

PJ Library[®]

YOM HA'ATZMAUT ACTIVITY BOOK



Yom Ha'atzmaut

What Is Yom Ha'atzmaut?

Yom Ha'atzmaut, Israel's Independence Day, commemorates the declaration of independence of Israel in 1948. This year we celebrate Israel's **72nd** year of Independence.

Yom Ha'atzmaut is celebrated one day after Yom Hazikaron, Israel's annual Memorial Day, on the 5th of Iyar according to the Jewish calendar. Following a solemn day of remembering, Israelis celebrate their freedom and independence with concerts, aerial demonstrations, fireworks, dancing, hikes, and barbeques.

Yom Ha'atzmaut is also referred to as **Israel's Birthday**, and it is just as important to celebrate the birth of a place as we do the birth of a person.

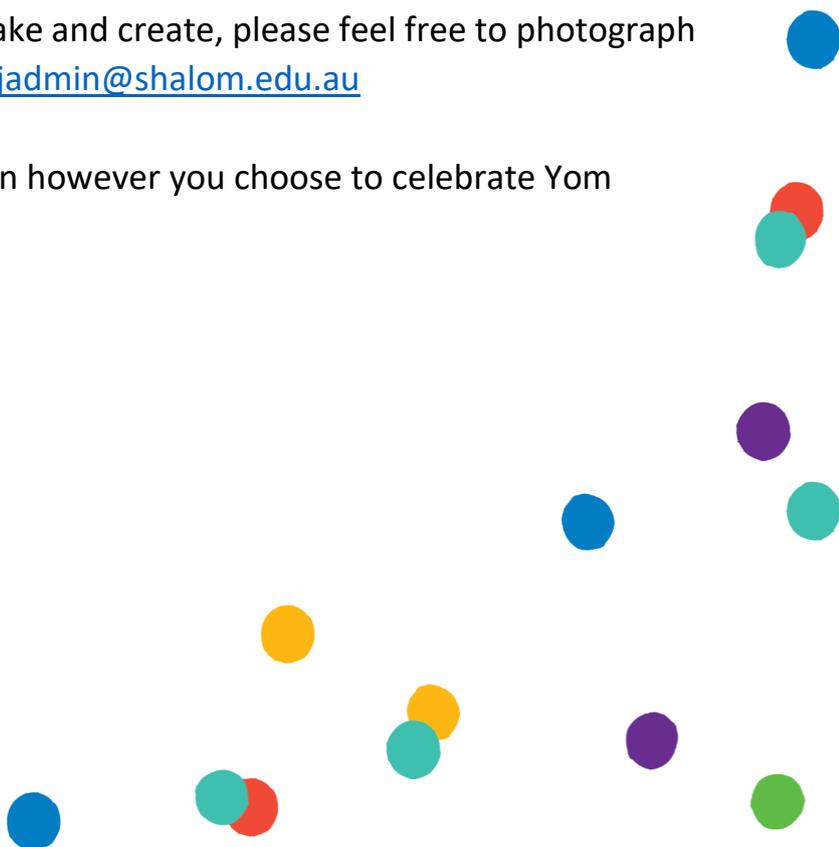
Outside of Israel, Jewish communities host parties and gatherings to celebrate. Often, the focus of these events is on Israeli culture, everything from classic Israeli foods - hummus, falafel, schnitzel, and shawarma, to Israeli dance, Israeli music, and all things Hebrew. People wear blue and white and wave Israeli flags.

You too can celebrate Yom Ha'atzmaut by trying Israeli foods, listening to music, and learning about Israel. Use this activity book to take a special trip to Israel.

We would love to see the things you make and create, please feel free to photograph them and send them through to us at pjadmin@shalom.edu.au

Most of all, we hope you have lots of fun however you choose to celebrate Yom Ha'atzmaut.

Justine, Wendy & Bev



Let's Depart!

Pack your bags, grab your e-ticket and prepare to board flight 613 to Israel!



You will need a ticket and a boarding pass and a passport to join our special trip to Israel.

Fill in your name on the boarding pass. We'll see you in Israel!

 **Boarding Pass**

Passenger name(s):

Flight date / time:

Destination:

Flight info:

Meal provided:

Flight:

Class, first:

RSVP reservation confirmation:

Don't forget your passport!

Print it from the next page, draw a picture of yourself and fill in all your information.

THE LAY OF THE LAND OF ISRAEL

Israel is only a very small country. But, for over 3,000 years, the Jewish people have considered it to be their homeland. As a result, the Land of Israel holds a special place in Jewish religious obligations and Judaism's most important sites, including the remains of the Second Temple.



Make your own 3D Salt Dough Map.¹

You will need:

A piece of cardboard, wooden board or a tray to build your map on.

