



LITTLE COMPASS

TU BISHVAT TOGETHER

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

www.little-compass.com

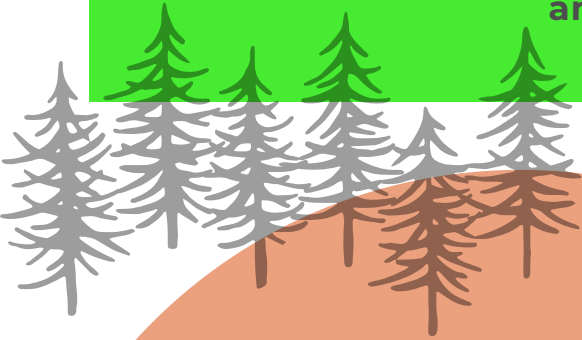


Little COMPASS
PLAY with Purpose



WELCOME!!

Tu Bishvat is a Jewish holiday celebrated on the 15th (tu) of the month of Shvat, and is known in Hebrew as Chag Ha-Ilanot - the 'birthday' of the trees! In Temple (Hebrew: Beit Hamikdash) times, farmers were instructed to dedicate all the fruit from the trees to the priests in the Temple, four years after planting. But then the farmers asked - how should we mark the 'birthday' of each tree? So the rabbis decided that the 15th of Shvat would be **one giant birthday for ALL trees!** Today, we mark Tu Bishvat by celebrating the wonders of nature and our environment!



A FOREST FEAST!

Ever heard of a Tu Bishvat seder? It's not just for Passover! A Tu Bishvat seder also has 4 cups of grape juice or wine, blessings, and we try fruits, dried fruit & nuts to show our gratitude for all the bounty of nature - including the Seven Species. Can you name them? Wrap up warm and take your seder outside this year with a picnic, blanket & plates. You can find an [awesome guide to a Tu Bishvat seder here!](#)





SPROUTING SEED-E CASE

Tu Bishvat is all about appreciating the magnificence of nature.

Get up close and personal with seed growth, from inside your own CD 'greenhouse'! [Full instructions here!](#)

Tips:

- Place enough soil that 1/3 of the case is covered.
- Make sure your seed-e case gets enough light, about 6 hours a day will help your seed grow and grow!



NUTTY FOR NATURE

Paper, crayons & rubber bands are all you need to try these activities on a short walk, great for fine motor skills and development:

- [Collect & paint with your own Nature Paintbrushes](#)
- Flower & leaf crowns
- Tree-cercise! Be a leaf in the wind!
- Leaf rubbings
- Cloud shape-guessing
- [Journey Sticks](#)
- Grass braiding, daisy chains



HERBAL TEA FOR TWO

Tu Bishvat reminds us how the natural world helps us - to breathe, heal and grow. Herbal teas are made from the leaves & seeds of plants. *Always check for allergies before trying out a herbal tea!*

Scavenger Hunt for: chamomile, ginger root, fennel and mint leaves. Rose petals & dried flowers like daisies are a fun addition to herbal tea! Using a strainer, steep your herbs in boiling water for 3-5 minutes. Serve lukewarm for kids, [Gorgeous tea blends inspo here!](#)



CHAG L'ILANOT!

On Tu Bishvat, we celebrate the new year for the TREES! Do you know how many different types of trees are in your neighborhood?



TREASURE TREES

In Israel, children traditionally plant new trees on Tu Bishvat. We challenge you to 'plant' a new tree at home this year - make a tree out of from treasure & materials you have lying around like cereal boxes, pipe cleaners, magnatiles, ...,marshmallows! **Send us a photo** of the wacky tree you and your family come up with! Photo: play-trains.com



MANDALA SEED ART

Find your mandala groove! Sketch out a shape for your mandala, a star or circle. Sort colourful seeds, beans, legumes & nuts & into colors. Spread glue on your paper and work outward, A beautiful, colourful design will appear...just like in nature. Photo: Jigidi

HOW DO LEAVES BREATHE?

In the Torah, people are compared to trees. Can you think why? Just like trees, we breathe, we drink and we have 'roots' of our own! Have you ever wondered how trees drink and breathe? Have fun with [this awesome photosynthesis](#) (THAT'S AN ENORMOUS WORD) activity page, to find out more. You'll need colored paper, scissors, glue & a marker.

GIVING TREE-LY

On Jewish holidays, we try to think of others as well as of our own enjoyment. How about asking an adult for help making one of our tasty Tu Bishvat treats below! If you know someone in quarantine, or just having a tough time, a treat left on their doorstep could be just what they need right now ♥



TU BISHVAT TREATS!

Make and pack a treat for your forest feast Seder or give as a gift - can you think of other fun treats involving the Seven Species - the 'Shivat HaMinim'?



STRAWBERRY FRUIT LEATHER

Take: 2-3 cups strawberries (or any fruit), 2 tbsp lemon juice & 2-3 tbsp honey. Blend in food processor. Take a baking tray covered in parchment paper, pour the mixture out to make a thin layer. Pop the tray into your oven on the lowest temperature it goes to. Leave to dehydrate 4-6 hours. Once dried out, cut into strips & roll!



"TU BISHVAT HIGEEYA" PARFAIT

Perfect treat for a Tu Bishvat seder picnic! Grab a tall glass or plastic jar and start layering: greek yoghurt, berries, banana, fruit, honey/agave & finely chopped nuts until you reach the top!



MUD CUPCAKES!

[Try these yummy mud \(chocolate!\) cupcakes topped with fresh green leaves](#)



FRUIT TREE PLATES

There are over 60,000 types of trees on our planet!! Try making some out of fruit for a yummy, healthy snack! Fir, Evergreen, Palm, Oak, Sycamore... go for it!

[Click for more fruit tree plate inspiration](#)