthusiasm in wanting to take part in the re-enactment of the Torah stories, their never-ending desire to learn more about Torah, their joy in singing the songs and their eagerness in participating in the multimedia ideas that enhance each parashah, that we wanted to create this book. Our hope is that other Jewish educators will utilize and implement into their curriculum, our ideas which we successfully use daily, so that they can experience the joy of teaching Torah as we do.

Thanks to Jewish educators all over the world who give everlasting time and devotion to guiding and teaching our children respect, knowledge and love for our Jewish heritage.

And, a special thank you goes to our families for their patience, support and understanding during the creation of this book, and to Alan Papkin for being so patient and helpful with all his computer advice.

Last, but not least, thanks to Sara Citrenbaum who created the beautiful cover for our book and the web design that can be found at: www.Torah4kids.com.

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TEACHER'S INTRODUCTION

Each week a chapter (or parashah) of the Torah is read. The goal of this book is to teach young children (and their families!) about each of these parashiyot through the use of drama, stories, music, crafts, science, math, language and cooking. We suggest creating a parashah prop box. In it you might include dress-up clothing (an easy outfit can be made from a pillow case with a slit up the center and arm holes cut out), belts, scarves, various kipot, crowns, fake beards, fake fur, puppets, animal masks etc. In our school, we utilize a variety of multimedia ideas to enhance, and bring the Torah alive during our interactive Kabbalat Shabbat programs. Try to create a special time and a special place in the classroom, or synagogue to tell the stories from the Torah. We like to make every Friday a unique and special day: we take out toys that we don't play with during the week, we take out the Shabbat kit for the family corner, cover the tables with white tablecloths, just to name a few ideas.

There are songs that relate to most parashiyot. We did our best to find the author's to all the songs. If we have inadvertently not credited an artist correctly, please forgive us, and let us know, so we may give credit to you in future printings. Unless otherwise noted, the lyrics to these songs have been created by the authors, using traditional, familiar tunes hopefully we all know.

Creating a mural on large butcher paper (or 8½" x 14" paper and roll it onto paper towel rolls) depicting the scenes of each parashah is a great way to reinforce the stories. Each week you could have your children create a new picture depicting the parashah to add to the mural, and by the end of the year you will have your very own Torah created by your students.

We have used the word God instead of Hashem and indicated other Hebrew Biblical names, but everyone should use the words they are comfortable with.

Usually when you see parentheses (), these are suggested teacher-directed activities. We hope you will use these ideas at school and at home to enrich your children's learning experiences.

At the end of each parashah we have created family discussion pages with discussion questions that can be photocopied and sent home to parents. The questions are appropriate for Shabbat dinner discussions. We would also like to suggest the use of "Ask Me..." stickers during the week leading up to Kabbalat Shabbat. After learning together, send the children home wearing a sticker with a visual prompt for discussion (you could also email the parents and tell them what you learned about). Example: For Bereshit, send children home wearing: "Ask Me what Hashem created on the *Yom Rishon*."

It is customary to dip children's fingers in honey and place them on Hebrew letters, to bring home the sweetness of learning. So, enjoy some sweet nosh your first time learning Torah together. And, remember to say the *brakhah* before beginning!

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְעֲסוֹק בְּדִבְרֵי תוֹרָה.

Barukh Attah Adonai Eloheinu Melekh ha-Olam asher kidshanu bimitz-votav vitzivanu la'asok b'divrei torah.

Blessed are You, Eternal, our God, Ruler of the Cosmos, Who makes us holy with Commandments and commands us to study Torah.

CHILDREN'S INTRODUCTION

The Torah is a really good book, the kind of book that we want to read over and over again because we like to learn what it teaches us. How is this book different from other books you read? There are lots of stories about the Jewish people in the Torah which we read every Shabbat. We can also read the Torah on Mondays, on Thursdays, on Rosh Hodesh and on some holidays. Each story, or chapter, is called a parashah, and there are fifty-four parashiyot in the whole Torah. The parashiyot are grouped together into the Five Books of Moshe, and those five books compiled together make one Torah scroll. Here is a song about the 5 books of the Torah:

SONG: (tune: Adon Olam—Traditional/repetitive version with adaptations by the authors)

Oh there are five (shout out five and put out your hand) books of the Torah
Oh there five (five) books that we read
Oh there five (five) books of the Torah
We read five books of Torah each and every year.
First is BERESHIT, then we read SHEMOT
And then we read the book of VA-YIKRA
Then comes BE-MIDBAR, and last is DEVARIM
And then we start all over and we read it again.
Oh there are five (five) books of the Torah
Oh there are five (five) books that we read
Oh there are five (five) books of the Torah
We read five books of Torah each and every year.

