

Fourth Grade Family Program: Blessings and Family Scavenger Hunt

(Created by Gina Fass and Robin Wald, revised 10/21)

Program Overview:

Families and teachers gather at a local nature center to apply classroom learning (about Brachot, blessings) to authentic moments in their lives. After an introduction on Hakarat Hatov (expressing gratitude) and blessings, families break into small groups and complete a self- paced scavenger hunt that identifies moments of blessings through observation and discussion. At the end of the program, families take home a blessing card to encourage reciting blessings during their daily lives and at home.

Goals:

- Gather families to build community with a common experience
- Experience the Jewish tradition of HaKarat Hatov, calling out the blessings in our lives
- Practice reciting blessings over food or nature
- Identify daily activities for which we can pause and express gratitude, like washing hands or eating fruit
- Apply classroom learning to authentic moments in our lives
- Bring the Jewish tradition of saying blessings into our daily lives

Note: In class, students have learned basic formula for blessings, blessings for food and holidays

Program Overview

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|-----------------|---|
| 9:30-9:45 am | Welcome- Together outside the Nature Center |
| 9:45- 10:15 am | Family Blessings Scavenger Hunt - Small Family groups- Self paced |
| 10:15- 10:30 am | Wrap-up - Together outside the Nature Center |

Program details for parents and teachers:

Join us for an interactive outdoor family program about gratitude and blessings.

- This program will be all outdoors at the Nature Center
- Parking available on site.
- Each fourth grade child should be accompanied by a parent/ caregiver.
- Families will be assigned to small groups. You might meet someone new!
- Please wear weather appropriate clothes and shoes and bring a water bottle.
- We will have access to the restrooms and Nature Center.
- Masks are optional outdoors and required indoors.
- In case of severe weather, we will reschedule. If it is raining lightly or cold, the program will continue.
- No pets allowed, per park policy.

Introduction/ opening discussion (led by Program leader)

- **When do we say blessings? Why? Where?**
(hanukkah candles, challah, Torah Aliyah,praise God, to offer thanks, when we want/need help, when someone is ill and needs healing, in shul, at home, in nature, with community, alone, on Shabbat, over food....)
- **It is Jewish tradition to express gratitude throughout the day** for all kinds of good things, big and small. It is Jewish custom to say blessings in the morning for the miracle of waking to a new day, for breathing, for one's body's healthy functioning, for opening our eyes, having clothes to wear, having our needs provided for and more. We say blessings to express gratitude for the food we eat. There is even a Jewish tradition to say 100 blessings of gratitude each day.

- **This Jewish practice of expressing gratitude is called Hakarat HaTov** – which means noticing, appreciating, acknowledging, calling out and blessing what is good and wonderful in the moments of our lives.
- **Today we are going to practice Hakarat Hatov in nature and in our lives.**
(Review instructions for the blessings scavenger hunt)

NOTE: Take-home Blessing Sheet is after program overview

Wrap up

Teachers gather families together at Nature Center

Thank you for participating and being role models for your kids. We hope you got to know the families in your group a little better.

1. What task did you enjoy most? Why? Share your answer

2. Which task was most difficult? Why? Share your answer

3. One of the goals of this program is that we hope you can think about this idea of expressing gratitude and saying blessings back to our daily lives and to our homes.

What is something you did or thought about today that you can “take home” with you?

What is one way you could use these blessings in your home or in your life?

(refer to take-home blessings page)



Looking for the Blessings All Around Us

Dalet (4th grade) Family Program



Kulanu Dalet (4) Family Program: Blessings Scavenger Hunt

9:15-9:30 am Welcome - Together outside the Nature Center

9:45-10:20 am Family Blessings Scavenger Hunt (self-paced, in small groups)

- Break into small groups (pre- assigned on your name tag)
- Complete tasks from this packet
- It is not a race, enjoy the time together!

