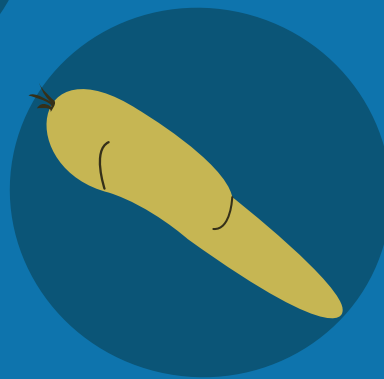


Fun for
PASSOVER

פסח



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THE 10 PLAGUES RELAY RACES

Have you been sitting at your Passover seder too long? Try incorporating these 10 Plagues Relay Races into your seder tradition! Have each tribe (teams of two or more people) come together to fight the 10 plagues! Make sure there is at least one young person in each tribe.

1. Blood

All the water has turned to blood! It is up to you and your tribe to move it!

Materials

- Red food dye
- Buckets (2 per tribe)
- Spoons (1 per tribe)

Add a few drops of red food dye to a bucket of water. Place a second bucket next to it that has a "fill to" line. Give each team a spoon and have them line up running distance from the two buckets. The goal is to have each team move the "blood" from one bucket to the next by each person running with the spoon and moving one spoon of water from one bucket to the next. Have them repeat until they reach the "fill to" line. Make the race easier by keeping the "fill to" line low or only allowing tribe members to walk.

2. Frogs

Frogs, frogs, everywhere! The plague has even turned you into frogs.

It is time to play leapfrog! Have everyone crouch down in a single file line. Have the player from the back of the line leap over each player and then crouch in the beginning of the line. The race is over when everyone has had a turn. Tight on space? Have tribe members leap frog in pairs to a designated location and back. The race is completed by everyone participating.



[Play the frog song during this relay race. <https://www.youtube.com/watch?v=7M19iDgcLM8>]

3. Lice

The lice have infiltrated everywhere, not just your hair. It is up to you and your tribe to work on your close looking skills so you can find all the lice.

Materials

- Buckets (1 per tribe)
- Rice
- Small objects

Lice are sometimes hard to spot! Fill a larger bucket with rice and fill it with random objects. Assign each person on the team an object and have them search for it in the bucket. Want to avoid losing small objects? Create "I Spy" bottles for each team. Visit <http://www.pbs.org/parents/crafts-for-kids/eye-spy-rainbow-bottle/> to learn how.

4. Insects

There are many types of insects, so there are a few different moves. Feel free to pick one insect and go with it or have people alternate what type of insect they are. The race is completed once the entire tribe passes the finish line.

Grasshoppers- make short hops

Ant- run quickly on all fours

Caterpillar- crawl as close to the ground as possible

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5. Cattle Disease

With all the cattle sick, there is nobody left to pull the plows. The tribes will just have to help out!

Wheel Barrow Race: Have members of the tribe partner with someone else. Each pair will take turns “plowing the field.” The first person lays down on the floor while the second person grasps his or her ankles. The person whose hands are on the floor uses their hands to move forward while the other person holds their ankles up. Each pair should go to a designated spot and back. Once each pair has gone, the race is over.

6. Boils

Boils are spreading—fast! It is up to you and your tribe to cover the boils on one of the tribe members.

Materials

- Toilet paper (1-2 rolls per tribe)

Have one volunteer from each team volunteer to be wrapped. They should stand about ten feet away from the tribe. Each person from the tribe should take turns wrapping the person with “boils.” People should vote on the best wrapped person.

Short on time? Make it a timed race and have tribes complete the task quickly.

7. Hail

Although it is Spring, hail is coming down from the sky. You must move the balls of hail quickly.

Materials

- Ping pong balls (1 for each tribe)
- Spoons (1 for each tribe)

Give each tribe a spoon and ball of “hail” (ping pong ball). Each person must walk holding the spoon with the “hail” on the end to a designated point and back. If the “hail” falls, the member of the tribe must go back to the beginning and try again. The tribe has completed the task once everyone has gone.

8. Locusts

The locusts came swarming in all at once! In order to fight the locusts, the whole group must participate. One person starts as the “the Israelite person” while everyone runs around as locusts. Once you are tagged, you must link arms with the Israelite and you have become a person again. The goal is for the whole group to be linked and transform all the locusts into Israelites. To make it indoor-safe, make the game “walking only” and have people join as an Israelite (the attached group) if they run.