BERESHIT

There is so much that happens in this parashah! We chose to just cover creation and the Garden of Eden. The story of Cain and Abel is also a great story to learn. So, we suggested some additional books at the end to enhance your learning.

Bereshit means in the beginning. In the beginning there was nothing. What do you think it means for there to be nothing? (See what your children come up with!) There was only God (Hashem). Everything was dark. God created the whole world in only six days! Can you imagine, a whole world created in only six days? On the seventh day God finished the work (*avodah*) and rested (*menuhah*).

YOM RISHON—Sunday

On day number one God looked around and said: "LET THERE BE LIGHT." And there was light. Now there was a separation between the darkness and the light. God saw that the separation was good. God called the darkness night, and the light day. There was evening and there was morning, the first day.

YOM SHEINI—Monday

On day number two God said, "LET THERE BE A SPACE BETWEEN THE WATERS." God called the space sky. God saw that this was good. And there was evening and there was morning the second day.

YOM SHLISHI—Tuesday

On day number three, God said, "LET THE WATERS BELOW GATHER TOGETHER INTO ONE AREA AND LET THE DRY LAND APPEAR. LET THE LAND BE CALLED EARTH AND LET THE EARTH GROW PLANTS AND TREES OF EVERY KIND." God saw that this was good. And there was evening and there was morning, the third day.

YOM RIVI'IT—Wednesday

On day number four, God said, "LET THERE BE LIGHTS IN THE SKY. THE MOON AND STARS TO SHINE BY NIGHT, AND THE SUN, BY DAY." God saw that this was good. And there was evening and there was morning the fourth day.

YOM HAMISHI—Thursday

On day number five, God said, "LET THERE BE FISH AND SEA CREATURES OF ALL KINDS TO FILL THE WATERS AND BIRDS TO FLY IN THE SKY." God saw that this was good. And there was evening and there was morning, the fifth day.

YOM SHISHI—Friday

On day number six, God created animals of every kind—lions, bears, skunks, snakes, monkeys, giraffes and bugs. God saw that this was good. And God said, "I will create people to rule over the Earth and all of the animals." And God took clay from the earth's four corners and blew into it the breath of life". God named the man Adam (meaning of the ground). God said to Adam, "I give to you this beautiful garden. You may eat from any tree in the garden except from the Tree of Knowledge (Tree of the Knowledge of good and evil)." So that Adam would not be lonely, God created a woman to keep Adam company and named her Eve (*Hava*). God created the man and woman in God's image (*B'tzelem Elohim*) and God blessed them. God told them to fill the earth and rule the animals. God saw that this was very good. And there was evening and there was morning, the sixth day.

YOM SHABBAT—Saturday

God liked all God created in the world. God's work was finished. God blessed this day and made it holy, and then God rested.

MULTIMEDIA IDEAS

Coloring pages for every parashah are available at www.aish.com (click on Torah Portion, then click on coloring pages)

ASK ME STICKER: Using computer mailing labels, think of a question to send your children home wearing to prompt family discussion: Example: "Ask me the name of the first person God created." Feel free to email parents the answers too! 😊

DAY ONE

DRAMATIC PLAY: Have a pajama party. Read bedtime stories i.e. *Goodnight Moon* by Margaret Wise Brown

SCIENCE: Light and dark (shadow shape) experiments

COOKING: Bake black and white cookies or sugar cookies (see recipe below) and frost them with chocolate and vanilla frosting.

SUGAR COOKIES

This recipe is an easy recipe to make. The dough holds its shape and won't spread during baking. Make sure you let your oven preheat before baking. The recipe can also be cut in half. It is a stiff dough (since it holds its shape) so using an electric mixer is advised.

INGREDIENTS

6 cups flour	2 eggs
3 tsp. baking powder	2 tsp. vanilla extract
2 cups butter	1/4 tsp. salt
2 cups sugar	

DIRECTIONS

1. Cream together the butter and sugar. Add eggs and vanilla. Add dry ingredients and mix well in an electric mixer. The dough can be refrigerated.
2. Roll to desired thickness and cut into desired shapes. Bake on ungreased baking sheet at 350 degrees for 8 to 10 minutes or until just beginning to turn brown around the edges. This recipe can make up to 8-dozen 3" cookies.

DAY TWO

SCIENCE: Do water experiments, sink and float.
Observe the clouds outside.

BOOKS: *It Looked Like Spilt Milk* by Charles G. Shaw or *The Cloud Book* by Tomie de Paola

CRAFT: Create cloud pictures like in the book *It Looked like Spilt Milk*. Dip string into white paint and lay the string all around the inside of a folded piece of blue paper, leaving the end sticking out. Close the paper and pull out the string. See what it looks like. Or just spoon blobs of white paint onto paper, fold, then open and see what you get.

