



Venture into Passover



*Activities, recipes, information, and more
that will help you learn about and
celebrate Passover.*





Venture into Passover



tool • kit

a personal set of resources, abilities, or skills.

"*Venture into Passover* is a toolkit full of things you can use to learn, play, and celebrate Passover!"

In this kit, you will find activities, recipes, information, and more that will help you learn about and celebrate Passover. If you have questions or are seeking more information, please reach out. jkidphilly is here to help!

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TEN FAST FACTS!

1. **The story of Passover** is the story of when the Jews fled from Egypt and, eventually, into Israel.
2. **The holiday is called Passover** because Jewish households were *passed over* when the plague of killing the firstborn son occurred.
3. **Passover is one of the oldest holidays.** It takes place over 3500 years ago!
4. **Passover begins** on the 15th day of the Hebrew month of Nisan, during the spring season.
5. **Passover is usually celebrated with a seder**, a ritual meal that retells the story as symbolic foods are eaten.
6. **Jews use a Haggadah**, a special book that tells the story of Passover and the rituals, at the seder.
7. **The seder plate** is an important part of the celebration. It includes 6 ceremonial items:
 1. *Beitzah* (bay-tzah): a cooked egg, representing sacrifice and new life
 2. *Charoset* (cha-ro-set): a sweet mix of fruits, nuts, and wine that symbolizes the mortar used by Jews during their enslavement
 3. *Karpas* (car-pahs): a green vegetable signifying spring
 4. *Maror* (mah-roar): bitter herbs (often horseradish) to represent the bitterness of slavery
 5. *Zeroa* (zeh-ro-uh): A shank bone (or a chicken neck) to remember the sacrifice.
 6. *Matzah* (mah-ztah): flat, unrisen cracker-like bread to remember the haste with which the Hebrews had to leave Egypt.
8. **Some modern additions to the traditional seder plate** include an orange (to recognize the LGBTQ+ community) artichoke (to recognize interfaith families), or fair trade chocolate (to remember that there's still slavery around the world.)
9. **At the Passover seder, Jews pour one glass of wine for Elijah**, who it is said will come to signal that there is finally peace in the world. Some seder tables also include Miriam's cup (of water) and/or Ruth's cup. (Read more about Miriam and Ruth here!)
10. **During Passover, Jews are forbidden to eat chametz**, which is anything made from wheat, barley, rye, oats, or spelt that mixes with water and rises.



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The Passover Story

For 2-5 year olds:

A long time ago there was a mean king called Pharaoh. In his land, all Jewish people* were slaves. They had to do everything Pharaoh said and they had to work very hard.

A good man named Moses told Pharaoh that God would send bad things called plagues as punishment for making the Jews be his slaves. The only way to stop the punishment was to let the Jews be free, but Pharaoh said no. The first plague or punishment was that God made the water turn to blood. Then God sent frogs, bugs, and lots of terrible things to the land. God made all the cows get sick and sent terrible storms. Finally, it was too much for Pharaoh and he finally set the Jewish slaves free. The Jews had to leave quickly and they had to take their bread out of the oven before it was ready.

At Passover, Jews eat matzah and other special foods to remember when they were slaves and became free.

For 6-9 year olds:

A long time ago in a country called Egypt, a mean king called Pharaoh ruled the land. Pharaoh worried that the Jewish people would try to rule, so he made a law that all Jewish people would be his slaves. One Jewish mother, to keep her new baby from slavery, put him in a basket by the river. The Pharaoh's daughter found him there and raised him as her own. The baby's name was Moses. For many years, Pharaoh kept the Jews as slaves but one day, God spoke to Moses and told him that he had to tell Pharaoh to let the Jews go.

Pharaoh said no, but Moses warned him that God would send bad things called plagues to Egypt as punishment. He still said no, so first, the water was turned to blood. Then God sent frogs, lice, and flies. He made all the cattle get sick. He sent boils or sores, terrible hailstorms, locusts, darkness, and finally, began killing all the oldest children in each Egyptian family. [The Jewish people were "passed over" and their children were not killed. That's why the holiday is called Passover!]