Black Marker

Scissors

Glue Stick

Salt Dough Ingredients (Plain Flour, Salt, Water & Cream of Tartar)

Mixing Bowl

Paint

Paint Brushes

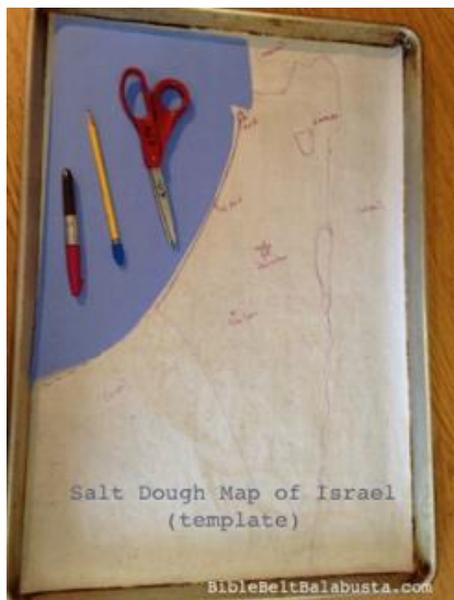
Map of Israel (there are some template examples on the next page)

Step 1: Make the salt dough

In a bowl, mix 4 cups of plain flour, 2 cups of salt, 2 cups of water, 2 tablespoons of cream of tartar and knead together to form a dough.



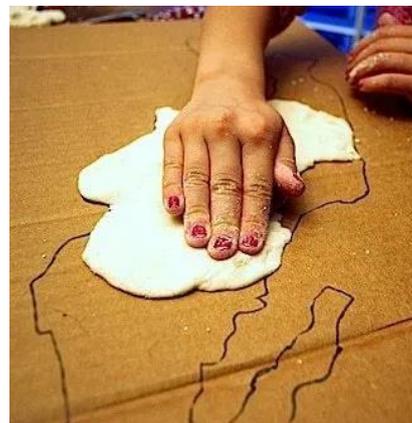
Step 2: Trace around the map and glue onto your cardboard to use as a guide.



¹ Thank you biblebeltbalabusta.com for this great activity!



Step 3: Press the dough onto the map by taking balls of dough and flattening them into the outline you have traced. First make the map flat, and slowly build up the elevation according to the map

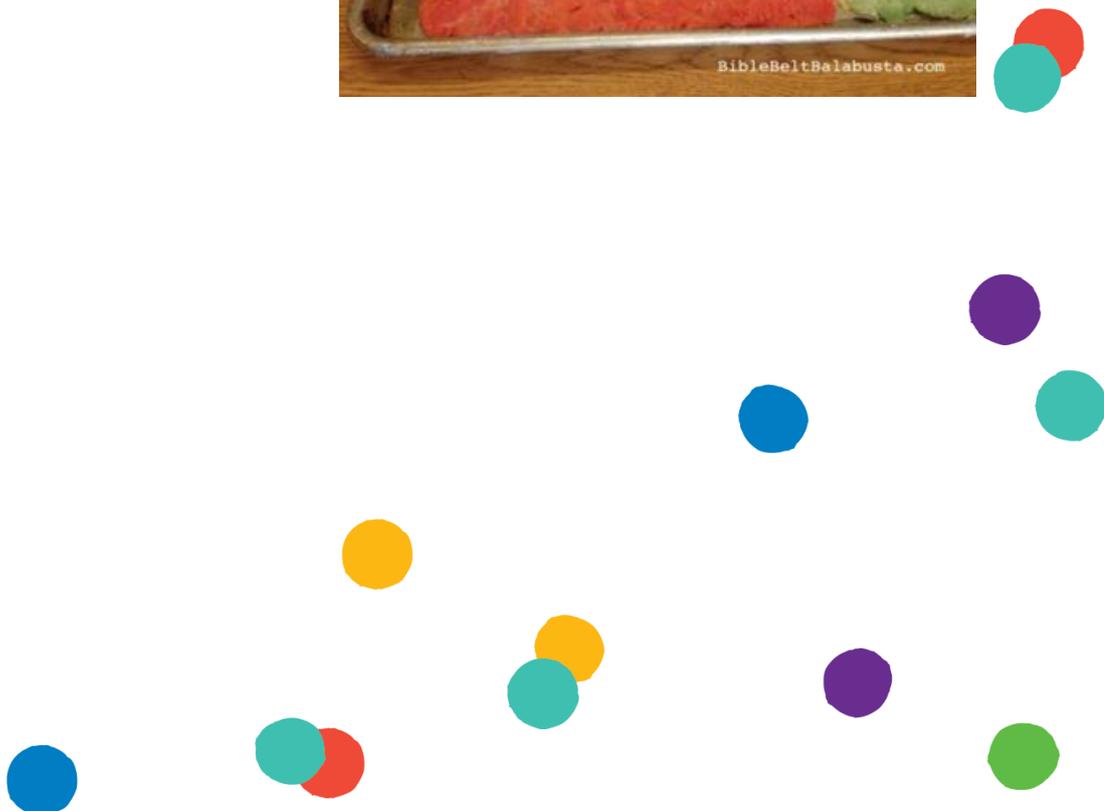
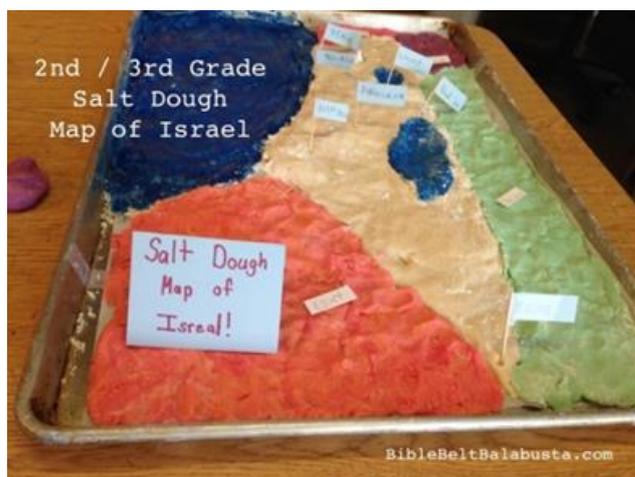


Step 4: When the salt dough is dry (this could take a day or two), **paint the salt dough map** using different colours to represent different parts of Israel.



