



THE LITTLE COMPASS

SHAVUOT PJ PARTY

READY-TO-USE AT-HOME ACTIVITY GUIDE
FOR KIDS AND FAMILIES

www.little-compass.com



IT'S SHAVUOT!

Starter: Shavuot is a festival with many names, many meanings, dozens of traditions and recipes galore! Which ones do we know? (See activity headings below). It is a tradition to stay up all night and study Jewish texts on Shavuot. This custom evolved from the story that says that when the Israelites were at Mt Sinai waiting to receive the Torah, they slept in and had to be woken up! As a correction (tikun) for having overslept, many Jews now stay up all night learning and celebrating the Torah ('tikun' is also Aramaic for 'adorn').



HAVE A SHAVUOT-THEMED PJ PARTY!

Bring mattresses into the living room, pillows, blankets, PJs, everything you need for some cosy fun. You can have your party during the day and do some of these fun activities on the following pages. If you are shomrei chag, some materials will need to be pre-prepared or in general more relevant to be completed before chag.



FESTIVAL OF WEEKS

Starter: The word Shavuot means "weeks" and it marks the end of the Counting of the Omer. We have counted 7 weeks since Pesach! Since there are 7 days in one week, we count '7 days' 7 times to get us to 49 days between Pesach and Shavuot. Shavuot is the 50th day. That's a mouthful: let's work it out!

GET COUNTING

Count to 50 with your kids. If they know or understand a second language, then go for it.



GET MOVING

Do a 7x7 workout on mattresses!

- 7 jumps
- 7 rolls
- 7 arm circles
- 7 air kisses
- 7 starjumps
- 7 frogjumps
- 7 claps

Then a huge high 5 for 50.



CHAG HA'KATZIR: HARVEST FESTIVAL

In ancient times, Shavuot was an agricultural holiday, marking the end of the spring barley harvest, and the beginning of the summer wheat harvest. Children in Israel wear crowns of flowers on Shavuot, symbolising the spring harvest and the crowns of the Torah.



PLAYDOUGH WHEAT

Sensory and fine motor skills fun with playdough focusing on wheat. Grab some white card with a shiny side, or a playdough mat if you have one. Sketch two simple stalks of wheat and show your kiddo how to shape their playdough into the leaves on a stalk of wheat. [See here for inspiration.](#)



FLOWER CROWN

Make a flower crown out of real or fake flowers! Try:

- [a cupcake liner crown](#)
- [a slit paper-flower crown](#)
- [or a daisy chain](#)



YOM HA'BIKURIM: DAY OF THE FIRST FRUITS

Starter: Shavuot was also the first day on which people could bring the bikurim (first fruits) in baskets to the Temple in Jerusalem.

Traditionally on Shavuot, Israeli children wear white clothes and carry a basket or "ten'eh" decorated with flowers or wheat (or sometimes in the shape of a cow!)



BASKET WEAVING

Weave a traditional 'ten'eh' אֲנִיָּה/basket, focused on fine motor skills and dexterity.

For littler ones, check out:

- [this basket made from supermarket mushroom boxes](#) or
- [this basket cut-out idea.](#)

For older kids, check out

- [this paper weaving tutorial](#) or
- [this one from cardboard & yarn.](#)



INDOOR FRUIT HUNT

Place fruit in various rooms of your home. Kids go around the house and gather the fruit into their basket. When all the fruit is collected, bring (or 'parade') them to a specially-assigned place in your home. You can also choose to hunt for non-perishable items and then donate them after chag. (You can also repeat the hunt several times!) If you want to be specific to the Seven Species, you can hide: *wheat, barley, grapes, figs, pomegranates, olives, and dates.*



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ZMAN MATAN TORATEINU: GIVING OF THE TORAH

Starter: On Shavuot, we also mark the biblical story of receiving the Ten Commandments and the Torah at Mt. Sinai



MOUNT SINAI CRAFT

Scrunched tissue paper [Mt Sinai craft with ten commandments](#)

SHOE BOX MOUNT SINAI

Take a shoe box (or smaller) and paint green all over, you might need a couple of layers. Make the tablets or 'luchot' out of toilet paper rolls, sticking cotton wool or filler on top of the rolls to represent the holy "cloud" that hovered above Moses as he received the Torah on Mount Sinai. Cut out paper chain people out of thick cardstock, leaving enough card at the bottom to be folded - so the people can be glued on upright. It will look like they're dancing around Har Sinai! Decorate the box with bright flower stickers, or make your own felt or tissue paper flowers and stick on.

BOOK OF RUTH

Starter: On Shavuot, we read the Book of Ruth. [Here is a short version to print and read/adapt](#). Some of the values we learn from this story are friendship, feeding the hungry, taking care of others, compassion. The tie-in to the values of the Ten Commandments make Shavuot a perfect opportunity to reinforce these and other values like telling the truth, honouring others, and sharing.

DO A MITZVA!

Follow the spirit of Ruth and Naomi and do a mitzvah to mark the day. Clear out your closet and donate clothes to someone in need, clean your room, help a sibling...[Here is a printable list from PJ Library](#) that gets the whole family involved just on Shavuot itself or you can continue for longer.

EAT DAIRY!

Many Jews love to eat dairy foods on Shavuot! What foods are 'dairy'?



MILK A COW

A classic Israeli preschool activity. Mix white paint with water, or dilute milk with water. Pour into a latex glove and seal the top well with a rubber band. Draw on some black 'cow spots'. Position the glove over a bowl or bucket, get a tiny needle and poke tiny holes in the finger 'udders' Start milking!



MAKE PIZZA

Make pizza dough (or buy) add sauce, mozzarella bake and there you have pizza! [A great 4-ingredient pizza base \(using yoghurt!\) can be found in our 'Italy' theme day.](#)



INSTANT ICE CREAM IN A BAG

[Ingredients and video](#) (note: half and half = whipping cream).
THE SCIENCE BIT: Under normal circumstances, water freezes at 0 degrees Celsius. But adding salt to the ice lowers the temperature to -10C, meaning the milk freezes in minutes.



ICE CREAM SANDWICHES

Take your favourite cookie recipe and ice cream (or store-bought for one/both), put ice cream in the middle of two cookies and there you have an ice cream sandwich!



CHEESECAKE CUPS

[Try these delicious, easy, no-bake cheesecake cups](#)