Finally, the Pharaoh had enough and let the slaves free. They had to leave quickly before Pharaoh changed his mind, so they packed what they could and took all their bread out of the oven before it was ready. When they reached the sea, Moses stretched his arm out and the waters split apart so the Jews could cross to freedom! On the other side, Miriam, Moses' sister, played her timbrel [tambourine] to celebrate their escape and each year at Passover, Jews eat special foods and retell the story to remember the time when they were slaves in Egypt and found their way to freedom.

For ages 10+

A long time ago in Egypt, Pharaoh ruled over all the Egyptians and the Jewish people, who lived in a part of Egypt called Goshen. Pharaoh was cruel and fearful and he worried that the Jews would rise up and fight him and so he made a law that all Jewish baby boys should be killed and all the Jewish people would be his slaves. One new mother, afraid for her baby's life, put him in a basket by the river so he wouldn't be killed. That baby was named Moses. His sister, Miriam, followed him down to the river to watch over him and make sure he was safe until she saw that a woman, the Pharaoh's daughter, picked him up and took him home to raise him as her own.

As Moses grew, he knew the way the Pharaoh treated the Jewish people was wrong, so he left the Pharaoh's palace and became a shepherd. One day, when he was tending his sheep, he heard the voice of God telling him that he had to go back to Egypt and demand that the Pharaoh free the Jewish slaves. So, Moses did just that.

Pharaoh did not want to let the Jewish people go, though. He wanted to keep them as his slaves. Moses warned him that God would send plagues as punishment, and when he still refused, the plagues began. First, water was turned to blood. Then God sent frogs, lice, and flies. He made all the cattle get sick. He sent boils or sores, terrible hailstorms, locusts, darkness, and finally, began killing all the firstborn children. In order to protect their babies, Jews painted the blood of a lamb over their doorposts so the angel of death would "pass over" their homes. [That's why the holiday is called *Passover!*]

Finally, Pharaoh relented and agreed to set the Jewish slaves free. They knew they had to hurry and leave before he changed his mind, so they packed what they could, took all their bread out of the oven before it had risen, and fled.

As predicted, Pharaoh *did* change his mind and as the Jews neared the sea, the army was close behind. The Jews didn't know how they were going to escape, but just then, Moses stretched his arm out over the sea and the waters parted, allowing the Jews to cross. Once they were across, the waters spilled back down, trapping the Pharaoh's army.

When the Jews got to the other side, Miriam, Moses' sister, played her timbrel [tambourine] to celebrate their escape as they set off to find their new homeland. Each year at Passover, Jews eat special foods and retell the story to remember the time when they were slaves in Egypt and found their way to freedom.

*The terms *Hebrews*, *Israelites*, and *Jews* are often used interchangeably, but they can have slightly different meanings depending on the context. Many times, the story of Passover is told using the words *Hebrews* or *Israelites*, which tend to have more historical implications. In this toolkit, we use the word *Jews* and/or the *Jewish people*, which is more accessible to children and encompasses both the religious and ethnic dimensions of the Jewish people.



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Passover Around the World

In **Gibraltar**, Passover seders feature charoset with actual brick dust in it. Some use the same brick for decades, shaving off little bits of dust with a knife every Passover to put in the charoset.

Some interpretations of the Passover story say that Egyptians gave their precious metal jewelry away to encourage the Jews to leave quickly so the plagues would end. Today, some Jews in **Hungary** lay out all their finest silver and gold on their seder table as a reminder of this part of the story.

Some Jews in **Poland** reenact the crossing of the Red Sea in their living rooms by pouring water on the floor and saying the name of the towns they would pass while making their crossing.

Sephardi Jews originally from **Afghanistan** and **Iran** conjure images of the enslaved Israelites being whipped by actually slinging green onions at each other!

