

SENSE AND SEEK

In Jewish tradition, we have lots of different *Brachot* (blessings) that we can say when we eat various foods. There are also special blessings that we can say when smelling or seeing something beautiful, amazing, or interesting! For this activity, you will use your eyes, noses, mouths, ears, and hands, to explore the nature outside or inside your home!

DURATION 20 minutes
AUDIENCE 3 years +
SETTING Outdoors/
Indoors
THEME Sensory awareness

DIRECTIONS

1. Print (or copy) and cut out the attached *Brachot* cards.
2. You can make up your own additional *Brachot* cards for things that feel, sound, or taste* cool too!
3. Decide on an indoor or outdoor area to explore, and set the boundaries for your search.
4. If you can, do this activity with a partner or two!
5. One person takes a few minutes to find something that smells beautiful, something that looks intriguing, and any of the other senses you've decided to include. Hide the corresponding *Brachot* cards near the things you found.
6. The other person searches for the hidden cards, using all of their senses to guide them.
7. Whenever you find a card, stop and read the blessing, focusing on the sense(s) you used to find each thing.
8. Decorate your cards with pictures of things you found for each blessing, and add to them throughout the season!

*If you are including the sense of Taste in your seek, make sure you know that what you are tasting is edible clean, and safe for humans to eat! Ask an adult if you're not sure!

MATERIALS

- Brachot cards, attached
- Scissors
- Markers, crayons, or pencil crayons



We'd love to see pictures of your *Brachot* cards! Tag us on social media [@ShoreshTO](https://www.instagram.com/ShoreshTO).

Follow us on [Facebook](https://www.facebook.com/ShoreshTO) or check out our [blog](https://www.blogger.com/blog) for more Jewish nature-based activities you can do at home!

ברוך אתה ה' אלקינו מלך העולם בורא עשבי בשמים

*Baruch Atah Adonai, Eloheinu Melech Haolam,
Borei Isvei Besamim.*

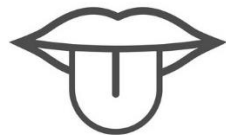
Blessed are you God, Creator of the
Universe, who creates fragrant plants!



ברוך אתה ה' אלקינו מלך העולם עשה מעשה בראשית

*Brucha At Shechinah, Eloheinu Ruach Haolam,
Osei Maaseh Bereishit.*

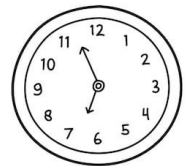
Blessed are you Shechina, Spirit of the
Universe, who makes such creations!



ברוך אתה ה' אלקינו מלך העולם שהחינו וקימנו והגיענו
לזמן הזה

*Baruch ata Hashem, Eloheinu Ruach
Haolam, she'hechyanu, v'kiyemanu,
v'higyanu lazman ha'zeh.*

Blessed are You Hashem, Breath of
the Universe, who grants us life, sustains us, and helps
us reach this day.



(This is a blessing on seeing or doing something for the first time)