DAY THREE

SCIENCE: Take a nature walk, plant seeds

COOKING: Make edible flowers with Twizzlers and fruit roll-ups.

MATH: Have a variety of seeds available, i.e. pumpkin, sunflower, marigold, beans, etc. and have children place them into matching groups, or do patterning with plants or seeds. You can also make a seed mosaic picture.

DAY FOUR

COOKING: Make moon shaped cookies.

CRAFT: Have children cut out sun, moon and stars shapes from paper. Place the cut outs on black paper and leave out in direct sun light for several hour. See what happens!

MATH: Sun, moon and stars patterning.

STORY: *Why the Moon Only Glows* by Dina Rosenfeld

DAY FIVE

MATH: Counting with fish crackers (Whales and Friends are Kosher OU Dairy)

STORIES: *Rainbow Fish* by Marcus Pfister or *Fish is Fish* by Eric Carle.

SCIENCE: Make bird feeders, if you live near a pond, go feed the fish!

CRAFTS: Create a beautiful picture of a rainbow fish using glitter or sequins.

DAY SIX

CRAFT: Make animal masks and learn the names of the animals in Hebrew.

MOVEMENT: Act like various animals, play "Animal Action" by Greg and Steve: CDs available at www.gregandsteve.com "Kids in Motion" CD

MATH: Sorting and patterning with animal crackers

DAY SEVEN

Celebrate Shabbat through songs, stories and art. There are several books out there with Shabbat craft ideas! Practice Shabbat by learning the *brakhot*, and lighting the candles. Make Shabbat special with different toys and try to have a Shabbat set available in your family corner. (You can make a play hallah by taking three panty hose legs stuffed with poly fiber fill and braid them together. Sew to close or try knotting them.) Bake hallah with your kids. It's math, science and language all rolled (excuse the pun!) into one!

HALLAH

2 packages of yeast (2 1/4 tsp yeast per pack)

3 T sugar

4 T flour

3/4 cup warm water

1. Preheat the oven to 350 degrees. Combine ingredients in a bowl and set aside to "proof". If the mixture bubbles than the yeast is active and the mixture is "proofed". If it does not bubble, then the yeast is no good and you need new yeast and to start over.

6 (sometimes more) cups of flour

3 eggs

A pinch of salt

1/2 cup oil

1/2 to 3/4 cup sugar (depending on how sweet you like your hallah)

1 1/4 cups warm water

- Combine all the ingredients (including the yeast mixture) and mix well. Set aside to rise for about an hour, or more in a warm place (or overnight in the fridge), it should be covered and will double in size.
- After the first rising, punch the dough down and cut in half. Remove an olive size portion to "separate the hallah" and make the *brakhah*.

בָּרוּךְ אַתָּה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהַפְרִישׁ חֲלָה.

*Barukh Attah Adonai Eloheinu Melekh ha-Olam asher kidshanu
b'mitzvotav v'tzivanu l'hafrish hallah.*

Blessed are You, God, Ruler of the Cosmos, Who has sanctified us with Commandments and commanded us to separate hallah.

(Although, you do not have to make a *brakhah* on separating hallah with only six cups of flour, only if the recipe is doubled.)

- Out of each half, make three strips to braid. After braiding the dough, place on a greased pan to rise again. You can then, make an egg wash (one whole egg and a little water mixed together) to brush over the top of the braided hallah. Sprinkle with poppy seeds or sesame seeds if desired. Allow to rise another 20 minutes in a warm place. Bake in a preheated oven for 45 minutes.

Before you and your students eat the hallah, you will need to say this *brakhah*.

בָּרוּךְ אַתָּה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Barukh Attah Adonai Eloheinu Melekh ha-Olam ha-Motzi Lehem min ha-aretz.

Blessed are You, Eternal, our God, Ruler of the Cosmos, Who brings out bread from the earth.

Other Craft Ideas for Creation

Make a mural from a roll of butcher paper depicting each day of creation. This could also be carried out throughout the year with a new picture of the parashah each week to create your own Torah scroll.

Create a picture of each day of the week and bind into a book, either individual books per child or as a group project to add to your storybook corner.

The Garden of Eden



(Prop suggestions: a snake made from the leg of a panty hose stuffed with poly-fiber fill, glue on eyes and Velcro on a tongue and legs to be removed at the end of the story, plastic apples, animal puppets. Choose a child to be your Tree of Knowledge to hold the apples and have the snake draped around their neck.)

