



Note From us

Shalom

The Jewish Federation of Greater Houston and the Evelyn Rubenstein JCC wish you a Yom Ha'atzmaut Sameach! There is no doubt that this year's Yom Ha'atzmaut is going to look different for all of us.

Together with the help of other Community Shlichim from the US, we have collected a variety of activities that kids can do at home and have some fun and learn about Israel!

We hope you can print the packet, gather materials including pen or pencil, markers, crayons, scissors, paper and a few more items listed on the science experiments and cooking pages, and have fun learning about Israel.

We would love to see your finished pages, coloring sheets, origami creations and action shots of you and your family baking, doing yoga, or trying an experiment together. Send your photos to hlevy@houstonjewish.org.

Hoping that you will find this packet fun and useful.
Stay safe and healthy.

Hadas Levy, Jewish Federation of Greater Houston
Gil Brav, Evelyn Rubenstein Jewish Community Center of Houston



Jewish Federation
OF GREATER HOUSTON



EVELYN RUBENSTEIN JCC
HOUSTON



ISRAEL ACTIVITIES KIT FOR FAMILY AND KIDS
THAT YOU CAN DO FROM HOME

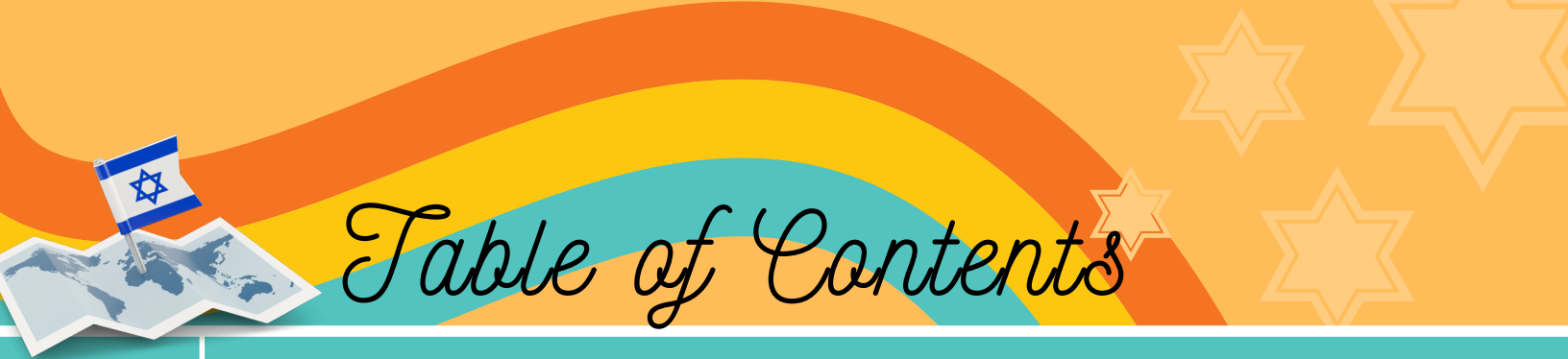


Table of Contents

GET TO KNOW ISRAEL | 4-7