In **Spain**, the seder leader walks around the table three times with the seder plate in hand, tapping it on the head of each guest. The tradition, is said to bless those whose heads are tapped.

Jews in **Ethiopia** break all of their old dishes and cooking utensils and purchase new ones, symbolizing breaking away from the past and getting a fresh start.

In **Yemen**, Jews don't use a dish for their seder plate. Instead, the vegetables are arranged all over the entire table. In the time of the rabbis, food was commonly served on trays that were set on stools to create individual tables for eating.

Jews in **India** add a symbolic cup, called Pharaoh's Cup, out of which wine is poured and into the other glasses. In this way, the power and stubbornness of the cold-hearted Pharaoh is diminished.





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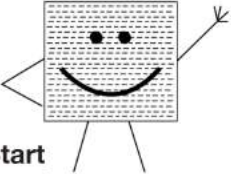
The Passover Seder


The Passover seder is the ritual retelling of the story of Exodus and follows a very specific order. In fact, the word seder literally means order. This printable placemat helps kids follow along with the seder. (This link will take you to a larger version.)




Order of the Seder

Start Here!






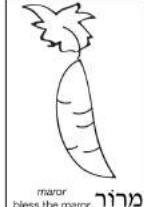
kadosh
bless the wine or grape juice
קדוש




karpas
dip a green vegetable in salt water
כרפס




maggid
tell the Passover story
מגיד




maror
bless the maror
מרור




hallel
sing songs
הלל




tzafun
find the afikoman
צפון



urchatz
wash your hands
ורחץ




rabtzah
wash your hands and say a blessing
רחצה





motzi matzah
bless the matzah
מוציא מצה


End Here!




nirtzah
End the seder, think about the future: Next year in Jerusalem!
נרצה









Visit jkidphilly.org for resources and more.



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Keep Learning! The Four Questions

The Four Questions are traditionally recited or sung by the youngest person at the table near the beginning of the seder. They are the starting point for telling why this night is different from all other nights.

Mah nishtanah halailah hazeh mikol haleilot?
How is this night different from all other nights?

מה-נשתנה הלילה הזה מכל-הלילות?

- 1** *Sheb'chol haleilot anu ochlin chametz umatzah, halailah hazeh, kuloh matzah.*
On all other nights, we eat chametz (leavened foods) and matzah. Why on this night, only matzah?
- 2** *Sheb'chol haleilot anu ochlin sh'ar y'rakot, halailah hazeh, maror.*
On all other nights, we eat all vegetables. Why, on this night, maror (bitter herbs)?
- 3** *Sheb'chol haleilot ein anu matbilin afilu pa'am echat; halailah hazeh, sh'tei f'amim.*
On all other nights, we don't dip even once. Why on this night do we dip twice?
- 4** *Sheb'chol haleilot anu ochlin bein yoshvin uvein m'subin; halailah hazeh, kulanu m'subin.*
On all other nights, we eat either sitting upright or reclining. Why on this night do we all recline?

- 1** שבכל-הלילות, אנו אוכלין חמץ ומצה; הלילה הזה, כלו מצה.
- 2** שבכל-הלילות, אנו אוכלין שאר ירקות; הלילה הזה, מרור.
- 3** שבכל-הלילות, אין אנו מטבילין אפלו פעם אחת; הלילה הזה, שתי פעמים.
- 4** שבכל-הלילות, אנו אוכלין בין יושבין ובין מסבין; הלילה הזה, כלנו מסבין.





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Keep Learning! Cherut (cheh-ROOT) Freedom

Cherut, freedom, is more than just not being slaves, but also being able to make meaningful choices in life and stand up for what we believe. In the story of Passover, Moses stood up to Pharaoh and told him that what he was doing to the Jews was wrong. In this way, he was also demonstrating *Ometz Lev*, the Jewish value of courage.

When the Jews reached the Red Sea and found that they could not cross, Moses stepped forward courageously and parted the water so that the Jewish people could pursue their freedom. In what ways do you seek *cherut* (freedom) in your life? Does it take courage for you to do that?