God created the first man and women and named them Adam and Eve (*Hava*). They lived in a beautiful place called the Garden of Eden (*Gan Eden*). The garden was filled with all sorts of plants and flowers and fruit trees.

Walking in the garden there was a snake. In those times snakes had legs like most of the other animals. The snake saw that Adam and Eve were picking the fruit from several of the trees. But they did not pick the fruit from the Tree of Knowledge. One day, as Eve was picking fruit, the snake asked:

"Why don't you pick the fruit from the Tree of Knowledge?"

"Because God warned us not to eat from the fruit of that tree," Eve answered.

"Oh, but you don't know what you're missing. The fruit from that tree is the juiciest and also the most delicious fruit in the whole garden." Having said that, the snake reached up and picked a fruit from a branch of the Tree of Knowledge and handed it to Eve:

"Here, just try it. You will love this fruit!"

Eve reached to take the fruit then withdrew her hand quickly: "No, no! I'm not supposed to eat it. God told us not to."

"Oh come on, just one little bite. Try it, you'll like it. Surely nothing could happen if you take just one tiny bite!" replied the snake.

"Well, I guess it would be okay I'll take a tiny bite," Eve agreed. And she took a small bite. "Oh my, this IS delicious. What kind of fruit is this?" she asked.

"Oh, I don't really know. Maybe it's a fig, or orange. Maybe it's an apple. But it certainly is delicious, don't you agree?" answered the snake. Eve agreed, and gave some of the fruit to Adam.

Realizing that the snake had tricked her into eating the fruit, she said to the snake, "You tricked me. I should not have eaten this fruit. God warned me not to eat from the Tree of Knowledge and I have disobeyed Him."

When God saw how the snake tricked Eve and Adam, He was quite angry with the snake. He said to the snake: "You have been evil. It was wrong of you to trick this woman into eating the fruit. For this, you will lose your legs and your ability to talk, your tongue will be forked and from now on you will have to slither along on your belly."

And the snake's legs were gone, from that time on, and forever more, all snakes have had to crawl around on their bellies. And now, Adam and Eve had to leave the beautiful garden and work for their food.

ADDITIONAL MULTIMEDIA IDEAS

COOKING

Make baked apples. Then make soft Pretzel snakes to put inside the hole in the apple.

Soft Pretzels (makes twelve)

- 1 cup warm water
- 1 package dry active yeast (2 ¼ tsp)
- 1½ cups bread flour
- 2 tbs. vegetable oil
- ½ tsp. salt
- 1¼ cup flour

1. In a large pot put 4 cups water, 2 tbs. baking soda and 2 tbs. coarse salt (optional).
2. Dissolve the yeast in the warm water and let stand for 10 minutes. Add the vegetable oil, salt and 1 ½ cups flour. Stir together until thoroughly combined. Add remaining flour and knead dough for 5 minutes. Let the dough rest for 1 hour.

3. Divide the dough into twelve equal shapes and reform them into small balls. Let them rest for 15 minutes. Roll them out into "snakes" or form them into pretzel shapes. Preheat oven to 4seven5 degrees.
4. In a large pot, place the baking soda and water to a boil. Let the pretzels rise for a 1/2 hour. Add the pretzels to the boiling water for 1 minute. Remove and place on a greased sheet pan. Sprinkle with coarse salt and bake for twelve minutes.

BOOKS

The Seventh Day by Deborah Bodin-Cohen

Adam and Eve's First Sunset by Sandy Eisenberg-Sasso

Finding the Fruits of Peace—Cain and Abel by Sandy Eisenberg-Sasso

SONGS

Tune: "Frere Jacques"—Traditional with adaptations by the authors

In the beginning (echo back)

Bereshit (echo back)

God (Hashem) made the whole world (echo)

It was good! (echo back)

God (Hashem) created (echo)

Night and day (echo) day (echo)

That was on the first day (echo) It was good! (echo)

God (Hashem) created (echo) Sky and clouds (echo)

That was on the second day (echo) It was good (echo)

God (Hashem) created (echo) Land and plants (echo)

That was on the third day (echo) It was good (echo)

God (Hashem) created (echo) Sun, moon and stars (echo)

That was on the fourth (echo) It was good (echo)

God (Hashem) created (echo) birds and fish (echo)

That was on the fifth day (echo) It was good! (echo)

God (Hashem) created (echo) Adam and Eve (echo)

That was on the sixth day It was good! (echo)

Then God (Hashem) rested (echo)

God created (echo) Menuhah (echo)

That was on the seventh day (echo) It was good! (echo)

(repeat first four lines)

Israeli traditional

Yom Rishon, Avodah

Yom Sheini, Avodah

Yom Shlishi, Avodah, Avodah

Yom R'vi'i, Avodah

Yom Hamishi, Avodah

Yom Shishi, Avodah, Avodah

Yom Shabbat, Menuhah (repeat x3)

"Of Course it was God" by Uncle Moishe Volume 3

1, 2, 3, 4, 5, 6 days God works in such wonderful ways!