For older children-

Step 5: Label some of landmarks using a toothpick and paper. Can you find the Red Sea, the Dead Sea, the Mediterranean Sea, Jerusalem, Tel Aviv?



EXPLORE ISRAEL

The Western Wall, also referred to as the Wailing Wall and in Hebrew, the Kotel, is in the Old City of Jerusalem. It is a place of prayer and a very holy and spiritual place. It is the only remains of the Second Temple of Jerusalem, held to be uniquely holy by the ancient Jews and was destroyed by the Romans.



Can you re-create your own Kotel?

You could try using a sheet of brown paper to draw or collage the sandstone bricks or make individual bricks by filling brown paper bags or you could try using recycled boxes from around your house to build your own Kotel?

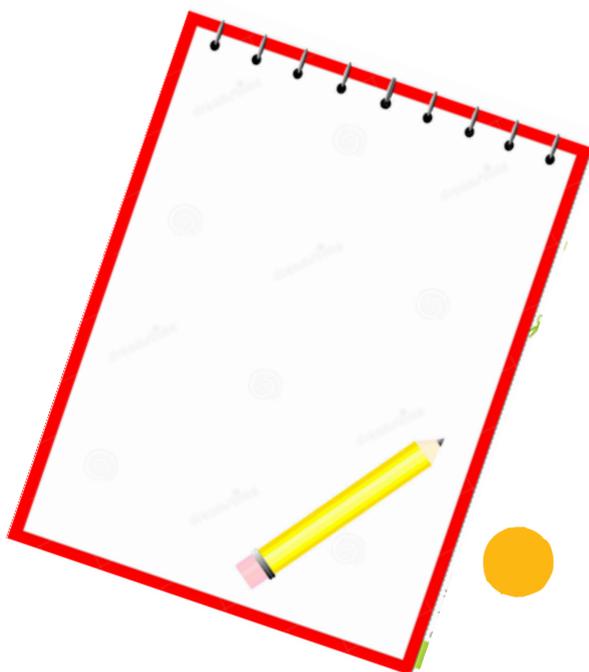




It is customary when you visit the Kotel to write a note or a prayer and place it in the wall. This can be traced back to the Kabbalistic teaching that all our prayers rise to Heaven through the Temple Mount, which the **Western Wall** borders.

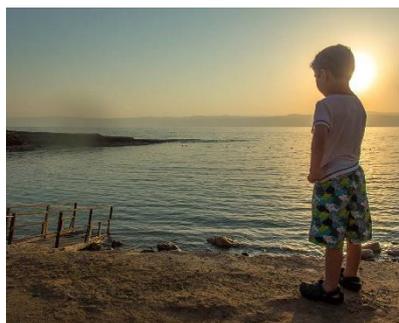


What will you write on your note?