Learn about Israel's Map

COLORING PAGES | 8-14

WORD SEARCH | 15-18

ORIGAMI | 19-21

CUT-OUT GAMES | 22-25
Israel Puzzle
Matching Game

ISRAELI GAMES | 26-30
3 sticks
Candle in a Bottle
5 Rocks

LEARNING HEBREW | 31-32
Hebrew Slang

ALEF BET YOGA | 33-36

SCIENCE LAB | 37-39
Dead Sea experiment
Desalination experiment

ISRAELI COOKING WITH KIDS | 40-44
Chocolate balls
Icebox Cake
Burekas
Baklava



Get to Know

ISRAEL

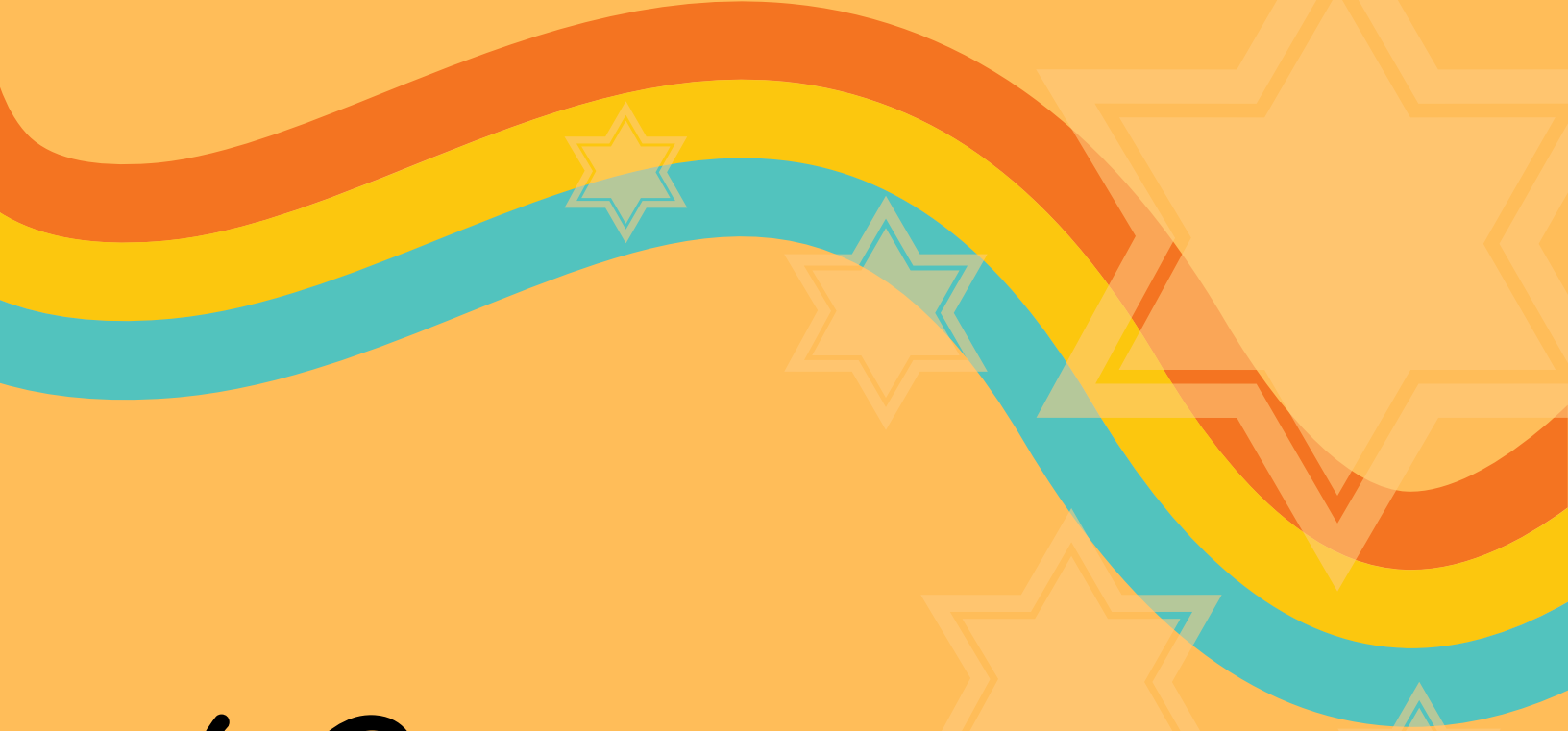


Find The Answers in Israel's Map

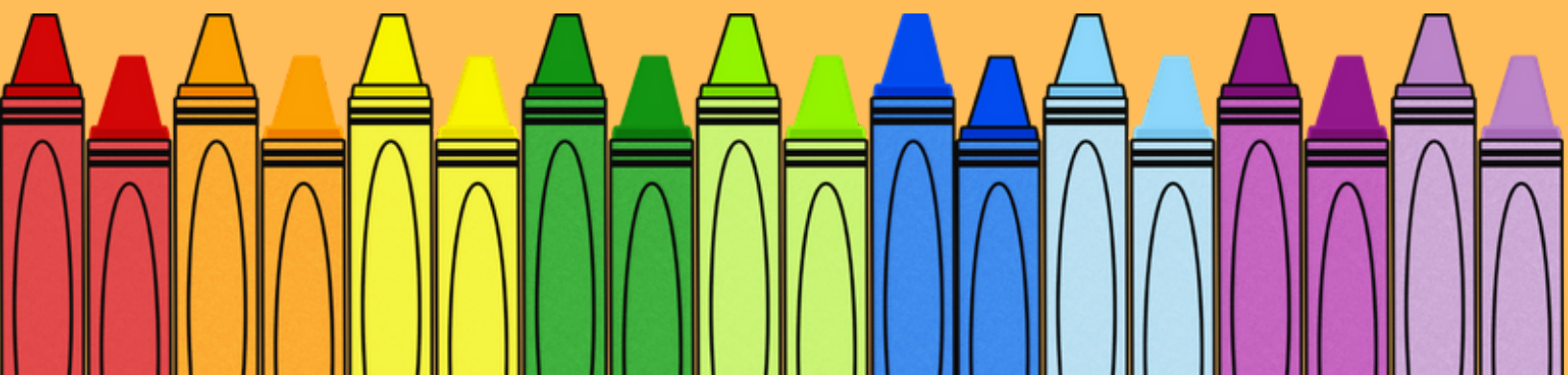
1. Name (find) 5 coastal cities in Israel.
2. Name Israel's most Southern city.
3. Name the river that connects the Kineret (Sea of Galilee) and the Dead Sea.
4. Name Israel's Southern region.
5. Name Israel's highest mountain and only ski resort.
6. Name Israel's seas and lakes.
7. Name the desert neighboring Jerusalem.
8. Name the city situated along the coast of the Kineret.
9. Name an ancient fortress in the Judea desert whose Jewish residents committed suicide here 2000 years ago, while fighting the Romans.
10. Name the countries bordering Israel.
11. Name 2 regions in Israel that are north of Haifa.
12. Name Israel's most northern town.
13. What can be found between Jerusalem and Tel Aviv?