Activity: Moses Parts the Red Sea

Color and cut to create this scene of Moses parting the sea and leading the Jewish people to freedom. (Full size printables are at the end of the toolkit.)

1. Color the Moses puppet and cut it out.
2. Tape a popsicle stick or straw to the back.
3. Color the water.
4. Cut along the dotted line.
5. Slide the popsicle stick into the slit on the page and move it to make Moses cross the sea.





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Keep Learning! Miriam's Cup and Ruth's Cup

Most seder tables include a goblet of wine called "Elijah's Cup." During the meal someone will open the door to welcome the prophet Elijah, whom it is said will signify a time when there will be peace in all the world. Some traditions also include these other two cups on the seder table.

Miriam's Cup

This cup is named for Moses' sister, Miriam. It is filled with water and serves as a symbol of Miriam's Well, which was the source of water for the Jews in the desert after they crossed the Red Sea. There are many legends about Miriam's Well. It is said to have been a magical source of water that followed the Jews for 40 years because of Miriam's goodness. The waters of this well were said to be healing and life-giving. Miriam's Cup is a symbol of all that sustains us through our own journeys.



Ruth's Cup



Ruth was a non-Jew who married an Israelite in her homeland of Moab (*Mo-ahb.*) After her husband's death, Ruth accompanied her mother-in-law, Naomi, when she returned to Israel. Because of Ruth's declaration to Naomi: "Wherever you go, I will go; wherever you lodge, I will lodge; your people shall be my people, and your God my God" (Ruth 1:16), she is considered the first convert to Judaism. We open the door during the seder to signify our welcome of Ruth and all who follow in her footsteps—those who become part of our people, part of our diversity.



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Miriam's Timbrel

Make a tambourine to celebrate with just like Miriam did when the Jews escaped to freedom!

Materials

2 paper plates, hole puncher, 4 medium-sized bells, ribbon, markers

Steps

1



Put two paper plates together and punch four holes through both plates, equally spaced around the rim.

2



Thread a ribbon and a bell through each set of punched holes and tie a tight knot.

3



Decorate the outsides of the plates and shake your timbrel!





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Keep Learning! Mimouna

Many of us look forward to eating chametz (leavened foods) when Passover ends, but in Morocco and other North African countries, Jews mark the return of eating chametz with a holiday called Mimouna.

Mimouna or *Noche de Mimouna* (in Moroccan Ladino) is a festival in the Moroccan Jewish tradition. It is a joyful celebration that expresses the spirit of the community, and celebrates the values of joy, hospitality, generosity, and friendship.

Mimouna celebrates an enduring belief in freedom of the Jews and of all people in the world who are still not free. It also celebrates optimism, focusing on spring and harvest as well as peace among people. In fact, throughout Morocco, Muslims would bring *moufleta* and other cookies to their Jewish neighbors to help them celebrate beginning to eat *chametz* again.

Mimouna is a joyous celebration, full of sweets, family visits, gifts, and decoration.



MIMOUNA RESOURCES

- Explore the [history and traditions of Mimouna](#).
- Check out [PJ Library's Mimouna hub!](#)
- Make [stuffed dates](#) for Mimouna.
- Learn how to celebrate with [this demo](#).
- Celebrate Mimouna with [Shalom Sesame!](#)
- Learn how to make the classic Mimouna dish, *moufleta*!
- Learn about Mimouna through [this lesson plan](#).
- Find even more Mimouna recipe ideas [here!](#)



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Activity: Bedikat Chametz

It is traditional to rid our homes of all leavened bread, or chametz, before Passover begins with a search and burning of any chametz found. This is a fun scavenger hunt-like experience you can do as a family!

Materials: candle, wooden spoon, feather, paper bag [\(click here to learn why we use these materials.\)](#)

Grownups: hide 10 pieces of *chametz* for kids to find. This could be pieces of bread, cereal, crackers, etc. Say this blessing together before searching:

Blessed are you, Lord our God, sovereign of the universe, who has sanctified us with Your commandments, and commanded us to remove the chametz.

