

WEEKLY THEME: PESACH

Developed by Pnina Rappeport

DAY ONE: CHAMETZ

SESSION 1

STARTER: Welcome to Pesach week! Today we are going to learn all about chametz. What is chametz? What types of foods are chametz? Feel free to launch into a small discussion about chametz and your child's favourite chametz to eat! As part of the discussion, you can explain that on Pesach we have to get rid of all the chametz in our house, which means we have to clean every room in our house really well to make sure there isn't chametz anywhere.

**Choose 2-3 activities for 20 minutes each, with short transition breaks in-between*

ZAP THE CHAMETZ

Take a wand/ water gun or pointer and walk slowly around the kitchen with your little one. Pretend the wand is a detector and make a funny noise every time you come across chametz. Encourage your children to make the funny noise with you and you will have heaps of fun!

CLEAN YOUR ROOM

Choose a spot in your house that you can have your little one help you sort. Their cupboard/ drawers could be a great place to start. Make clear bins/ piles for things and have them place the items in the correct spot. If you are throwing things out, have them run to throw things in the bin. You can time them and turn it into a race, or give them points on a blackboard/ paper.

CHAMETZ HUNT

Find 10 toys or items that represent chametz and hide them around your house/ garden. Ideas of what you can use are: Real chametz, pictures of chametz, toys that are of chametz, colouring in pictures of chametz. Have your toddler look for them and feel free to give them hints and clues. This can be a good time to play Hot and Cold (say hot when they are getting closer to the item and cold when they are far away). Once they have all the items together, you can talk about how we need to make sure we find all the chametz before Pesach. If you used pictures, you can spend some time colouring in. If you have any pom-poms, glitter, feathers, or any other fun bits and bobs feel free to use them!

INDOOR ACTIVE

Baby Yoga
Head shoulders knees and toes
Hockey Pockey
Wiggles

OUTDOOR ACTIVE

CHAMETZ HUNT 2.0

Ask your toddler to brainstorm with you different types of chametz. Write the items down as a checklist and feel free to draw some simple pictures next to it. Then take a walk to the nearest shops and tick an item on your list when you see a store that sells it. For example, if pizza is on your list, make sure to walk past a pizza shop!

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DAY TWO: MATZAH

SESSION 1

STARTER: Pesach is a very special holiday where we get to eat matzah! Matzah is very crunchy but tastes yummy especially if we put things on top. Today we are going to learn how to make matzah and have a lot of fun playing around with it!

**Choose 2-3 activities for 20 minutes each, with short transition breaks in-between*

MATZAH HOLDER

Help your toddler make and decorate this matzah box:

You will need: A piece of cardboard, paints for finger painting, or anything else you have to use to decorate with, a stapler/ sticky tape

Cut the cardboard into a big square. In each of the corners cut out a square (2 slits resembling 90 degrees), so you are left with flaps around the edges. Give the cardboard to your toddler to decorate. Once they are finished, fold the flaps up and staple/ stick with tape. Courtesy of Eduart4kids.

MAKE A MATZAH HOUSE (THE PESACH VERSION OF A GINGERBREAD HOUSE)

Grab all the candy and fun things you have in the pantry (think leftover mishloach manot) and get your toddler ready to make an amazing matzah house! You can follow the method by clicking here https://www.popsugar.com/family/Matzo-House-Craft-Kids-Passover-15719221?stream_view=1#photo-15719283.

MATZAH MAN

Take whatever veggies you have in the fridge and cut them up. Have your toddler arrange them into a face, and some for hands and feet. Take a picture, eat and enjoy!

INDOOR ACTIVE

Baby Yoga
Head shoulders knees and toes
Hockey Pockey
Wiggles

SESSION 2

**Choose and run an activity for 20 minutes*

MATZAH PIZZA

Make the legendary Matzah Pizza with your little one! It can be as easy as smothering a piece of matzah with tomato sauce and yellow cheese and sticking it in the oven until its ready. If you feel like being adventurous, Jamie Geller has quite a few interesting combos to put for toppings: Take a look here: <https://jamiiegeller.com/holidays/matzo-pizzaz-days-matzo-pizza-ways/>
Time this activity for midday, and boom: Lunch is ready!

BAKING MATZAH

Let's bake Matzah! They say it only takes 18 minutes, right? ;) You can follow the recipe below to make matzah. Have fun! Click here for the full recipe on AllRecipes: <https://www.allrecipes.com/recipe/213682/matzah/>

OUTDOOR ACTIVE

Take your toy car or scooter and ride to the local store to buy some matzah. Don't forget to buy yummy toppings such as jam, avocado, chocolate spread, and cheese. YUM!

