Israel from Home!

Israel Activities Kit for Family and Kids That You Can Do from Home
Shalom Le’kolam,

Who could ever imagine this will happen? I don’t know how and where it catches you, but I’m jumping between many emotions. From being very laid-back to very careful, from a big believer to a big pessimist, from wanting to keep to routine as much as I can to understanding that there are changes that need to be made.

But this might be a sign that we need to check ourselves, learn how much we have and with how little we can live, find time to be more creative, open-minded, cautious, and thoughtful. Enjoy our time with our loved ones, learn more about each other, and finally have time to watch that TV series everyone has been recommending about.

As you are experiencing the drastic change in the routine, so is our family in Israel. In such a small country with such warm people, you can only imagine how hard is it to stop the virus from spreading out.

My way to still hug and support you in these insane days is by this kit. Together with the help of other Community Shlichim from the US we’ve collected for you a variety of activities to do with your kids at home, a good and fun way to receive Israel Education.

Don’t worry, we didn’t forget you and added a little section of parents “getaway”.

Hoping that you will find it useful. Take care of yourselves and stay safe and healthy!
Rotem Gabay,
Community Shaliach
Get to Know Israel
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Find The Answers in Israel’s Map

1. Name (find) 4 coastal cities in Israel
2. Name Israel’s most Southern city
3. Name the river that connects the Kineret (Sea of Galilee) and the Dead Sea
4. Name Israel’s Southern region
5. Name Israel’s highest mountain and only ski resort
6. Name the city that is also referred to as the “Capital of the Negev”
7. Name Israel’s seas and lakes
8. What city is referred to as Israel’s first Hebrew city?
9. Name the desert neighboring Jerusalem
10. Name the city situated along the coast of the Kineret
11. What is the lowest point on earth?
12. Name an ancient fortress in the Judea desert whose Jewish residents committed suicide here 2000 years ago, while fighting the Romans
13. Name the countries bordering Israel
14. Name 2 regions in Israel that are north of Haifa
15. Find the sea that is famous for its coral nature reserve
16. Name Israel’s northern town
JORDAN RIVER (Nehar Ha'yarden), TEL AVIV (تل أبيب), JERUSALEM (Yerushalaim), TIBERIUS (Tveriaa), MEDITERRANEAN SEA (HaYam Ha'Tihan), HAIFA (היפה), MOUNT HERMON (Har Ha'Hermon), MASSADA (ממטדה), YADVASHEM (Yad V'shem), WESTERN WALL (Ha'Kotel Ha'Maaravi), GAZA STRIP (Retzuat Azza), MOUNT CARMEL (כרמל), SEA OF GALILEE (Kineret)
Coloring Pages
Word Search
Judaism Word Search
Jewish Holidays
Word Search

shavuot   lag ba’omer   tu bishvat   purim   chanukah   sukkot   shabbat   passover   calendar

holiday   yom kippur   rosh hashanah   jewish
Origami
Star of David Origami Step by Step
with a piece of paper cut to the same size as a dollar bill.

**Step 1** Fold the bill in half lengthwise and unfold again, to make a crease.

**Step 2** Fold the top left corner down to meet the crease in the center (marked with a *). Also, make sure that the crease passes through the bottom left corner of the bill.

**Step 3** Fold the bottom left corner up to meet the top edge, like this:

**Step 4** Fold the top left corner down to meet the bottom edge.

Your bill should now look like this:

**Step 5** If you look closely at the bill, you’ll see that there’s a sort of pocket in it now. Tuck the loose flap into the pocket and fold it in place.

**Step 6** Your bill should now look like a triangle with all sides of equal length.

Fold and unfold your bill in half all three ways, as shown by the dotted lines below. The reason we’re doing this is to mark the center of the triangle.
Step 7: Fold the top point down to meet the center of the triangle.

Fold the other two points to meet the center of the triangle too, so that your bill looks something like this:

Step 8: Turn over the bill. Then fold the top edge down to meet the center point (marked with a *). As you make the fold, let the tip of the star flip out from underneath. You’ll see what I mean in the next photos.