10:20-10:30 am Wrap-up - outside Nature Center

- Keep the Blessing pages to use at home
 - Snack for home
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What to do in your small group:

- Introduce yourselves
- Complete (some or all of) these tasks
- Make sure everyone gets to share and participate (parents AND kids!)
- It is not a race or a competition- so feel free to skip or linger on whatever tasks seem interesting to you.
- Take your time to observe and notice things in nature.
- Try out some Hebrew reading.
- At the end, we hope you will find blessings you didn't even know were there.

What you need to get started:

- Pencil, markers
- Blessings pages (laminated)
- This packet!

Where you can go:

- On a hike or walk around the Nature Sanctuary
- Visit the Nature Center (1 group at a time)

Reminders:

- Adhere to social distancing and sanitize your hands
 - Masks are optional outdoors, required inside Nature Center & restrooms
 - Respect the park and treat nature with care
 - Post pictures here! (**link removed**)
 - Have fun with your group!
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Kulanu Dalet (4) Family Program: Blessings Scavenger Hunt

Task #1 Assign roles:

Timekeeper: _____

Recorder: _____

Photographer: _____

Task Reader: _____

Task #2: Take Notice

- Stop. Pause. Take a careful look around you.
- Notice the colors, smells, sounds all around you.
- Use your sense of sight, hearing, touch, etc...
- **Find something that you noticed for the first time and share it with the group.**

Task #3: Find a blessing- Something Beautiful

- Go find something around you that is beautiful to you. (opinions may differ!)
- Come back and share it with the group.
- Take turns sharing
- Look at the sheet “Blessings over Nature”
- Recite the blessing over “Upon seeing beautiful trees, animals, insects, etc”

Task #4: Find a blessing- Fruits and Vegetables

- Think of your favorite fruit or vegetable.
- Share it with the group.
- Take turns sharing.
- Look over the sheet “Blessings over Food”
- Try to determine which blessing to say over that food.
- Hint: Think about how it grows (from the ground or on a tree)
- Read the appropriate blessing together.

Task #5: Find a blessing- Something that smells good or unpleasant

- Go find something around you that has a unique smell (good or unpleasant)
- Share it with the group.
- Take turns sharing.
- Look at the sheet “Blessings over Nature”
- Recite the blessing over “Upon smelling fragrant trees, woods or shrubs”

Task #6: Read and Think about it- Blessing for Washing Hands

- Read the blessing “Washing Hands during a Pandemic”
- Why do we need a blessing for washing our hands?
- Why is this blessing longer than other blessings ?
- Can saying a blessing while you are washing your hands help you concentrate? Why or why not?
- Take turns sharing.

Task #7: Find a blessing- Something Unique in Nature

- Go find something unique in nature.
- Come back and share it with the group.
- Take turns sharing.
- Look at the sheet “Blessings over Nature”
- Recite the blessing over “Upon seeing wonders of nature, sunrise, etc..”

Task #8: Read and Think about it- Blessing for Wearing a Face Mask

- Read the “Blessing for wearing a face mask”
- Why do we need a blessing for wearing a mask?
- What does the blessing teach us that the masks help us do?
- Take turns sharing.

Task #9: Find a blessing- Favorite Food

- Think of your favorite food.
- Share it with the group.
- Take turns sharing.
- Look over the sheet “Blessings over Food” and try to determine which blessing to say over that food.
- Hint: Think about what main ingredient it made of (ex: cake is made from grains, sushi from rice- a grain) This may get a little tricky.
- Read the blessing together.

Task #10 : Read and Think about it- Blessing for Healing

- Read the “Blessing for Healing”
- Why do we pray for the healing of the soul AND the body?
- Are the soul and body connected?
- Do you know anyone who is in need of healing?
- If you feel comfortable, read the prayer and share the name of someone you know who needs healing.

Task #11 Share it!

- Write your answer in the space below (each person can write what they feel)
- Take a picture of each family holding their signs
- Share it with (**this link has been removed**)
- Hint: Your packet has extra copies of this page. USE markers- pencil is too light to show up:)

I am grateful for....