SOCIAL

Go to your outdoor area, or lounge room and set up a picnic. Prepare Matzah sandwiches and other delicious treats. Feel free to invite the neighbors to join, if restrictions permit!

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DAY THREE: THE SEDER

SESSION 1

STARTER

Guess whats finally here?! Seder night!! Talk to your toddler about the first night of Pesach when we get together with our family and friends for the seder. One of the fun items we have on the seder table is the seder plate. You can play a little game with your toddler by first cutting out the pictures of what goes onto the seder plate, then putting them in a bag and having them tell you what it is when you take it out.

**These activities for 20 minutes each. Choose 1 or both to do.*

AFIKOMAN BAG

Do you have any envelopes or paper bags lying around? How about an empty cereal box? No matter what it is, make sure you shape it so it has an opening that can shut. Find stickers or fun arts and crafts materials and have your toddler decorate it. Write the word 'AFIKOMAN' in big on the front, and voila!

FINGER PAINTED PLACE SETTINGS

Materials needed: White cardboard, scissors, paints, coloured markers, crayons, pastels

Pre-prepare place cards for your guests by writing their names on a square of cardboard. Set the paints up for your little one and have your toddler decorate each card with paint. If you don't have paint, you can use coloured markers, crayons, pastels, glitter, feathers etc.

INDOOR ACTIVE

Baby Yoga
Head shoulders knees and toes
Hockey Pockey
Wiggles

SESSION 2

**Choose 2-3 activities for 20 minutes each, with short transition breaks in-between*

SESAME STREET AT SEDER!

Have your toddler arrange their stuffed animals and toys around a table, and set the table so it's all ready for seder. Don't forget to include the seder plate they made earlier and some matzah! You can serve your toddler lunch at their seder table with their friends!

Next stage: MODEL SEDER! Get your toddlers friends or relatives together on zoom and run a mini seder, choosing your toddlers favourite parts to sing and dance to.

MAKE A SEDER PLATE

Materials Needed: Printed pictures, coloured markers, other fun stuff (glitter, felt, pipe cleaners, feathers, coloured sticks), glue, scissors, plastic or paper plate, cupcake holders x6

Print the items on the seder plate (<https://www.pinterest.com/pin/30751209937154997/>). Have your toddler colour in the pictures. Once they have finished, they can help you cut them out and stick them into cupcake holders. Then stick the cupcake holders onto a plastic/ paper plate, in the order of the Seder plate. Your toddler can continue by decorating the plate.

EVERYONE LOVES CHAROSET!

1 apple
1 pear
1 cup desiccated coconut
½ cup raisins
½ cup grape juice

Peel and finely dice the apple and pear. Mix in the rest of the ingredients. Refrigerate until serving. Add a little more wine immediately before serving.

OUTDOOR ACTIVE

Have a practice afikoman hunt! Hide your little one's favourite toy in the garden/ lounge room/ balcony and have your toddler look for it. Feel free to play music in the background to get your toddler moving! You can do a few rounds to make sure your toddler is running around and getting as much exercise as they need.

SOCIAL

Jump on Zoom with relatives such as Grandma and Grandpa and ask them to tell your toddler a story about their favourite Seder!

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DAY FOUR: MA NISHTANA

SESSION 1

STARTER: What's the BEST song on the Seder night!? That's right! MA NISHTANA! Have a small discussion with your little one about Ma Nishtana. Have they heard the song before? How does the song go? Ma Nishtana is a song that is usually sung by the youngest member of the family, but sometimes the whole family joins in! The song poses 4 questions that are written as if they came from the mind of a child:

1. Why do we eat Matzah tonight, and not chametz as we do usually?
2. Why do we eat Marror? (Ewwwww)
3. Why do we dip our veggies twice?
4. Why do we lean when we eat instead of sitting nicely?

**Run activities for 20 minutes each, with short transition breaks in-between*

SING AND DANCE THE MA NISHTANA

YouTube: https://www.youtube.com/watch?v=zpxsH3i_zGc&feature=youtu.be

Watch Ma Nishtana on repeat to learn the tune and the words. Start singing it faster and faster encouraging your toddler to clap and dance with you.

SENSORY MA NISHTANA

Grab your playdough and help your toddler mold matzah and marror. Prepare a bowl of water for 'dipping twice' and a vegetable that your toddler can dip in the water. The last element you need is a chair that you can decorate with pillows and sheets. Set each of the four elements at different points around the room, and begin singing the song. At every verse, your toddler should run to the next station and hold up the element, or act with it.