Answer sheet

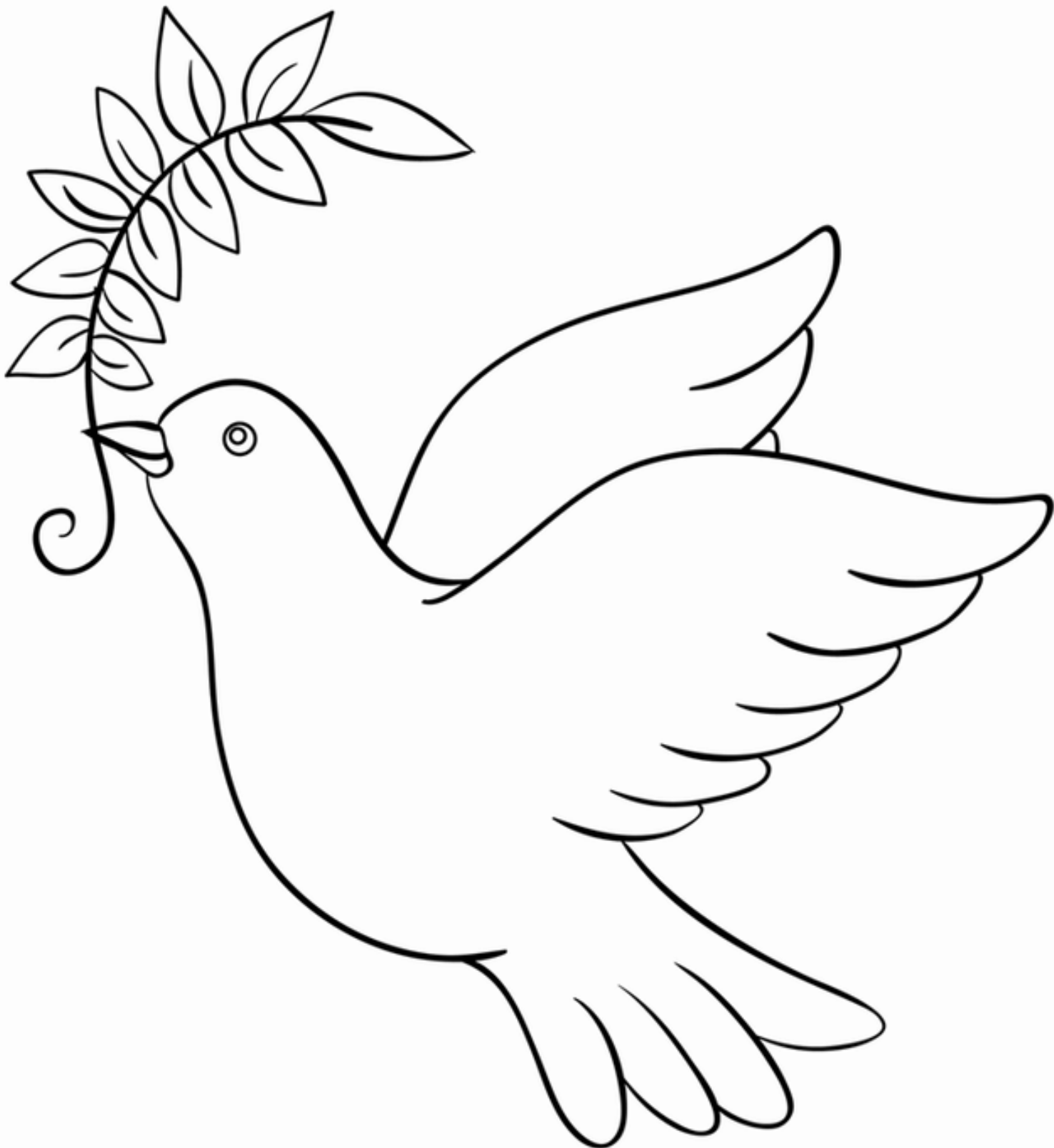
1. Haifa, Caesarea, Tel Aviv, Ashdod, Ashkelon
2. Eilat
3. Jordan river
4. Negev
5. Mt. Hermon
6. Sea of Gallilee, Dead Sea, Mediterranean Sea, Red Sea
7. Yehuda
8. Tiberias
9. Masada
10. Lebanon, Syria, Jordan, Egypt
11. Galilee, Golan Heights
12. Metula
13. Ben Gurion Airport