Chorus

Who made the sky so blue? Not you!

Who made the great big sea? Not me!

Who made the heavens and the earth? Not them!

Of course it was God! It was God!

On the first day He made the dark and the light

On the second day He made the big blue sky.

(chorus)

On the third day He made the grass on the ground, the leaves and the trees we see all around. On the fourth day He made the sun so bright, the moon and the stars that shine through the night.

(chorus)

On the fifth day He made the birds and the fish, Animals and man were made on the sixth. The seventh day a gift to His people He gave, to rest and rejoice in the things that He made.

Parashah Bereshit Family Discussion

(from *Morah, Morah Teach Me Torah*)

This is the first parashah (portion) in the first (of 5 books) book of the Torah. The word Bereshit means "in the beginning". This parashah is about the creation of the world. On day one God

God made a separation between the light and the dark (day and night). On day two, a space between the waters was made and the top was called the sky. On day three, the waters were gathered and the land was formed, then plants and trees were created. On day four, the lights in the sky were created (sun in the day and moon and stars at night). On day five, the fish in the seas and birds in the sky were created. On day six, God made people (Adam and Eve), and all the animals. On the seventh day God rested (*menuhah*) from God's work (*avodah*). God saw that all that was created was good.

God created the Garden of Eden (*Gan Eden*) for Adam and Eve to live in. They could eat any fruit in the garden except from the tree in the center of the garden (the Tree of Knowledge). But a snake tricked Eve into eating the fruit and she got Adam to eat too. So as punishment, the snake lost his ability to talk and his tongue was forked, he could no longer walk on legs. Adam and Eve had to leave the garden and work for their food from now on.

Family Discussion Questions:

1. Q: How many days did it take God to create the world? A: Six. On the seventh day God rested.
2. Q: What were the names of the first two people? A: Adam and Eve.
3. Q: Where did they live? A: Gan Eden—the Garden of Eden.

NOAH

A long, long time ago, there lived a man named Noah (*Noah* in Hebrew). He was a farmer and he had a wife and three sons. Each son also had a wife. Noah was a good man. He worked hard on his farm, and supplied food for his family. He always did what God wanted him to do.

One day God spoke to him. "Noah, there are many people in this world who are wicked. They do selfish and unkind things to other people. I am very angry with them and I am going to punish them. I'm going to send a great rain that will cover all the earth. But because you and your family are good people, I will save you. I want you to be safe when the flood comes. This is what you must do. You must build a large boat, an ark. You must built it with the wood I tell you, and make it the size that I instruct you, 50 cubits wide, 300 cubits long and 30 cubits high. Then you will take two of every animal large and small, but seven pairs of kosher animals, and put them on the ark. Bring enough food for all to eat too."

So Noah started to work. He cut down the trees and he took the wood that God told him to use and he made a frame for the boat and put tar on the inside and outside so the boat would not sink. It took Noah twelve years to finish the ark! Whenever someone walked by Noah as he worked, they would ask what he was doing. Noah explained that God was unhappy with the way people were behaving. They were not behaving kindly. God gave the people a lot of time to do *teshuvah* (say I'm sorry) and to change their unkind ways, twelve years!

Noah was instructed to bring two of every kind of animals and seven pairs of kosher animals on the earth and put them in the boat, along with his wife, and his sons and their wives. As soon as they were on the ark, the rain began. It rained for forty days and forty nights. The water covered everything on the earth.

One day the rain stopped. Noah sent a dove out to see if land was near. When the dove came back with a leaf and twig from an olive tree (one of

the seven species from Israel!), then Noah knew that land was near. The ark landed on Mt Ararat and then Noah looked up into the sky, he saw a rainbow (*keshet* in Hebrew). Noah built an alter and thanked God for keeping them safe and God promised that He would never again cause a flood to cover the earth. Every time we see a rainbow we are reminded to be kind, and reminded of God's promise.

SONGS

Tune: "Johnny Works with One Hammer" (traditional)

Noah worked with one hammer, one hammer, one hammer
Noah worked with one hammer, to build himself an ark.
Noah worked with one saw, one saw, one saw
Noah worked with one saw, to build himself an ark.
When the ark was finished, finished, finished
When the ark was finished, he brought the animals
The animals came in pairs, in pairs, in pairs
The animals came in pairs, so they could all be safe.
The rain came pouring down, down, down
The rain came pouring down, and then there was a flood.
When the rain had stopped, stopped, stopped
When the rain had stopped, a rainbow did appear.
The rainbow was a promise, a promise, a promise
The rainbow was a promise God will care for you.