Now fold the bottom right edge to meet the center point, like in the photo below. Also, see how the tip of the star is showing from the previous fold?

Now fold the bottom left edge to meet the center point, as shown below.

As you fold in this last edge, tuck it under the top flap. It’s a bit hard to describe, but see the photo below.

Finished!

Here’s what the finished money origami star looks like from the front and back:
Cut-out Games
Cut your own Israel Puzzle
Israeli Inventions
memory game:
Learn about Waze, Bamba, Cherry tomatoes, USB, Pool cleaner robot
Israeli Games
3 Sticks

**Things you need:** 3 sticks

**Rules:**
- Place the sticks a step away from each other.
- Participants stand in a line and hop over each stick. The last in line sets the distance for the next round by moving the last stick behind his heel and the second stick is moved forward, placed an equal distance between the front and back sticks.
- Each participant needs to pass the sticks with only one step between each of the sticks.
- When the last in line passes the 3rd stick, we move the stick to where his foot landed. The second stick we adjust to the middle.
- The player who touched one on the sticks with their foot is out.
- The winner is the one who stays last and manages to jump the farthest.
A Candle in a Bottle

Things you need: Hanukkah candle, string and a bottle.

Rules:
Tie a string on the waist so it hangs like a tail. To the tail part tie a candle.
Place the bottle on the floor behind the place where you are standing. Each participant needs to get the candle in the bottle without touching it.

The person who gets the candle in the bottle first wins!

For a tournament, consider playing with a different size of circumference.
5 Rocks

Things you need: a flat surface and 5 small rocks.

Rules:
The first player holds all five 5 rocks in his hand and throws them on the floor.
- **First level:** throw one rock up and while its up you have to collect 1 rock from the floor and catch the rock that you throw before it hits the floor, then you throw a rock up again and collect the second rock, and so on until you managed to collect all 5 rocks.
- **The 2nd level:** throw the 5 rocks on the floor, take a rock and throw it up, this time collect 2 rocks at a time.
- **The 3rd level:** do the same and collect 3 rocks at a time and then one rock
- **The 4th level:** this time collect all 4 rocks at the same time.
- **The 5th level:** hold the 5 rocks in your hand, throw a rock up, put all the 4 rocks on the floor, catch your thrown rock, throw it again, and pick up all the 4 rocks on the floor
- **The 6th level:** throw all the rocks up and try to catch the, on your hands palm (the up side), the amount of rocks you caught are the amount of points you get

Who Wins? the player who reaches the highest level!
Joshua Jackson (Jackie) is an Israeli cartoonist best known for his "weekly drawing for the Child." that has been published in Yediot Ahronot since 1963. Every Friday, kids all around Israel are looking for the hidden drawing in Jackie's cartoons.

Let's see if you can find the hidden drawing:

- David cannot find his slingshot. He can't fight Goliath without a slingshot. Help David find the slingshot!
- NYC is such a big place. These people can't find their friend. Can you help them find him?
- Our friend's sword is missing. He can't find it anywhere. Do you see it?
- Two sailors are sailing with their dog. They can't find their Captain anywhere. Can you find him?
Learning Hebrew
<table>
<thead>
<tr>
<th><strong>Hebrew Slang Dictionary</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Achla – אחילת</strong></td>
</tr>
<tr>
<td>Derived from the Arabic word “ahala” – Means cool, fantastic</td>
</tr>
<tr>
<td><strong>Eser – עשר</strong></td>
</tr>
<tr>
<td>Literally “ten” – Means awesome, great, everything is “ten”</td>
</tr>
<tr>
<td><strong>Sababa – سابבה</strong></td>
</tr>
<tr>
<td>This is a popular one used by young and old alike – means cool, great</td>
</tr>
<tr>
<td><strong>Pitzootz – פיצוץ</strong></td>
</tr>
<tr>
<td>Literally “explosion” – Means cool, awesome</td>
</tr>
<tr>
<td><strong>Chaval Al HaZman – חבל על חצман</strong></td>
</tr>
<tr>
<td>Literally “a waste of time” – Means awesome, amazing (this could also mean the complete opposite – depending on the intonation)</td>
</tr>
<tr>
<td><strong>Al HaPanim – על הפנים</strong></td>
</tr>
<tr>
<td>Literally “on the face” – means awful, bad – e.g. “the pizza at that restaurant was &quot;al ha’panim&quot;</td>
</tr>
<tr>
<td><strong>Eize Basa – באסה איז</strong></td>
</tr>
<tr>
<td>Derived loosely from the Arabic “yom asal yom basal” meaning “a honey day, an onion day” in other words – “what a drag”</td>
</tr>
<tr>
<td><strong>Fashla – פשלה</strong></td>
</tr>
<tr>
<td>Means a “screw up” or “mess up” – e.g. &quot;The plumber did a real fashla on the shower hose&quot;</td>
</tr>
<tr>
<td><strong>Shechuna – שכונה</strong></td>
</tr>
<tr>
<td>Literal: Neighborhood, Slang: Unorganized</td>
</tr>
<tr>
<td><strong>Ma ani, ez? סוף נא?</strong></td>
</tr>
<tr>
<td>Usually used to express frustration or anger in certain social settings in order to protest unfair treatment, such as being ignored or treated like a loser.</td>
</tr>
<tr>
<td><strong>Hai beseret –בי ב瑟ט</strong></td>
</tr>
<tr>
<td>Someone who is expecting too much, isn’t connected to the real life</td>
</tr>
<tr>
<td><strong>Walla – וואלה</strong></td>
</tr>
<tr>
<td>Wow, are you serious? / I didn’t know that</td>
</tr>
<tr>
<td><strong>Mapsoot – מצוטט</strong></td>
</tr>
<tr>
<td>To be happy with something</td>
</tr>
<tr>
<td><strong>Laasot Ha’im – לאסוט חיים</strong></td>
</tr>
<tr>
<td>To have a lot of fun</td>
</tr>
<tr>
<td><strong>Le’echol sratim – לEcho לסרטיים</strong></td>
</tr>
<tr>
<td>To feel bad about something that isn’t such a big deal</td>
</tr>
<tr>
<td><strong>Chips – צ’יפס</strong></td>
</tr>
<tr>
<td>Something that is really easy, will take a second to solve/do</td>
</tr>
<tr>
<td><strong>Parah parah – פרה פרה</strong></td>
</tr>
<tr>
<td>One by one, separating things and solving them one by one</td>
</tr>
<tr>
<td><strong>Kapara Alai’ch – כפרה אליך</strong></td>
</tr>
<tr>
<td>I love you / you are the best / please</td>
</tr>
<tr>
<td><strong>Lebalbel et Hamo’ach – לבבלול אתحمدך</strong></td>
</tr>
<tr>
<td>Talk too much, make stuff up</td>
</tr>
<tr>
<td><strong>Ma haluz – מה חלוז</strong></td>
</tr>
<tr>
<td>What’s up with you / What’s next?</td>
</tr>
<tr>
<td><strong>Beteavon – בטאבון</strong></td>
</tr>
<tr>
<td>Have a great and tasty meal</td>
</tr>
<tr>
<td><strong>Met mikinaah – מתמייקה</strong></td>
</tr>
<tr>
<td>“Dying from jealousy” very jealous</td>
</tr>
</tbody>
</table>
Alef-Bet Yoga
NAMASTE
JUST JEWISH DANCE

"Just dance" with Israeli songs

Todo Bom
https://www.youtube.com/watch?v=jvlLgC351Ks

Stam
https://www.youtube.com/watch?v=uf8L32SJ8dY

Tel Aviv
https://www.youtube.com/watch?v=LAZgLbO8Nvw

Ba Kalil
https://www.youtube.com/watch?v=Xwnpq6wOYbU

Kmo Berio
https://www.youtube.com/watch?v=bxWk6FxArE

Silsulim
https://www.youtube.com/watch?v=yzMAf75nqOI

Shmor Na Aleinu
https://www.youtube.com/watch?v=VAtVKgsSMmc

Adama
https://www.youtube.com/watch?v=tHLmPRZ7Qj4

Barbie
https://www.youtube.com/watch?v=1MqGJaPplfE
Science Lab
Bring The Dead Sea to Your Kitchen!