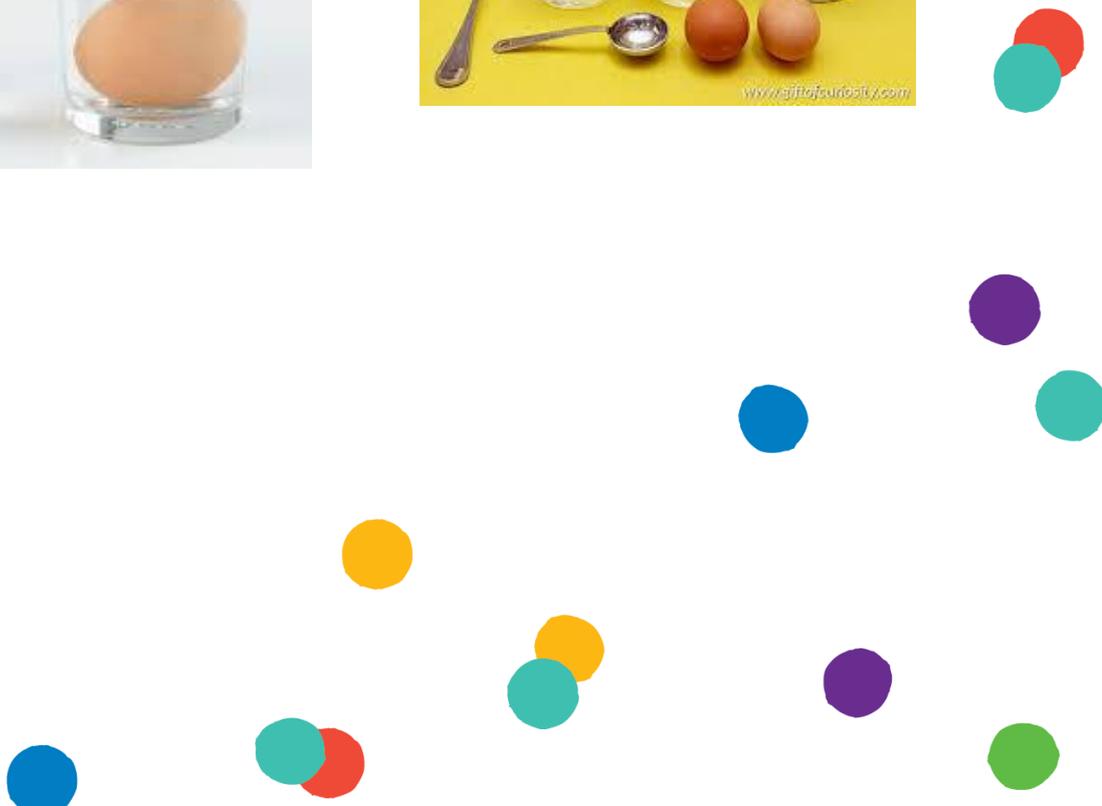


The Dead Sea

The water of the Dead Sea is saltier than any other body of water on earth. ... Since our body weight is lighter (less dense) than the density of the water, our body is more buoyant in the Dead Sea, making it easy to float. Think of it this way, in fresh water our body doesn't float at all, we actually sink.



Try a science experiment based on Israel's Dead Sea. Place an egg in a glass of water, slowly start adding salt. Keep adding until the egg floats to the top – what makes that happen?



Jaffa

Jaffa, the world's oldest port city, is a short drive from Tel Aviv. The Bible says Jonah sailed from Joppa, as it was formerly known, before he was thrown into the sea and swallowed by a whale.

This port city is also famous for the exporting of Jaffa oranges, also known as Shamouti oranges. These were a primary Israeli export in the early days of the State of Israeli, and are still a major Israeli export today.



Can you squeeze oranges to make your own freshly squeezed Orange Juice?



Masada

King Herod's palace once stood atop Masada, a flat-topped mesa in the Judean Desert. Today, this UNESCO World Heritage Site is a symbol of Jewish courage, commemorating almost a thousand Jewish men, women and children who made a last stand against Roman invaders in 73 C.E. For centuries, Masada lay undisturbed, until archeologists began uncovering its ruins in 1828.



Create your own Archaeological Dig using a container filled with sand to bury treasures, bones and coins.

What tools will you need to use to carefully extract the artifacts you find?



Ein Gedi

Ein Gedi is just next to the Dead Sea in the Judean Desert, not too far from Jerusalem. It is one of Israel's premier hiking spots, featuring spectacular beauty, varied landscapes, and botanical gardens. There's no doubt that Ein Gedi Nature Reserve is one of the most beautiful places in Israel.



Take a nature walk in your local area.
What insects can you see?
What sounds can you hear?
What colours are the leaves on the trees?



LET'S EAT!

Take a culinary tour of Israel right in your own home!

Cooking and taste-testing with your family provides a great sensory learning activity. It also gives you an opportunity to learn more about Israel and Jewish culture. Here are five popular foods from Israel that are sure to be a hit with your family.



Pomegranate Juice

Fresh-squeezed pomegranate juice can be found on street corners all over major Israeli cities. Head down to your local supermarket to taste some pomegranate juice.



Chickpeas

These tasty little legumes are the darling of gluten-free eaters, and the nutrient-packed basis of many delicious comfort food staples like *hummus* and *falafel*. They are also a great healthy snack seasoned and toasted. Try one of our favourite recipes [here](#).²



Want to make your own hummus? Below are the ingredients you will need and follow the [video link](#) for the instructions.³ Check out the video below!

Ingredients for hummus in a bag, quarantine style (single serving)

- A sturdy zip-loc bag (sandwich size is fine)
- 1/4 cup chickpeas
- 1 teaspoon of tehina
- 1/4 of a lemon (lime or vinegar if necessary)
- Salt to taste
- Optional dry or fresh herbs
- Optional olive oil

² <https://www.allrecipes.com/recipe/81548/roasted-chickpeas/>

³ <https://www.youtube.com/watch?v=e7NcF0InFIY&feature=youtu.be>

Rugelach

Made authentically, these small pastries have dough that is chewy on the inside and lightly flaky on the outside, lined with either gooey chocolate or sticky cinnamon paste. Get a look at Jerusalem's famous Marzipan Bakery and their chocolate rugelach.



Want to make your own rugelach? [The Smitten Kitten](#) offers an easy, tasty, recipe.⁴

Shakshuka

Shakshuka is popping up on brunch menus all over the world. This vegetarian dish is usually served in a sizzling pan straight from the oven. At its base, shakshuka is tomato sauce with cooked eggs on top. Although it's a popular brunch or breakfast dish, it can be eaten any time of the day -- and it's a great way to get your kids to eat their veggies. Try adding cheese, spinach, or chili peppers to your own version of shakshuka.