"Rise and Shine" (Traditional Folk Song)

(chorus)

Rise and shine and give God your glory, glory.
Rise and shine and give God your glory, glory.
Rise and shine and (clap) give God your glory, glory,
Children of God.

God told Noah there's gonna be a floody, floody
God told Noah there's gonna be a floody, floody,
Get those animals (clap) out of the muddy, muddy Children of God.

(Chorus)

God told Noah to build him an arky, arky
God told Noah to build him an arky, arky
Make it out of (clap) hickory barky, barky
Children of God.

(Chorus)

The animals, they came on, they came on by twosies
The animals, they came on, they came on by twosies, twosies.
Elephants and (clap) Kangaroosies, roosies
Children of God

(Chorus)

It rained, and poured for forty daysies, daysies
Rained and poured for forty daysees,
drove those animals (clap)
Almost crazy, crazy Children of God

(Chorus)

The sun came out and dried up the landy, landy
Sun came out and dried up the landy, landy.
E verything was (clap) fine and dandy, dandy
Children of God.

Tune: "Twinkle, Twinkle Little Star" (Traditional)

There were bad people in the land, but Noah was a righteous man.
He always tried to do what's right, he loved God with all his might.
So God told Noah what to do, gather animals two by two.
Build an ark, a very big boat, cover with pitch so it will float.
Make it big and make it wide, so all the animals fit inside.
Gather your family, warn your friends, the rains will come, this is the end!
Then the rain began to pour. Hurry up and close the door!
It rained for 40 nights and days, for 150 it floated on the waves.
The ark landed on Ararat Mount, 40 more days did Noah count.
Then a dove was sent to see if all was safe for his family.
The dove returned with a branch from a tree, so they built an alter for all to see.
Noah thanked God and what do you know, God sent Noah a beautiful rainbow.
Noah was a righteous man, "Be fruitful and multiply—Fill the land!"

MULTIMEDIA IDEAS

ASK ME STICKER: Ask me what Noah built.

SCIENCE: 1) Practice floating and sinking experiments. Create a boat out of wood to see if it will float. Add small plastic animals to the water table to put on your boat.

2) Try some water absorption experiments: test various objects to see which ones will absorb water using an eye droppers, drop water on such items as rubber gloves, tissue, sponge, rock, sock, etc...

CRAFT: 1) create a mural of Noah's ark with the animals and with a rainbow over it.

2) make animal masks to act out the story of Noah's ark

COOKING: Bake animal cookies. To make a boat, bake a cake in a round Pyrex bowl sprayed well with cooking oil spray. Dump out the cake onto a tray and spread cake icing on the cake, then stick animal crackers on the outside. Then eat!

MATH: 1) Look at and collect things that come in pairs.

2) Discuss how you could make a blue print to build an ark. Have the children make plans to build it, finding the materials for building. It's a good time to talk about measurements in building a structure because God was very specific about how the ark should be built.

Parashah Noah Family Discussion

(from *Morah, Morah Teach Me Torah*)

This week's parashah is all about Noah (Noah) and the flood. Noah was a righteous man of his time. He and his wife and three sons were farmers. The people of that time were not kind and did not follow God's laws. God told Noah that there would be a big flood that would swallow up the earth, but that Noah and his family would be safe. God told Noah to build an ark and to take two of every kind of animal (but seven pairs of kosher animals) onto the ark. It took Noah twelve years to build the ark, plenty of time for the people to repent and change their ways!

When Noah finished his work and brought his wife, family, and the animals onto the ark, it began to rain. It rained for 40 days and 40 nights! For 150 days Noah floated on the waves. Finally, a dove was sent to see if there was land in sight. The dove returned with a leaf from an olive tree (one of the seven species of Israel!). God also sent a rainbow (*keshet*) as a promise that there would never again be a flood on the earth like that. Finally Noah landed on Mount Ararat and saw that it would be safe to exit the ark and start life over again. He built an altar to say thank you to God for saving his family.

Family Discussion Questions:

1. (Q) Why did God send a flood? (A) Because people were not being kind and listening to God.
2. (Q) Why did God choose Noah? (A) Because he was a righteous man and did the right thing.
3. (Q) How many animals did he take with him? (A) Two of each and seven pairs of kosher animals.
4. (Q) How long did it rain? (A) Forty days and nights.
5. (Q) What did God send as a promise to never flood the earth again? (A) A rainbow (*keshet*).