In this experiment we are going to make a raw egg float in a cup of water

**Ingredients:**
- raw egg
- cup
- Water
- Salt
- spoon

**Let’s get started!**
- Fill the cup with water (not all the way so we have room left for the egg).
- Put the egg in the cup.

**What happens to the egg? does it sinks or floats?**
Because of its weight the egg drowns in the cup.

- Let's take the egg out of the cup and this time add 2 tea spoons of salt. Mix the salt in the water and put the egg in again.

**What happens to the egg? does it sinks or floats?**
Now the egg is floating!

**Why did it happen?**
At first the egg sank in the water because it was heavier than the water. When we added the salt in the water we made the water heavier than the egg and that's why it floated!

**Did you know?**
Because the dead sea in Israel is so full of salt, the water is so heavy that people can float in it!
The Desalination experiment

Have you ever wondered how it makes sense that a country with barely any sources of fresh water can have enough water for all of the people who live there? This experiment will give you the answer!

Ingredients:
- Pot with a lid
- water
- salt
- and any other messy thing you want to add to the water

Let’s get started!
- In the pot mix the ingredients.
- **Will you drink this water? probably not unless you are very brave**
- **Can you clean this water? again- probably not.**
- **So how can we make this water drinkable?**
- Boil with the help of an adult our mix in a little pot.
- When the water boils put a lid close to the steam.
- The steam creates water drops on the lid.
- Taste those drops. **What do they taste like? They are sweet!**

How does it happen?
What you did is called Desalination. It’s taking the salt and the dirt out to have sweet water that we can drink. The way you did it was through cleaning the water and purifying it. This is one of the oldest ways to make water good for drinking!
Today they are some more ways, in Israel they use Desalination to produce about half of the drinking water!
Israeli Cooking with the Kids
Chocolate Balls

**Ingredients:**
- 2 boxes graham crackers
- 1 stick of butter
- 12 tsp of sugar
- 6 tsp of cocoa
- 9 tsp of milk
- 1 tsp vanilla
- for decoration: sprinkles

**Instructions:**
- Break the crackers to small crumbles.
- mix all of the ingredients in a bowl.
- take small pieces from the mixture and roll into balls.
- roll the balls in the sprinkles.

Betavon!
**Icebox Cake**

**Ingredients**
For biscuits:
- 250 grams Graham Crackers
- 3/4 cup milk

For the mascarpone cream:
- 225 grams mascarpone cheese at room temperature
- 375 ml. cold whipping cream
- 1 tbsp. instant vanilla pudding powder
- 2 tbsp. powdered sugar
- 1 tsp. vanilla extract

For decoration:
- Cocoa powder

**Instructions**
- Dip the crackers in the milk and arrange the first layer in the baking pan.
- Mascarpone cream: In a mixer bowl whip mascarpone, whipping cream, instant pudding, powdered sugar and vanilla until you get a very firm and stable cream.
- Pour 1/4 of the cream on top of the biscuit layer and straighten the top.
- Arrange another layer of milk-soaked biscuits and over it more ¼ the amount of cream.
- Continue arranging the layers of the cake and finish with a top layer of cream.
- Sprinkle with cocoa powder at the top and serve.

**Recipe Notes:**
- You can keep the cake covered in the refrigerator for 4-5 days.
- Instead of mascarpone you can use natural cream cheese, but the taste will change slightly accordingly.

Betavon!
Burekas

Ingredients
- 1 pack of frozen puff pastry
- 200 grams of feta cheese
- 1 Cup or 250g cottage
- 200g mozzarella
- 1 egg
- 1/4 teaspoon black pepper

Coating
- 1 egg
- 1/2 cup sesame seeds

Instructions
- Mix the cheeses, egg and black pepper.
- Cut the pastry dough to square pieces.
- Fill the dough we about a spoon of the filling fold to a triangle shape and pinch the edge with a fork.
- Brush with egg and sprinkle sesame seeds.
- Bake in a preheated oven on 370 degrees for about 20 minutes or until golden.