Want a great shakshuka story and recipe? Visit [Tori Avey's blog](#).⁵

Israeli Couscous

Outside of Israel, *ptitim* is usually marketed as "Israeli Couscous." This small pasta was developed in Israel during a time when rice was scarce. While *ptitim* is popular with Israeli children, the grain is often used in sophisticated salads and side dishes.



Looking for a recipe? Try this delicious [Israeli Couscous salad](#).⁶

⁴ <https://smittenkitchen.com/2015/12/pull-apart-rugelach/>

⁵ <https://toriavey.com/toris-kitchen/shakshuka/>

⁶ <https://www.foodandwine.com/recipes/israeli-couscous-and-tomato-salad-arugula-pesto>

CRAFT ACTIVITIES

Friendship Bracelets

Use blue and white cotton with beads to make friendship bracelets for your family and friends.



Magen David Mobiles

You will need:

Paddle pop Sticks

Wood Glue

Paint

Cotton Buds

String

Threading Beads/Buttons/Stickers to decorate



Use 3 paddle pop sticks to create a triangle.

Make x2 triangles and place one on top of the other to form a Magen David

Repeat above process to create a total of 3 Magen Davids

Using the paint to decorate each Magen David

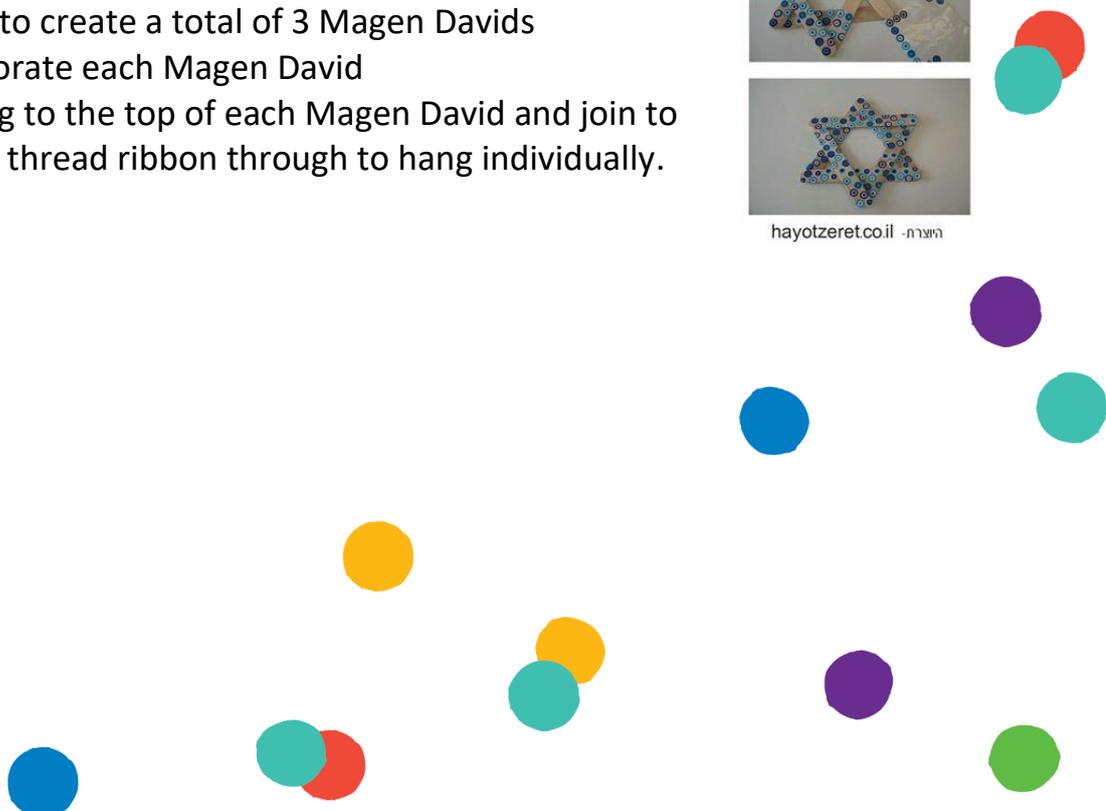
When dry, attach string to the top of each Magen David and join to form a wall hanging or thread ribbon through to hang individually.



היצירה - hayotzeret.co.il



Star of David Wallhanging craft - Israel



Jerusalem Building Art



A4 Black Paper

Coloured Paper Shapes (cut out your own squares, rectangles and domes)

Foil Paper

Glue Sticks

Scissors

Black Markers

Arrange the coloured shapes on the A4 paper to resemble a series of buildings.

Use the glue stick to stick them down.

Then use a black marker to outline the buildings.

For older children:

Try colouring salt using chalk and then layering into a glass jar.

You can then create your own Jerusalem landscape by decorating the outside of the glass jar using black markers.

Use these as decorations, book ends or paperweights.



Hamsas

You will need:

Air clay

Hamsa Template

Clay Tools & Skewers

Mosaics (or similar)

Ribbon

Use the clay to shape into a Hamsa.

Decorate the Hamsa using mosaics (or similar).