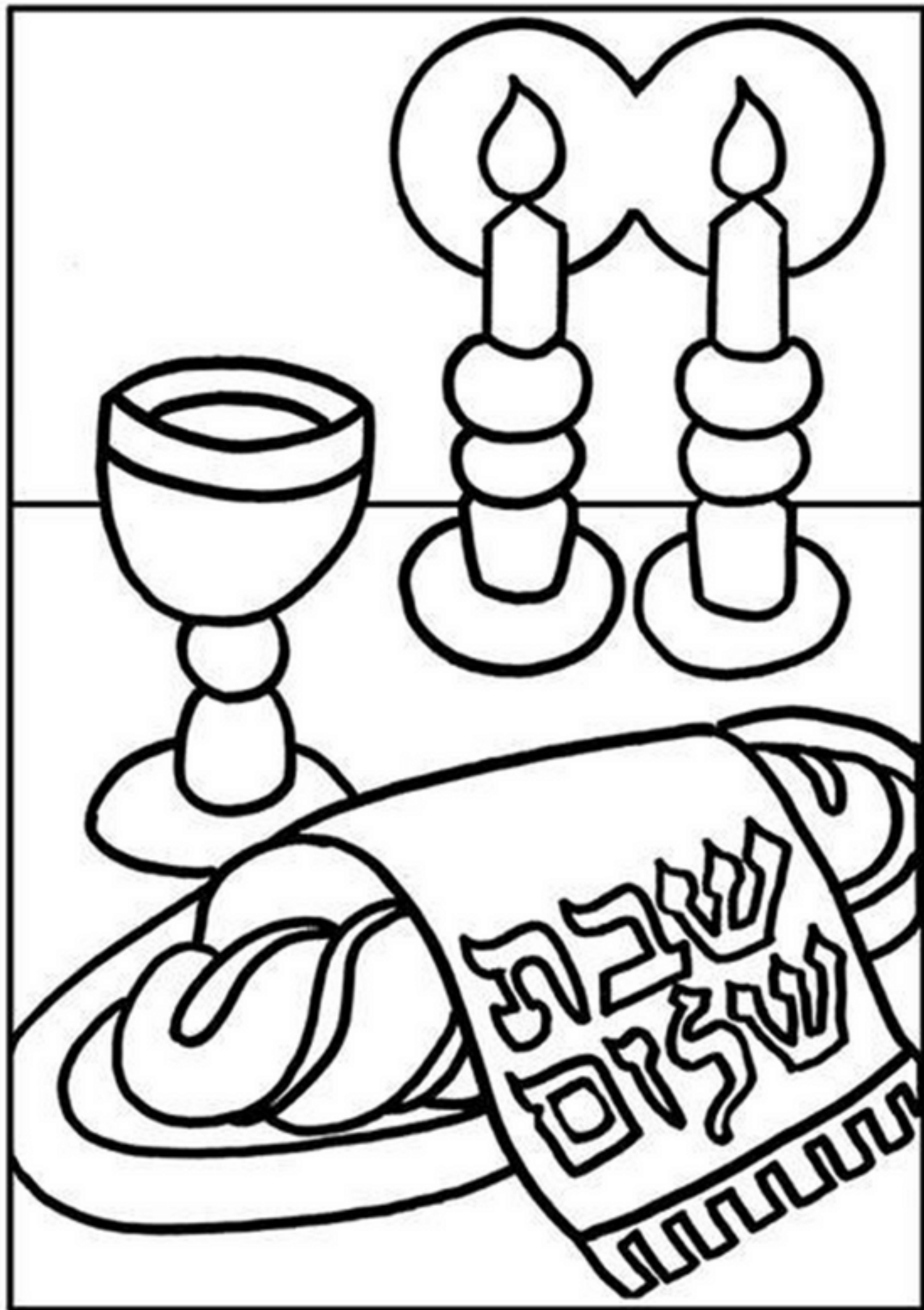


Coloring Pages

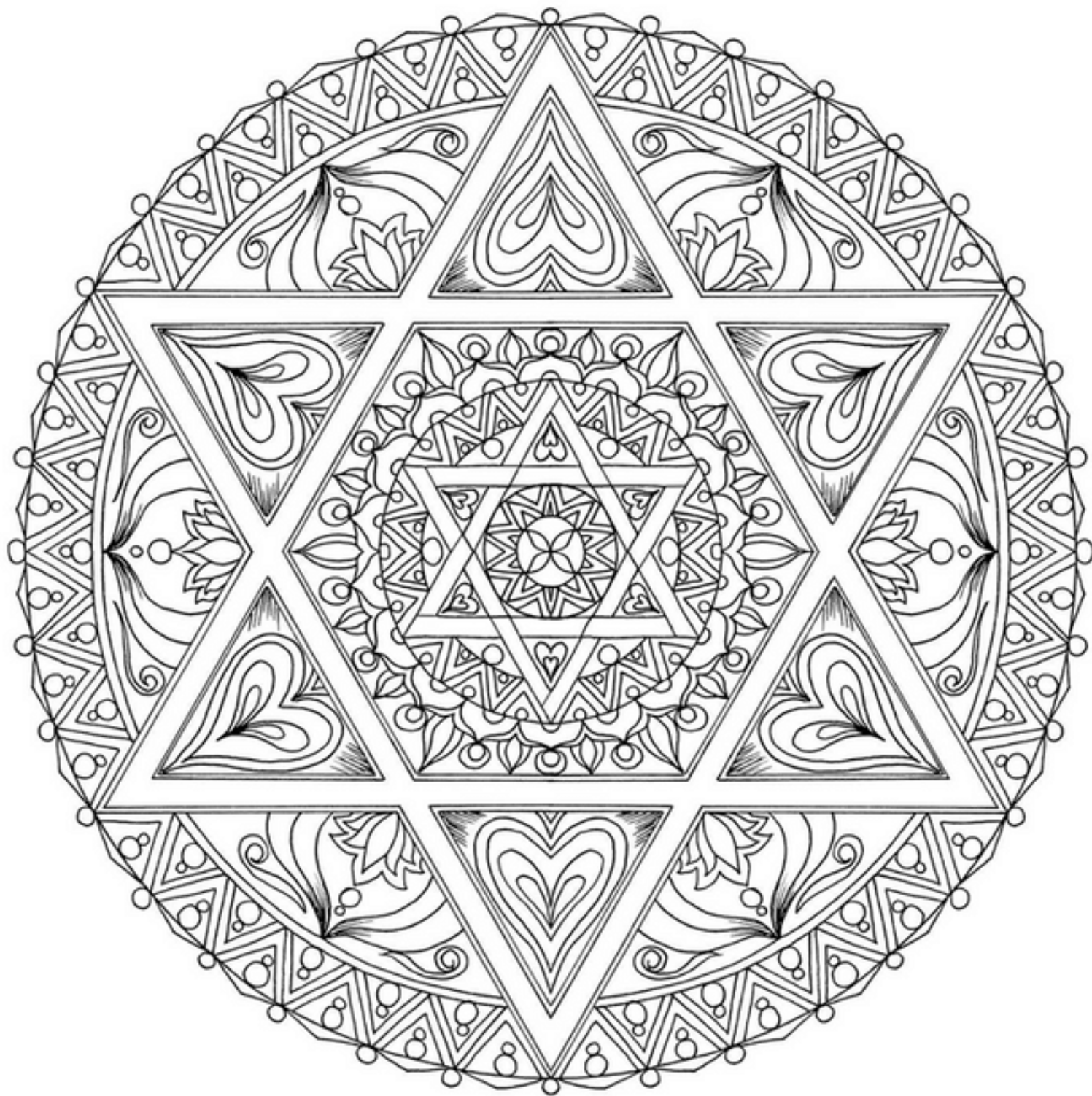


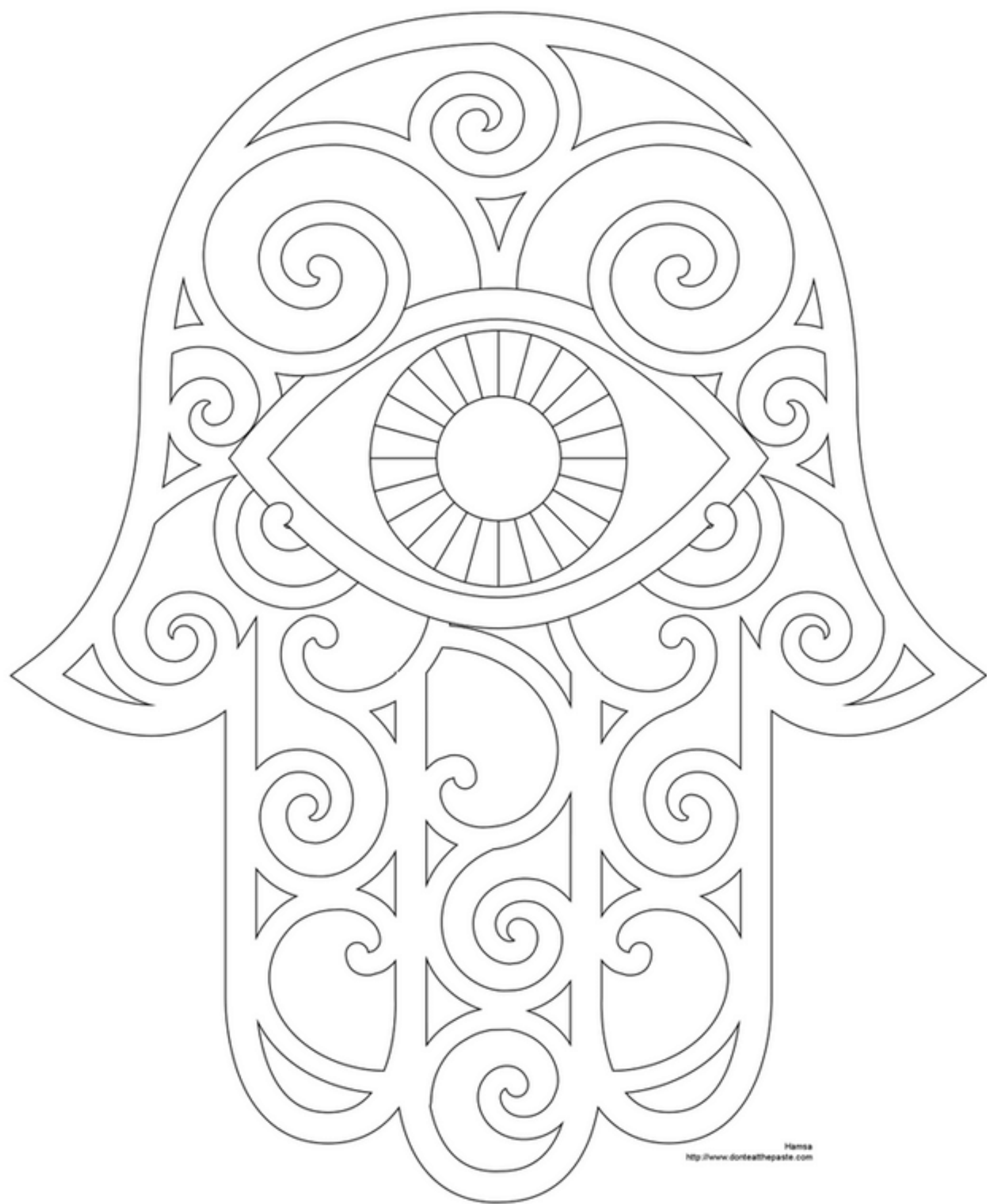


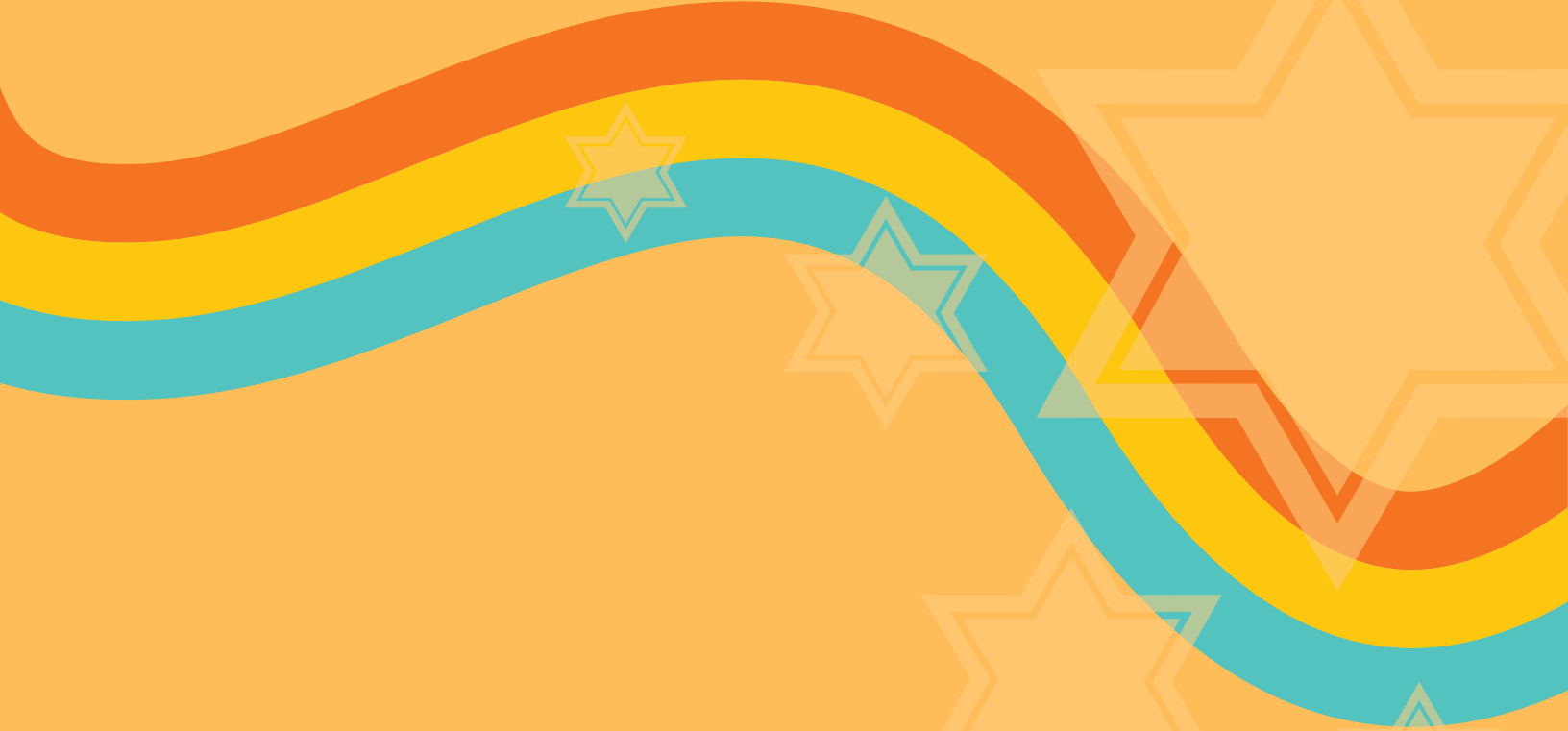












Word Search



Israel Word Search

W V P D X L L A W N R E T S E W W Z S B Y H W U
 R X V W X K Y P S N U U K F W R E C J P G P S D