LEKH LEKHA

In our last parashah we learned about Noah. Noah had children, and his children had children and one of those children was named Terah. Terah had a son named Abram (Avram). Abram was the first Jewish person! According to Midrash, at the age of three, Abram figured out that there is one God who rules the whole world. He was a pretty smart guy! This is a great parashah to act out with your children.

In the parashah Lekh Lekha, which means: "YOU GO! God tells Abram, "GO FROM YOUR LAND, FROM YOUR FATHER'S HOUSE TO A LAND THAT I WILL SHOW YOU." How would you feel if someone asked you to leave your home and you didn't even know where you were going? Pretty scary! But, Abram had complete faith and trust in God so he started packing. He gathered his wife, Sarai and his nephew Lot, all their belongings, all their flocks and started out on his long journey. They were leaving Haran and traveling to Canaan (now Israel) and they stopped for the night and set up their tents.

Use a parachute and have the children hold the ends of the parachute and pull it over their heads and under them to make a tent. As you act out the traveling, also use a parachute and have the children walk holding the ends of the parachute, which will be the tent and chant.

"Oh we walk and we walk and we walk and we walk, and we walk and we walk and we walk then we stop."

They were tired so they put up their tent and the tent went up, up, up, up, up., (everyone raise the parachute up).

Then down, down, down, down, down.

Then we walked and we walked, etc.

You can do this a few times to show how far they walked to get to their new place.

SONG: (Tune: "We're Going To Kentucky, We're Going To The Fair"—Traditional.)

Lyrics by Martha Resnick and Diane Holsten with adaptations by the authors)

We're going to Canaan
We're leaving from Haran
To a place God will show us
With Sarah and Avraham
We're packing up our things
We're traveling very far
It's taking us a long, long time
Oye, I wish we had a car!

The shepherds who took care of Abram and Lot's flocks were not being kind to each other. So Abram said: "Families should not fight! We should separate; choose where you would like to live. If you go north, I'll go south. If you go south, I'll go north."

Lot was very selfish, he only cared about himself. So, Lot saw that in one direction there was a beautiful stream, lots of grass and trees, so he chose that way, towards Sodom. Abram was very kind to Lot. God saw how kind Avram was and blessed him. He also changed Abram's name to Abraham (Avraham) and changed Sarai's name to Sarah. Then God blessed Abraham, He said: "I will make you the father of a multitude of nations. You will have as many children as there are grains of sand on the beach, and as many children as there are stars in the sky." Now this was pretty interesting because Abraham and Sarah had no children at all! What do you think happens in next week's parashah?

MULTIMEDIA IDEAS

ASK ME STICKER: Ask me who would have as many children as stars in the sky. (Avraham!!)

STORIES: *A Little Boy Named Avram* by Dina Rosenfeld. This story is based on the Midrash. A fun story to act out too!

CRAFTS: If you read the book *A Little Boy Named Avram*, by Dina Rosenfeld. You can create puppets based on the story. Using craft foam cut out a sun and glue it to a craft stick, then cut out a moon and glue it to a craft stick.



Then make a puppet of Avram. Then you can act out the story.

COOKING: Make star shaped cookies and top them with "sand" sugar ("as many children as "stars" in the sky and as many children as grains of "sand" on the beach")
See Recipe in Bereshit.

DRAMA: Bring in a small tent, or make one with a parachute or sheet, and act out the story.

MATH: Draw a suitcase on paper and have the kids draw or cut out from magazines 10 things they would take with them on their trip. Ask them to count the items. English and Hebrew!

Avram and the Idols (based on Midrash)

Avram's father, Terah didn't believe that there was one God. He built idols (statues) that represented Gods for all kinds of different things. There was a God of rain, of growing things, a God of fire, one who took care of the earth. But Jewish people don't pray to many Gods, we pray to just One, God. That's what Avram believed.

Terah had a store where he sold idols to people. One day when Avram was in his father's store, he asked his father, "Does the God of the moon really take care of the moon; does he care about me? What do they look like? Do they each look different?"

"Why, yes, each God looks different, just as people look different," answered Terah.

"How do you know what the Gods look like? Have you ever seen them?" asked Avram.

"No, I've never seen them. Nobody has, but I just know that they look like people. Now go outside and do your chores and stop asking so many questions. You are making the Gods angry." Said Terah.