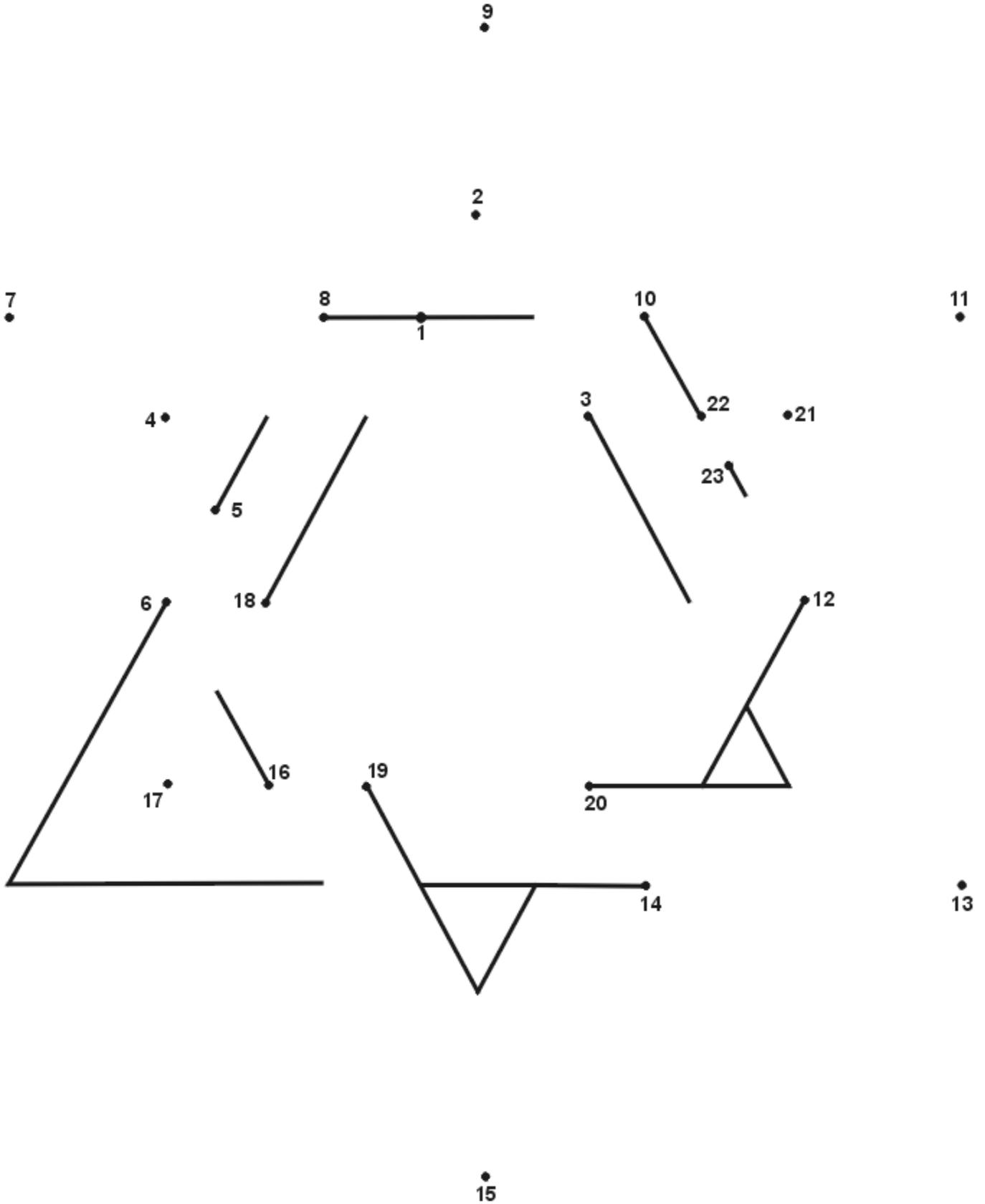
Make a hole at the top to insert a ribbon.

Allow to dry before hanging up.



DOT TO DOT

Join the dots and see what you create.



ISRAELI FLAGS

You will need:

A print out of the flag on the next page

Blue paint/crayons/texta, coloured pencil or strips of blue paper and glue

Straw or skewer/stick

Directions:

Colour or paste the stripes at the top and bottom of the flag and the Magen David in blue.

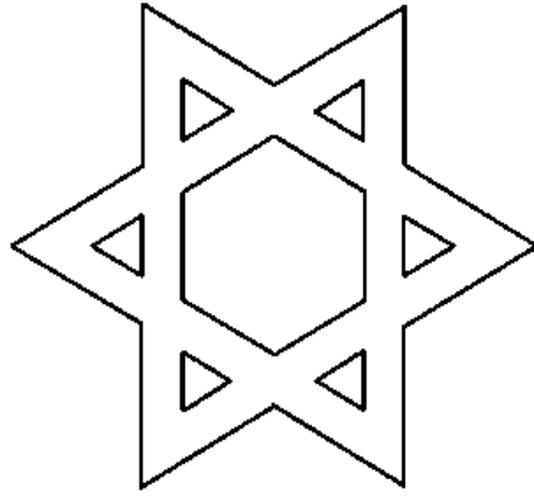


Apply glue to the left hand side of the flag and roll paper around straw or stick to form a handle.