INDOOR ACTIVE

Baby Yoga
Head shoulders knees and toes
Hockey Pockey
Wiggles

SESSION 2

MA NISHTANA CARDS

Materials needed: 4 big cards (cut an A4 piece of paper/ cardboard in half), Coloured markers

Each of the 4 cards should correspond to a question in Ma Nishtana. On one side draw what we 'usually do' according to Ma Nishtana and on the other side draw what we do on seder night also according to Ma Nishtana.

What we usually do: eat chametz, we don't eat marror, dip once, we sit to eat

What we do at the seder: we eat Matzah, we eat marror, we dip twice, we lean

Your toddler can use these cards at the seder when they are singing, and flip them around as they go through the verses.

Credit: Etta Ben David

OUTDOOR ACTIVE

Ma Nishtana Fruit Salad: Find 4 toys/ pictures that resemble the 4 questions in Ma Nishtana. Place them in 4 corners of your lounge or garden. Call out the name of one and have your toddler race to the toy/ picture. Repeat this until all 4 have been covered and feel free to do a few more rounds!

SOCIAL

Have a zoom playdate with your toddler's friends from daycare and have a song contest of who can sing Ma Nishtana the loudest, the softest, the squeakiest or the most high pitched.

DAY FIVE: THE PESACH STORY

SESSION 1

STARTER: Let's learn about the story of Pesach! Sit your little one down on a comfy mat or chair and share with them the story of Pesach. Feel free to use a storybook if you have to read the story, or follow the story below as a guide.

The Jewish people lived in a country called Egypt (if you have a map or globe, you can show where Egypt is in relation to where Israel is/ where you live). There was a man named Pharaoh that wasn't so nice to the Jews and made them work really hard for him. One day a Jewish baby named Moshe was born. When Moshe was all grown up he came to Pharaoh and asked him to let the Jewish people go so they wouldn't have to work anymore. Pharaoh said no, but Moshe asked again until the ten plagues were sent. After this, Pharaoh said that the Jews could leave Egypt. So the Jews left and walked all the way to Israel!

**Choose 2-3 activities for 20 minutes each, with short transition breaks in-between*

THE TEN PLAGUES SENSORY BIN

WARNING: This may get a little messy :)

Find a big plastic tub and fill it with the base sensory product. This can include: shredded paper, rice, lentils, pasta, oatmeal, mud, sand, coffee beans, dried coffee grounds, Cheerios, water, beads, buttons, artificial flowers/fruit/vegetables, ribbons, pom poms, small wooden blocks, foam shapes, magnetic letters, cotton balls, fabric scraps

In addition to this, find items around your house that resemble each of the ten plagues. These can be toys, food, bits and bobs, pictures, etc. Don't forget to put a big tablecloth or sheet underneath the bin to minimise the mess. Let your toddler splash around and find the ten plagues! Count them together once they are found and recap what they are.

Coconut Pyramids from Ancient Egypt!

Ingredients: 3 egg whites, beaten until peaks form, 1 Tbls. sugar, 1 tsp. vanilla, 3 cups sweetened coconut

Method: Preheat oven to 300° F; line baking sheet with parchment paper. While egg whites are almost beaten, add sugar and vanilla and continue beating until peaks are formed. Do not overbeat. Fold in coconut and mix; lightly spray a shot glass with cooking spray and fill the glass (approximately 2 Tbls.); invert glass on baking sheet releasing the coconut mound; wet fingers with a few drops of water and shape into a pyramid (triangular shape); bake 30 minutes or until golden brown. Remove from oven and cool.

SESSION 2

PESACH THE MUSICAL

Toddler level: You and your toddler can pretend to be Jews or the Egyptians in the story, and walk around the house/ garden carrying heavy bags. Finally, you can throw your bags on the floor and run around singing and celebrating your freedom. Feel free to grab any musical instruments you may have and play away!

Preschool level: Dress up as the characters of the Pesach story with dress-ups or clothes that you have. Act out the story of Pesach and bring in either siblings to join you or friends via Zoom! Encourage lots of singing and dancing, and musical instruments.

PESACH PUPPETS

Make the characters of the Pesach story come alive as puppets!

Materials needed: Print outs (<https://withloveima.com/passover-story-character-puppets-2/>), scissors, popsicle sticks, coloured pencils or markers

Have your toddler colour in the characters. When they are finished cut the characters out and stick them onto the popsicle sticks. Once you have finished, tell the Pesach story again, this time using the puppets as props. Feel free to bring them along to the Seder too! For more info click here.

OUTDOOR
ACTIVE

Take your kids on a walk (restrictions permitting) and pretend that you are the Jews leaving Egypt. Choose a destination to be Israel (for example: the local store) and pretend that you are walking to Israel.

SOCIAL

Share pictures with family and friends of what you did today/are doing right now.