9. Darkness

And suddenly, everything went dark. The whole tribe couldn't see anything. This is a game for everyone to join in together. One person from the entire Israelite group is Moses. That person should close his/her eyes and while the rest of the group is scattered around and tries to avoid the tag of “Moses.” Moses calls out “Moses” while everyone responds “Pharaoh.” Make sure that the area you are playing in is clear of objects on the floor.

10. Death of the First Born

In order to avoid the death of the first born, everyone must “pass over” the ball to the next person to mark their doorposts.

Materials

- Beach balls (1 per tribe)

People return to their tribes and stand in a single file line. The person in the front starts with the beach ball and passes it to the person behind them over their head. The second person passes it under through their legs. The pattern alternates until the person in the back receives the ball. At that point, the person with the ball runs to the front of the line and the process begins again until the entire team has passed the finish line.



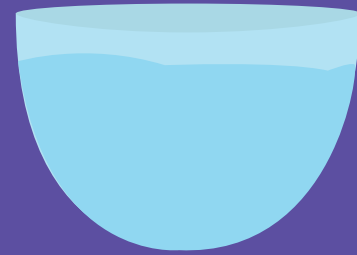
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THE SEDER PLATE

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Salt Water



Olives
to represent world peace



Fair trade chocolate
that represents freedom
for all who are enslaved



Orange

as a symbol of fruitfulness for a time when all members of the community are accepted as equal contributing members in Jewish life no matter their gender or sexual orientation.

Charoset is a sweet combination of fruit and nuts (often apples, walnuts, wine, and cinnamon) that represents the mortar used to make bricks in Egypt.

Chazeret is the bitter vegetable or green, often romaine lettuce that symbolizes the bitterness of slavery.

Baytzah is a roasted egg. The egg itself represents renewal and rebirth while roasting it recalls the Passover sacrifice brought to the Temple during the ancient times.

Maror are the bitter herbs, often horseradish or bitter greens like chicory or endive. It is supposed to be uncomfortable to eat -- bringing tears to your eyes, representing the bitterness of slavery.

Karpas is a leafy green, very often parsley, that represents the freshness of spring. Some families use boiled potatoes, a tradition from Eastern Europe where it was difficult to find fresh green vegetables.

Salt water symbolizes tears and struggles of being enslaved.

Z'roah is a lamb shankbone. It is a symbol of the Passover lamb offering made by the ancient Israelites before they fled Egypt. Many vegetarians use a roasted beet instead.

MATZAH RECIPE

<http://www.thekitchn.com/try-this-homemade-matzo-81256>

Imagine yourself as an Israelite making matzah in a hurry! Grab your family, some flour and water and, in 18 minutes, you can have matzah.

Makes 8-12 flatbreads

2 cups flour, wheat, white, or a mix

1 cup water

Pre-heat the oven to 475°. Have ready a two baking sheets lined with parchment, a rolling pin, and a fork for pricking holes.

When the oven has pre-heated, mix together the flour and water. Knead briefly until the dough comes together into a smooth ball, 3-5 minutes. If the dough sticks to your hands or the counter, add flour a teaspoon at a time until it is no longer sticky.

Cut the dough into egg-sized pieces and sprinkle the counter with flour. Working with one piece at a time, roll out the dough as thin as you can. Transfer to a baking sheet and prick the dough with a fork all over to prevent the dough from puffing in the oven.

Repeat until the baking sheet is full. The breads won't spread, so you can put the breads fairly close together. Bake until crisp, 3-4 minutes.

While the first batch is baking, prepare the second batch. Continue baking and rolling until all the matzo has been cooked (or your 18 minutes are up!).

Try adding a teaspoon or two of salt, honey, spices, or olive oil to the initial mix. You can also try substituting some of the water with yogurt or experiment with different kinds of flour for different flavors and textures.

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TIME TO TOP IT OFF

Try some interesting toppings on your fresh out of the oven matzah, or any other matzah will work!

Before topping matzah, place matzah in oven at 350 degrees for about 10-12 minutes, to get it a bit more crispy and dry so it can hold the toppings

Italian Matzah
Spread matzah with a thin layer of marinara, ¼ cup chopped olives and 1 Tbsp capers and ¼ cup of shredded mozzarella. Bake at 350 degrees for 8-10 minutes, or until the cheese melts. Top with freshly torn basil.

French Matzah

Spread matzah with a thin layer of fig jam and top with sliced brie (about 3-4 pieces). Bake at 350 degrees for about 8-10 minutes until cheese is melted. In a separate bowl, toss together 1/2 cup of arugula and add a drizzle of olive oil, the juice of 1 lemon, and salt and pepper. Toss well and top salad onto matzah.