For something a little more collaborative, increase the size of the flag template and use recycled materials from around your home to decorate it.





PLAN A VIRTUAL BIRTHDAY PARTY

Who will you invite?

1. _____
2. _____
3. _____
4. _____
5. _____



What will you need?

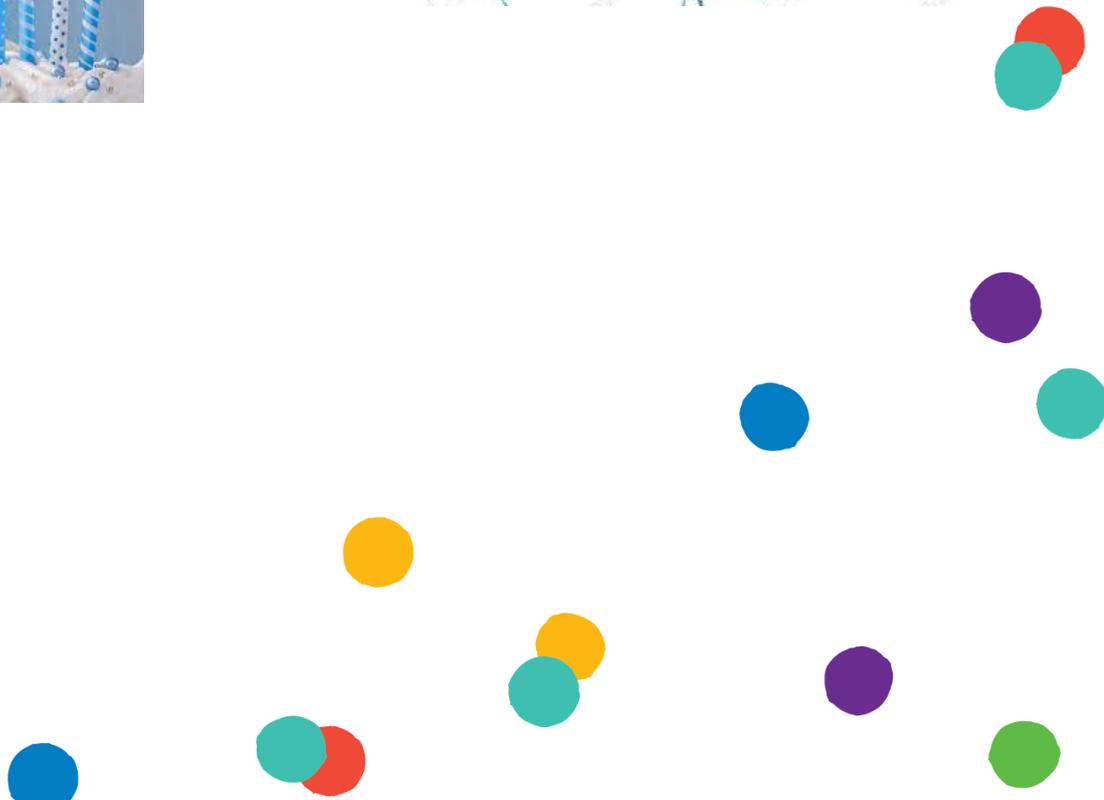
Birthday Invites (via zoom or houseparty)