 U M P D D D J Z Q A R G P L G L A Y Z M G K Y O
 G E V F C R W M J E U L B E R M A T Q Q F L L R
 E L U S M X N I C O U T U F T N D G I V Y V C W
 L A O E J R Y D D S H E R A M A N D W G K S Z E
 A S R Y L V T A M O A L E L A E H I T U N J D G
 C U I Q F O N L R G M A K A H G T V E T D C Q S
 H R A R X H C E I L X V Q F H V E A T E G D E Z
 L E P F G O P Y N M S I W X C Q H D I S X Q X M
 E J Q X F B J V H A W V R J S E P F H S U Q G A
 C C G H E B R E W V L X Y X L C E O W E M S C S
 L N G S N Y C F F Y U D L T E U N R D N P T I A
 B K L U C P W G J O N X I F M P U A P K K W V D
 P A K W N L U T H T H E O X W X R T E V F T W A
 I F P P N E G E V C O C E I L A T S F Y M V E G
 T I I X J A J W N H F Z Z T U B B I K Y Z J Q J
 A A V H O E F I W A R P Y N S A W M Z T A G L T
 B H D S M S D U O L B F I D C O A J K B G I X E
 R Q O V O D G F V L R D Z B R T V R L X S Y F N
 E G X B O A M B T A L Y X R P K J V Y Z T Z R F
 A R T G N E M S P H S D Z Q C R A P A A V T O H
 D V C V U D F Z M J I F O G H M E Y S U M M U H
 O M O P J B N S M V B L K A B W Q T N K C Y F G