Betavon!
Baklava

Ingredients

- 24 Filo leaves
- 225 grams of walnuts
- 225 pistachios
- 200 grams of melted butter
- 1½ teaspoons cinnamon

For syrup:
- 1 ¼ cups (250 grams) sugar
- 1 cup (240 ml) of water
- 90 grams of honey
- 2 tablespoons fresh lemon juice
- 1.5 teaspoons of rose water

Instructions

- Place the nuts and cinnamon in a food processor and grind to a crumb texture.
- Make the syrup: In a small saucepan put all the syrup ingredients. Bring to a boil, wait until the sugar has completely melted and cook for another 4-5 minutes.
- Set aside to cool.
- Preheat oven to 350 degrees.
- Open the filo leaves, cut the papers to the size of you pan. Cover with a damp towel.
- Brush the pan with melted butter. Place 8 layers of filo leaves and brush each layer with melted butter before placing another layer of filo.
- Sprinkle half of the nut mixture, place 6 additional layers of filo over the nut mixture. Sprinkle the remaining nut mixture. Place 8 more layers of filo leaves.
- Finally, top the last layer with melted butter. Using a sharp knife, cut the baklava.
- Bake for 35-40 minutes or until the baklava turns golden and crispy. Immediately pour the syrup over the baklava. Allow to cool at room temperature and soak up the syrup. Garnish with grated pistachio.

Betavon!
Parents Night-In
Israelí Cocktails
Parents Night-In
MIX YOUR OWN ISRAELI COCKTAIL

The Israel Trail
- 20 ml blue Curacao
- 20 ml Irish Cream
- 20 ml Grand Marnier

Jerusalem of Gold
- 2 oz Bourbon
- 2 oz grapefruit juice
- 0.5 oz honey syrup
- 1 egg white
- 0.5 oz lime juice
- 1 oz lemonade

Dead Sea
- 1 oz Gin
- 0.5 oz Cointreau
- 0.5 oz lime juice
- 1 oz Absinthe
- 1 oz pomegranate juice

Tel Aviv Sunset
- 1/5 oz Ouzo 12
- 1 oz lemonade
- 0.5 oz Blue Curacao
- 0.5 oz lime juice
- mint

Israeli Coffee
- 1 oz Dark Rum
- 0.5 oz Sabra Liquor
- 1 oz white chocolate liqueur
- Cinnamon Stick

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Binge Worthy
The A Word - Prime
The A Word is a BBC drama television series based on Israeli series. The series follows a five-year-old boy and how his family cope with the revelation that he has autism.

Inside the Mossad - Netflix
In this documentary, dozens of former agents from the Mossad, Israel's foreign intelligence agency, reveal their top-secret operations.

The Spy - Netflix
In the 1960s, Israeli clerk-turned-secret agent Eli Cohen goes deep undercover inside Syria on a perilous, years-long mission to spy for Mossad.

The Devil Next Door - Netflix
A Cleveland grandfather is brought to trial in Israel, accused of being the infamous Nazi death camp guard known as Ivan the Terrible.

When Heroes Fly - Netflix
Years after a bitter falling out, four Israeli military veterans reunite and travel to Colombia in search of a loved one they'd presumed to be dead.
**The Cake Maker - Netflix / Prime / Vudu**
When a German baker travels to Jerusalem in search of his dead male lover’s family, his growing involvement with them may expose his truth.

**The Women Balcony - Prime / Vudu**
A bar mitzvah mishap causes a major rift in a devout Orthodox community in Jerusalem.

**Lost Island - Prime**
A family in the 80s with five kids get into a crisis when twin brothers fall in love with the same girl.

**The Red Sea Diving Resort - Netflix**
Undercover agents open up a fake hotel to real tourists as a cover to help smuggle thousands of Ethiopian refugees to safety. Inspired by true events.

**Beaufort - Prime**
The story of a group of Israeli soldiers stationed in an outpost prior to the withdrawal of forces of 2000.