Thai Matzah

In a small bowl, whisk together ¼ cup coconut milk, 2 Tbsp red curry paste and ¼ cup almond butter and spread a thin layer onto matzo (you may have extra sauce). Then top with shredded carrots, sliced cabbage, green onions, cilantro, chopped roasted almonds, drizzle of sriracha and lime wedges.

Huevos Rancheros Matzah

Spread a thin layer of roasted tomato salsa on the matzah and top with an over easy egg, dollop of tomatillo salsa, cilantro, sliced avocado and hot sauce.

Mediterranean Matzah

Spread a thin layer of baba ghanoush and top with a hard boiled egg, sliced, sliced pickled jalapeños, chopped salad and herb tahini sauce. (If you don't eat legumes on Passover, you may have to skip this one!)

Hawaiian Matzah

Peel and boil 1 purple sweet potato until tender. Once done, mash it well and add ¼ cup coconut milk and 1 tsp sugar and mix well. Spread mashed potato on matzah and top with chopped macadamia nuts and shredded coconut.

<http://www.myjewishlearning.com/the-nosher/matzah-toppings-from-around-the-world-6-ways/>

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QUESTION COLLECTOR

Passover and Spring offer us an opportunity to reflect and think about all the things blossoming around us now and look forward to next year. At your seder, take some time with family and friends to answer the questions below, inspired by lines in the Haggadah in hopes of creating a rich and meaningful conversation around your table. Record your answers and store them with your Passover things to revisit your answers next year!



“All *hametz* in my possession, whether I have seen it or not and whether I have removed it or not, shall be nullified and ownerless as the dust of the earth.”

Identify the spiritual and emotional *hametz* in your life. What are the behaviors, thoughts and practices that are no longer serving you?



What acts of *zedek* (justice) and *gemilut hasadim* (acts of lovingkindness) have you witnessed or participated in this year? How would you like to recommit yourself to *tikkun olam* (repair of the world) in this coming year?



“*Avadim Hayim*—Once we were slaves; now we are free.”

On Passover we celebrate our freedom from slavery. At the same time we recognize all those who still struggle and yearn to be free. What stories do you want to raise up of those who are still enslaved or who are not yet free to be their full selves?



“*Arami oved avi*—My ancestor was a wandering Aramean.”

As we tell the story of Passover, we recognize that wandering has long been a part of our collective story, and that each of us—in every moment—are also on a journey. Look back on what has brought you to this moment. Where are you journeying towards and what do you need to sustain you for your journey?

SONG PARODIES

From our friends at <http://jewbelong.com>

Take Us out of Egypt

(to the tune of "Take Me Out to the Ball Game")

Take us out of Egypt, free us from slavery
Bake us some matzo, in a haste
Don't worry 'bout flavor, give no thought to taste
Oh it's rush, rush, rush, to the Red Sea
If we don't cross it's a shame
For it's ten plagues, down and you're out
At the Pesach game

A Passover Song

(to the tune of "My Favorite Things")

Cleaning and cooking and so many dishes
Out with the chametz, no pasta, no knishes
Fish that's gefillted, horseradish that stings
These are a few of our Passover things.

Matzo and karpas and chopped up charoset
Shankbones and kiddish and Yiddish neurosis
Tante who kvetches and uncle who sings
These are a few of our Passover things.

Motzi and maror and trouble with Pharaohs
Famines and locusts and slaves with wheelbarrows
Matzah balls floating and eggshell that cling
These are a few of our Passover things.

CHORUS: When the plagues strike
When the lice bite
When we're feeling sad
We simply remember our Passover things
And then we don't feel so bad.

Passover Round

(to the tune of "Frère Jacques")

Roasted Shankbone
Hard Boiled Egg
Karpas and Charoset
Bitter Herbs

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GAMES & ACTIVITIES

for the Seder Table

20 Questions

Asking questions is a central theme to Passover. Play 20 Questions using words or ideas from the Haggadah. To play, one person should pick a word (feel free to use any from the list below). The rest of the group has an opportunity to ask 20 “yes” or “no” questions before they make their guess.

Charades

Try acting out the plagues and seeing how fast everyone can guess them. One person mimes a word and the rest of the group tries to guess that word.

Heads Up

Have everyone at the table write down something that relates to Passover on an index card. Shuffle the cards and divide the pile in two. Have one representative from each group hold the cards to their head in a pile with the words facing out. Team members must give clues to the person with the cards to try to guess. Teams alternate in 30-second rounds and the team to finish their pile first wins!

