



INNOVATIVE SCHOOL
TEMPLE BETH SHOLOM

Jewish Holidays at Home:

The Tu Bishvat Edition 5783

An Innovative School of Temple Beth Shalom/JRS Foundation Level Newsletter

Chag Sameach Families!

Here I am, Jewish Resource Specialist Jen Katz Burk coming to you this time as we approach the birthday of the trees, "Tu Bishvat". My JRS partner, Liset, has been working with the teachers to convey and explore the following ideas with the Foundation level students:

- Trees are living plants that grow
- Trees come in many shapes and sizes
- Tu Bishvat can be thought of as the "New Year" of the trees or the birthday of the trees
- Tu Bishvat is the season for planting trees in Israel
- Seeds grow into trees by way of the planting process
- The almond tree (the shekediya) is the first tree that shows its blossoms in Israel when spring arrives
- Tasting fruit is a tradition during Tu Bishvat.
- Trees are valuable for all living creatures on the earth and provide oxygen, food, and shelter.
- It is important to conserve trees as they are so valuable to our earth.
- In Judaism the Torah is called the "Tree of Life"

See below for ideas on how you can engage the senses and mind to celebrate and honor all the ways in which trees hold special meaning for the Jewish People.

Interesting Online Tu Bishvat Reads

The [Kveller site](#) is your one stop shop for things Jewish – especially around the holidays.

[PJ Library](#) is another great Jewish Resource for Families

The Jewish National Fund [Tu Bishvat Guide](#)

Tu Bishvat Food & Recipes

Here are two links for Tu Bishvat food ideas:

<https://jamiiegeller.com/holidays/favorite-tu-bshevat-recipes/>

<https://toriavey.com/toris-kitchen/recipes/tu-bshevat/>

Tu Bishvat Cookies

Ingredients:

- 1 stick of melted butter
- 1 egg
- 1 cup of rolled oats
- 1 cup of flour
- 1 tablespoon of baking powder
- 1 cup of sugar
- 1/4 cup raisins
- 1/4 cup dried cranberries
- 1/4 cup chopped dates (I like to use Medjool dates)
- 2 tablespoons of unsweetened finely shredded coconut
- Pinch of salt
- 2 Tablespoons of slivered almonds

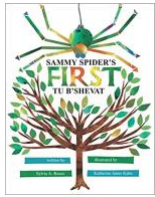
Directions:

Heat the oven to 350°F with the fan.
In a mixing bowl, mix butter, sugar and egg. Mix well so you dissolve all the sugar.
Add the rest of ingredients and mix to a unified batter.
Line a baking pan with baking paper.
With your hands, create small balls and place in intervals on the baking pan.
Garnish each cookie with a few pieces of almonds (you can even create a flower shape with them).
Bake for 10 minutes or until the cookies are lightly golden.
Let cool for 10 minutes and enjoy!

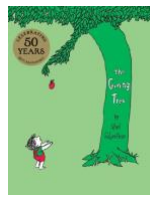
Tu Bishvat Books for Early Childhood

PJ Library has great [Tu Bishvat Children's Literature](#)

Additional Tu Bishvat books for ages 2-5.



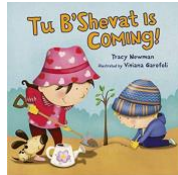
[Sammy Spider](#)



[The Giving Tree](#)



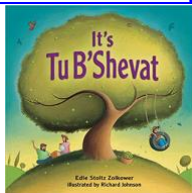
[Tu B'Shevat Trees](#)



[Tu B'Shevat is Coming](#)



[We Planted a Tree](#)



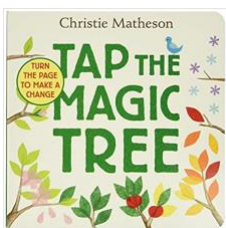
[It's Tu B'Shevat](#)



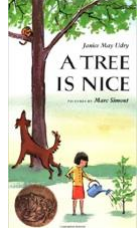
[TREE](#)



[Be a Tree!](#)



[Tap the Magic Tree](#)



[A Tree is Nice](#)

Tu Bishvat Music

[Tu Bishvat Playlist](#)



Tikkun Olam

Acts of Kindness to "Repair the World"

Tree Conservation

In an effort to conserve trees in honor of Tu Bishvat, try this toilet paper made out of bamboo instead of traditional toilet tissue. Learn just how much of a positive impact using more sustainable toilet paper can have on our environment (our family now uses it!)

<https://us.cheekypanda.com/>

Plant Trees In Israel



Jewish National Fund website for info related to

[Forestry and Green Innovations](#)

Tu Bishvat Inspired at-home activities for Early Childhood

Green and Brown Playdough "trees"

Add food coloring after play dough is made and knead (fold and press) play dough until the color is even throughout the batch. Practice rolling dough between the palms to create long pieces and flatten it out to create tree-like trunks and branches. Break off small pieces of the green playdough to create leaf-like shapes.

[Playdough Recipe](#)

[Clean Food Grade Food Coloring](#)

Plant the trees Sensory Bin

<https://happytoddlerplaytime.com/plant-the-trees-sensory-bin-for-earth-day/>

Tree Rubbings

Tape a piece of paper or tracing paper to a tree (or hold it up with your hands), and have children use the side of a crayon to rub over the paper and make the tree rubbing. Have them make tree rubbings of different trees in the area, and then compare the rubbings to see the different patterns and textures each tree has.