

# URBAN NATURE ADVENTURES

*Experience Jewish outdoor education in  
our city's urban green spaces.*

## BOOKING INFORMATION

Urban Nature Adventures are 1-2 hours long and can be booked year-round.  
Program fees are calculated based on program length  
and number of participants.

For more information or to make a program booking,  
please e-mail [education@shoresh.ca](mailto:education@shoresh.ca) or call 416-805-8382.



All Shoresh programs are **hands-on, fun and creative,**  
and **rooted in Jewish ethics, texts, rituals, and holiday celebrations.**

Choose one of the following programs for your group or be in touch with us to create a customized program.

*For elementary day school teachers, Ontario Ministry of Education Science and Technology Curriculum links are in italics.*

## ADAPTABLE FOR ALL AGES!

### **AWE AND WONDER**

Rabbi Abraham Joshua Heschel taught the importance of interacting with the world from a place of radical amazement. Meet a Shoresh mentor for an Urban Nature Adventure to question, explore, and discover the natural world and see how many times you find yourself saying "WOW!"

### **T'FILAH B'TEVA: PRAYER IN NATURE**

Rabbi Nachman of Bratslav taught that prayer is transformed when one is outdoors, in the presence of grasses, trees, and plants. Explore Jewish prayer in one of our urban green spaces and deepen your connection with both Creator and Creation.

### **PROTECTING OUR POLLINATORS FANTASTIC FOR ROSH HASHANAH!**

On Rosh Hashanah, we enjoy apples dipped in honey...neither of which would be possible without our pollinator friends! Learn about the different native pollinators that live in our urban green spaces and/or visit a local apiary, to better understand what we can do to ensure a happy, healthy new year for both humans and pollinators alike.

### **WILD EDIBLES FANTASTIC FOR SUKKOT!**

Who doesn't love a free nosh? Explore one of our urban green spaces with a Shoresh mentor to learn about the nutritional and medicinal properties of some of the plants, shrubs, and trees that make up our local ecosystem. This program is both educational and delicious!

### **LIVING WATERS FANTASTIC FOR ROSH HASHANAH OR SHEMINI ATZERET!**

On Shemini Atzeret we begin praying for rain, reminding us how important water is to our survival. Hike along the Don River, or follow the path of Garrison Creek (which flows underground through downtown Toronto!) and discover firsthand how water flows through our community, and how the choices we make shape and affect our watershed. Can include *Tashlich* ceremony for Rosh Hashanah.

### **WINTER TREE WALK FANTASTIC FOR TU B'SHVAT!**

Celebrate the birthday of the trees by venturing into the cold outdoors to visit with the trees that support and sustain our communities! Learn to identify trees in the winter, look for signs of the animals that call our trees home, and say thank you to the trees for all they do for us.

## RECOMMENDED FOR CHILDREN & FAMILIES

### **ROOTS & SHOOTS** Preschool and Kindergarten

Using all five senses, discover the many sababa (amazing) plants and creatures that live in our urban green spaces. Discover where and how plants grow while searching for patterns in the natural world.  
*Patterns, Cycles, and Natural Occurrences.*

### **PLANTS & PEOPLE** Grades 1 and 3

According to the Talmud, we are forbidden to live in a city without green spaces. Deepen your relationship with the natural world by tuning in to nature's cycles and seasons, discovering what plants need to survive, and getting dirty with soil exploration. *Grade 1 - Needs & Characteristics of Living Things; Daily & Seasonal Changes.*  
*Grade 3 - Growth & Changes in Plants; Soils in the Environment.*

### **CREATURES & CRITTERS** Grades 2 and 4

The Talmud teaches us that every creature has a purpose. Discover some of the many different animal, bird, and insect species that live in our urban green spaces, and how the choices we make affect the health of their habitats.  
*Grade 2 - Growth and Changes in Animals; Air and Water in the Environment.* *Grade 4 - Habitats and Communities.*