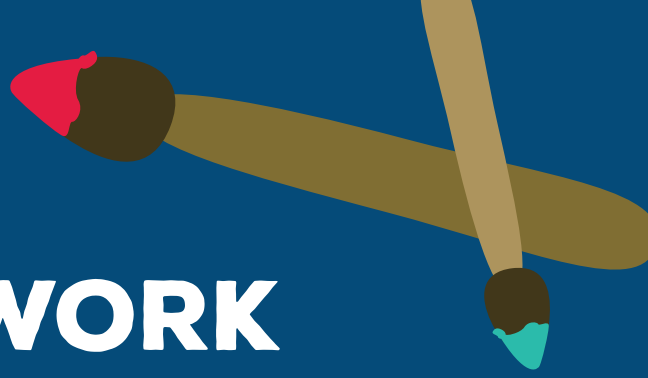
Paper Bag Dramatics

Before the seder, fill a few pillowcases with random objects from around the house. The items could be pencils, sunglasses, forks, flashlights ... really, anything goes. Divide your seder attendees into small groups of 4-5 people and have them create skits of the Passover story using all of the items in the bag.

Words/Phrases

- Pharoah
- Moses
- Aaron
- Miriam
- Blood
- Frogs
- Lice
- Wild beasts
- Cattle disease
- Boils
- Hail
- Locusts
- Darkness
- Death of the firstborn
- Hand washing
- Maror (bitter herbs)
- Kiddush (blessing over the wine)
- Dipping greens in salt water
- Finding the Afikomen (the “dessert matzah”)
- Candlelighting
- Matzah

LET'S DISCUSS PASSOVER ARTWORK



“Miriam Stood from Afar” by Natalia Kadish

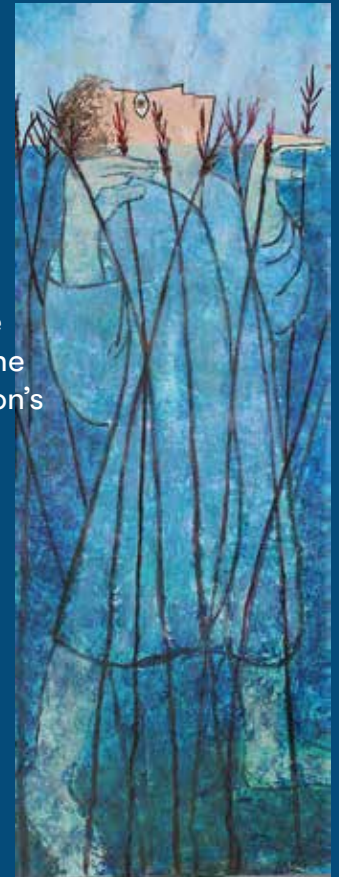
When Moses' family decided to save him by putting him in a basket and floating him down the Nile River, his older sister Miriam said she would follow and watch him along his journey.

- How do we support our family from both near and afar?
- What is something that you have done for a family member?

“Faith at the Sea of Reeds” by Mordecai Colodner

As the Israelites were escaping Egypt, they came to the Sea of Reeds. Before Moses raised his staff, a man named Nachshon ben Aminadav walked into the sea, trusting that it would eventually part. When the water reached Nachshon's neck, the sea parted.

- What is something you have accomplished that was scary?
- How have you made change in your community? Your family? Your friends?
- What is one way you will try to lead the way this year?





“The Splitting of the Sea” by Natalia Kadish

The sea parted and the Israelites sang and danced through the parted waves rejoicing their new found freedom.

- How do you celebrate your freedom today?
- What miracles do you see in your life that you are grateful for?

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Print me out and bring me along to your Seder!

they began, blood, frogs, lice, wild animals, sick animals, boils, hail, locusts, and darkness. After each plague, Moses and Aaron returned to Pharaoh and asked if he would let the Israelites go and he said no. They ran into _____ during darkness, plural noun

found frogs in their _____ and hid when _____ hailed from the sky. It was object plural noun

time for the largest plague yet, death of the first born. The next day, Pharaoh said pack up your _____ and head out of town, this is over. Moses and Aaron went to the noun

people and yelled, “ _____ ! We must hurry!” But as the Israelites left in their exclamation

_____, they hit a roadblock-- the _____ sea was standing in their way vehicle adjective

and Pharaoh and his _____ were right behind them. Moses held out his _____ noun noun

and the sea parted, leaving a _____ pathway for them to walk on. The people adjective

danced to _____ all the way across and celebrated their freedom! Name of song

Chag Sameach

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