Decorations

Party Food

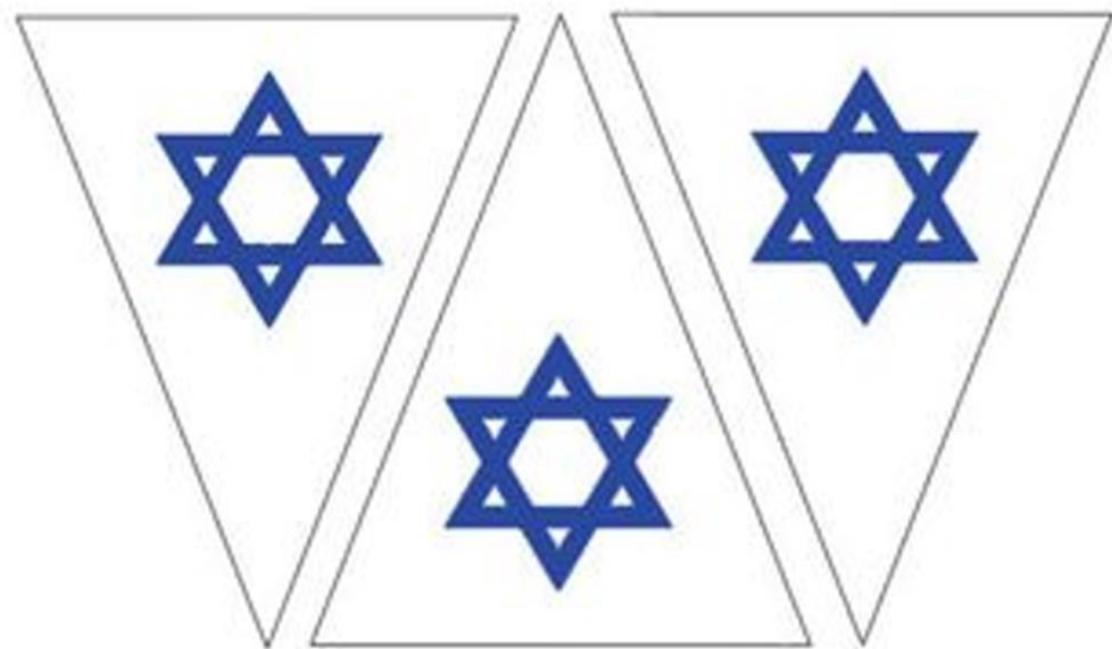
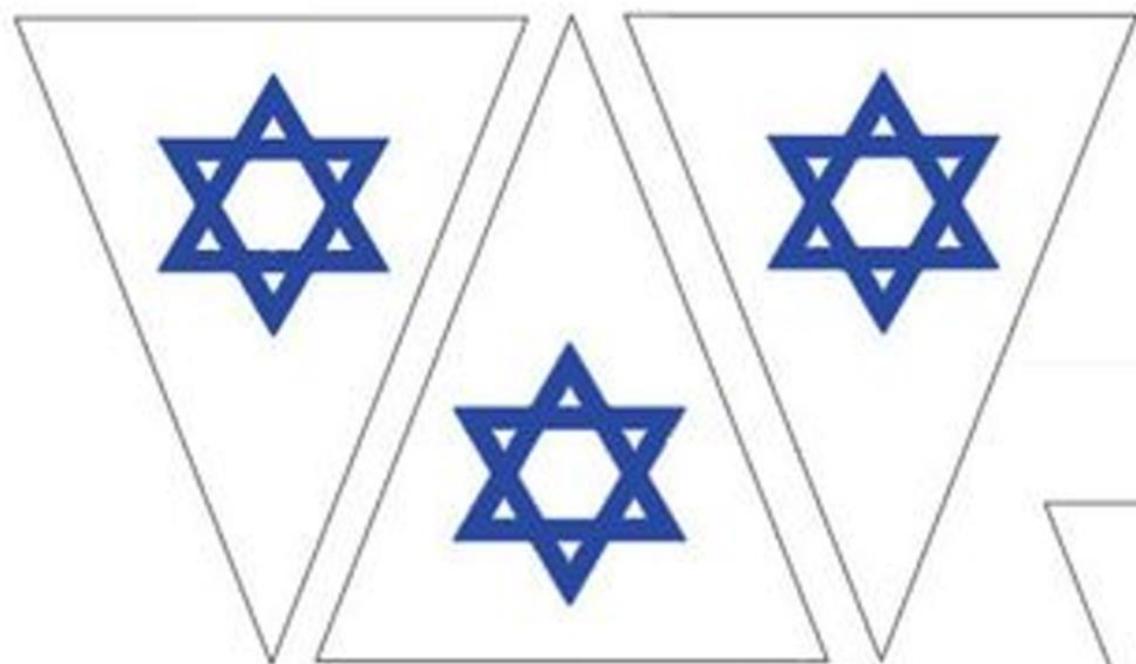
Birthday Candles

Party Games



You could also make bunting as decoration using the same materials you used to make your flag. There is a template for you to use on the next page.





BAKE A CAKE FOR ISRAEL

Basic Birthday Cake Recipe

Ingredients

- 120g softened butter or margarine
- 180g caster sugar
- 2 eggs
- 1 tsp vanilla
- 240g self-raising flour
- 1/2 cup milk
- icing sugar, to dust



Directions

1. Preheat oven to 180°C. Grease and line base of a 20cm cake tin. Beat butter and sugar together until light and creamy.

2. Add eggs, one at a time, beating well between each. Add vanilla. Fold in half the flour, then half the milk. Repeat with the remaining flour and milk and be careful not to over-mix.

3. Transfer batter to pan. Bake for 30-35 minutes until cake is well risen and golden. Dust with icing sugar.

Tip: This batter can also be used for cupcakes. Line a 12-hole muffin tray with paper cases and 3/4 fill each with batter. Bake for 12-15 minutes. This will make 24 cupcakes.



WHAT'S A PARTY WITHOUT TREATS?



You could spread white or blue icing on rectangular biscuits and decorate with blue and white sprinkles.



Or decorate marshmallows by inserting a skewer or pop stick into one end of the marshmallow, then dip into icing or melted chocolate, followed by sprinkles.



Circle the Israeli foods.



PARTY GAMES

The Star of David or the Magen David is composed of two overlaid equilateral triangles that form a six-pointed star. It appears on synagogues, Jewish tombstones, and the flag of the State of Israel.

Can you make a human Magen David – using 6 people to make 6 points of the star.....
or use even more people.....



Play “matkot” or beach paddle ball – it is one of the most popular recreational sports in Israel. You don’t need a beach to play either, just a paddle and ball. Families can even make your own paddles using recycled materials from around your home.



See these blog posts for inspiration: <https://kidssteamlab.com/paper-plate-paddle-ball/>
; <http://helpmegrowutah.blogspot.com/2011/09/homemade-paddle-ball.html> .

How many "taps" before the ball/balloon hits the ground?