ברוך אתה יהוה אלהינו
מלך העולם, אשר קדשנו
במצו תו וצונו על בעור חמץ.

Baruch atah adonai, Eloheinu Melech ha'olam, asher kidishanu b'mitz'votav v'tzivanu al bi'ur chametz.

Light the candle and turn out the lights while kids search for the *chametz*. If you are not comfortable using a candle, use a flashlight instead. Use the feather to scoop the *chametz* into the wooden spoon and then dump it into the paper bag. Say this blessing*:



May all the chametz that I have not seen or removed become like the dust of the earth.

Kol hamira va-hami'a d'ika vir'shuti, d'la chamitei u-d'la vi'artei, u-d'la yedana lei, leevteel/ ve-le-hevei hefker k'afra d'ar'a

כל-תמירא וחמיעא דאכא ברשותי,
דלא חמיתה ודלא בערתה, ודלא
ידענא לה, לבטיל ולהוי הפקר
בעפרא דארעא.

The next morning, very carefully burn the paper bag outdoors. Say this blessing:

All leaven in my possession whether I have seen it or not, whether I have removed it or not, is hereby nullified and ownerless as the dust of the earth.

Kol hamira va-hami'a d'ika vir'shuti, dahamitay oodilah hamitay, dv'a'areetay oodilah ba'areetay, leevteel u-le-havei hefker k'afra d'ar'a

כל-תמירא וחמיעא דאכא
ברשותי, דחמיתה ודלא חמיתה,
דבערתה ודלא בערתה, לבטיל
ולהוי הפקר כעפרא דארעא.

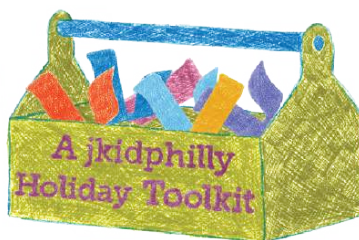
* *The blessings here are recited in written in the ancient language of Aramaic, so they might be a little trickier to read than Hebrew.*



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More Resources

More to learn, play, cook, read, watch, and listen!

LEARN

- Prepare for Passover with [this checklist](#).
- Get ready for Passover with [this social story](#).
- Learn about each part of the [seder plate](#).
- Incorporate [this Passover play](#) into your seder to learn the Exodus story.
- Use [these ideas](#) to include your young children in your Passover observance.
- Make your seder [more inclusive](#) of guests with disabilities.

PLAY

- Passover [Pinterest](#) board.
- Check out the [jkidphilly calendar](#) to see what we have going on for Passover.
- Make a [welcome sign](#) for your seder.
- Create a [seder plate spinner](#).
- Play [bingo](#) during the seder!
- Tell your own Passover story with [this comic strip](#).

WATCH/LISTEN

- Watch a depiction of Moses' [story](#).
- Use [this song](#) to learn the Four Questions.
- Find out [what to expect at the Passover seder](#).
- Spice up your Passover with our [Spotify playlist](#).

READ

- [Around the Passover Table](#)
- [Passover Around the World](#)
- [Raquela's Seder](#)
- [A Sweet Meeting on Mimouna Night](#)
- [Workitou's Passover: a Story from Ethiopia](#)

COOK

- Build your own [solar oven](#) to bake matzah.
- Try one of these [charoset recipes](#) from around the world.
- PJ Library offers a wide selection of [kid-friendly Passover recipes](#).
- Check out these [nut-free charoset recipes!](#)

LINKS

- [5 Unique Passover Traditions from Around the World](#)
- [How Passover is Celebrated Around the World](#)
- [10 Passover Customs from Around the World](#)
- [Multicultural Passover Traditions](#)
- [The Passover Seder](#)
- [More about Miriam's Cup](#)
- [More about Ruth's Cup](#)
- [More about Mimouna](#)
- [The Four Questions and more](#)