Avram went outside, but he didn't stop asking questions. One day he was alone with all the idols in his father's store. There were large ones, ugly ones, fat ones, and short ones. He started dusting them and arranging all the idols on the shelves. He talked to them but knew they couldn't hear him or answer him. A lady came into the store to buy an idol. As payment she brought a big, beautiful bowl of fruit. Avram sold the lady an idol, but he didn't think it was the right thing to do. He became angry with himself and started smashing all the idols with a hammer. He took the hammer and put it in the hands of the biggest idol, with the fruit bowl in front of the idol. Just then, his father, Terah, came back to the store and saw what Avram had done and he asked, "What happened in here!?"

Avram answered, "A lady brought some fruit to buy an idol. All the idols started arguing over who would get to keep the fruit and they started fighting and the biggest idol won the fight."

"Don't tell me such stories, don't you know that idols are made of stone! They can't move or hear, or feel or see?"

"You're right! They are made of stone, so why do you pray to them? " replied Avram. And that is when Avram taught his own father that there is only one God!

RELATED SONGS

1) SONG/PRAYER: The Shema

Shema Yisrael Adonai Eloheinu, Adonai Ehad.

Listen Israel (Jewish people), God is Eternal, God is one!

2) SONG: "God is Here" by Uncle Moishe Volume 1

CD's available at www.unclemoishe.com

God is here, God is there, God is truly everywhere.

God is here, God is there, God is truly everywhere.

Up, up, down, down, right, left and all around,
here, there and everywhere, that's where he can be found.

3) SONG: (Tune: "There Were Three Jolly Fisherman"—Traditional with adaptations by the authors)

The first Jews' name was Avraham, (2x)

Avra, Avra, ham, ham, ham (2X)

The first Jew's name was Avraham.

He believed there's one God. (2x)

Avra, Avra, ham, ham, ham (2X)

He believed there's one God.

He always welcomed guests to his tent. (2x)

Avra, Avra, ham, ham, ham (2X)

He always welcomed guests to his tent.

His wife's name was Sarah (2x)

Avra, Avra, ham, ham, ham (2X)

His wife's name was Sarah.

4) SONG: (tune: "Mary Wore Her Red Dress"—Traditional)

God told Avraham, Avraham, Avraham,

God told Avraham, it's time to leave your home.

It's time to leave your homeland, homeland, homeland,

It's time to leave your homeland, I'll show you where to go.

You'll have as many children, children, children,

You'll have as many children, as stars in the sky.

You'll be a great nation, nation, nation,

You'll be a great nation, Lekh Lekha.

5) CHANTING GAME

Lekh Lekha, Lekh Lekha
Where are we going?
Lekh Lekha, Lekh Lekha
God will show you where.
Lekh Lekha, Lekh Lekha,
How will we get there?
Lekh Lekha, Lekh Lekha
God will show you how.
Lekh Lekha, Lekh Lekha
We must (*jump, hop, march, crawl, let kids pick, etc..*) to get there
Lekh Lekha, Lekh Lekha
God will show you where.
(repeat with various movements)

6) SONG: (tune: Home On The Range—lyrics by Lisa Ginsburg-Arber with adaptation by the author.

Home, home in my tent
Where many hours with Sarah are spent
All day I tend sheep
Then I come home and sleep
And I'm happy to be in my tent
Now Canaan is my home
I know I'm with God, not alone
God gave us this land
So come take my hand (hold your neighbor's hand)
And we'll make a new life in Canaan

Parashah Lekh Lekha Family Discussion

(from *Morah, Morah Teach Me Torah*)

This week's parashah is Lekh Lekha which means "You go!" In this parashah, we introduce Avram (who later becomes Avraham—the father of the Jewish people). Avram is married to Sarai (who becomes Sarah) and they live in Charan. God tells Avram to go from his home land, from his father's house to a place that God will show him. What faith and trust Avram has!

So they pack up all their belongings and together with his nephew Lot, they set off on their journey. They travel a long, long time and as they travel, Lot's shepherds and Avram's shepherds begin to argue. Avram says: "Families should not fight! Choose where you want to go. If you go north, I'll go south. If you go south, I'll go north." Lot was selfish, so he chose to go where there was a beautiful stream and lots of fresh grass for his flocks, near Sodom.

God saw how kind Avram was and blessed him. Avram's name was changed to Avraham and Sarai's name was changed to Sarah. God told them: "I will bless you and make you a great nation with as many children as stars in the sky". This is pretty interesting as they are very old, and have NO children!!

Family Discussion Questions:

1. (Q) What does Lekh Lekha mean? (A) You go!
2. (Q) What happened when Lot's shepherds and Avram's shepherds began to fight? (A) Avram let Lot chose where he wanted to live
3. (Q) What was the blessing that God gave to Avram and Sarai? (A) God changed their names and blessed them as a great nation with as many children as stars in the sky
4. (Q) What does it mean that Avraham and Sarah would have as many children as stars in the sky?