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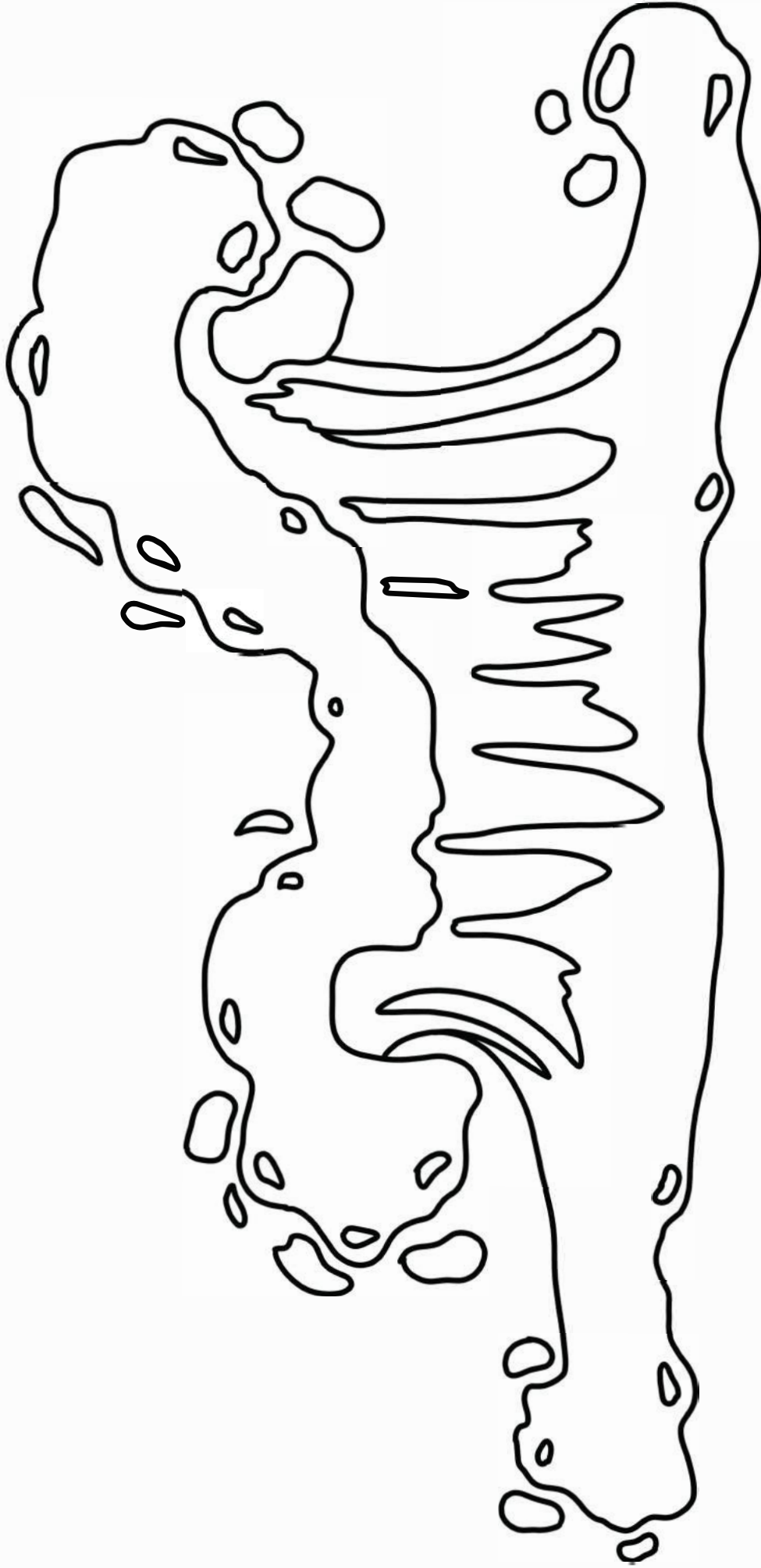


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