Kibbutz yeladim Knesset rugelach Hebrew Haifa Negev Eilat Tel Aviv pita bread
 challah Western Wall Masada Jerusalem Dead sea white blue Star of David Falafel
 Hummus



Judaism Word Search

S Q U A M I D A H N W E U K X S L L S X R V W J
 S G E L D N A C G C D L K H M U W E R B E H N A
 H E V R L A W B B H A H O Y S D T D I B B A R Z
 A I S P E L K G O E T S I M I O K A I T F K C P
 N M N O T V H V O W Q A E P A X H B C V I L U J
 N B E Q M L O J K H C H N P D E A R A E A R Y N
 A P M H B E T S A A R A Z M U A K I N L I D J R
 H J S I S A A R S Y Q R Y P J D K T T M F E E S
 S P J S G R B A V A J O U K I O U M O I R Y S H
 A P W N K S B Y X J P T H C R U N I R U A U Z A
 H R C R T I A Z U N U E R T V K A L S R C D M V
 H M Y X S Q H E C A J D H P Q E H A P C F Q O U
 S A E I Z P S X E E M O A I K H L H O C K I U O
 O S I N D E P I W N D I T H T E R T A R B B N T
 R J R J O D P L I O X L D S M L H S O B I S T N
 E Z U C Q R I E X A O I F R F V K O S H E R S W
 F N T G O H A S R R D W Y O A B R A H A M H I S
 O X H X T P G H H K P Y R W A S H F P L H J N X
 R E T I K T D F C O V E N A N T H D I U Y K A V
 M E A V A E L I T N E G R U P P I K M O Y V I C
 U F O L P A T R I A R C H B A R M I T Z V A H A
 K D M X R P R O M I S E D L A N D N O B N I K A
 O U H G C W P B F T E N C O M M A N D M E N T S
 D N T S U A C O L O H F N Z S Y N A G O G U E I

Passover	Prayer	Pesach	Torah	Kosher	Judah	Yom Kippur	Worship	Promised Land
Law	Purim	Yiddish	Yahweh	Exodus	Exile	David	Covenant	Hanukkah
Ten Commandments	Talmud	Succoth	Shema	Shavuot	Shabbat	Ruth	Rosh Hashannah	
Reform	Patriarch	Orthodox	Synagogue	Mount Sinai	Moses	Midrash	Menorah	Jew
Jerusalem	Israel	Isaac	Holocaust	Hebrew	Gentile	Faith	Judaism	Cantor
	Brit Milah	Book	Bar Mitzvah	Ark	Amidah	Abraham	Rabbi	



Jewish Holidays Word Search

F	X	X	A	Z	T	X	D	A	Y	W	L	A	A	C	S	E	F	O	X	S	J	R	I
R	Y	I	J	C	I	U	B	X	K	G	H	H	D	L	C	I	Q	J	L	J	R	Q	X
Z	E	F	Q	W	P	E	B	S	U	J	D	Z	Z	Y	H	Z	Q	D	Q	M	O	E	Y
T	E	N	W	L	P	C	W	I	M	Q	Y	O	S	J	A	S	L	U	T	E	V	V	H
Q	I	G	U	D	S	W	Z	Z	S	R	Z	K	A	T	N	I	L	A	J	Q	U	O	M
G	F	C	Q	M	Z	F	W	K	B	H	Z	V	U	X	U	B	O	J	Y	R	Q	H	R
L	B	C	M	A	I	C	G	X	W	J	V	W	D	P	K	S	R	I	E	G	Z	I	G
B	H	U	F	J	Y	J	T	R	F	M	C	A	Y	X	A	L	U	Q	K	H	Q	T	Z
G	O	A	O	Z	X	P	X	X	C	V	H	I	T	Y	H	I	K	K	K	I	N	Q	B
U	L	P	A	S	S	O	V	E	R	M	Q	L	E	H	H	C	S	A	E	C	S	M	W
H	I	Y	O	M	K	I	P	P	U	R	A	K	S	S	Z	P	M	X	F	L	I	Y	K
E	D	E	K	J	U	D	Q	R	G	G	N	D	Y	H	N	F	M	D	J	G	K	N	X
I	A	O	C	R	Q	E	A	B	B	G	F	X	K	R	A	S	W	L	Y	E	W	G	M
M	Y	Z	R	S	O	D	H	A	N	D	E	Y	L	P	C	B	H	H	N	E	L	J	I
X	T	P	S	J	N	S	O	A	O	M	B	U	F	N	C	W	B	A	L	V	Q	V	R
O	V	V	P	E	L	M	H	N	G	D	J	W	H	Y	F	F	H	A	V	C	L	E	U
O	T	G	L	V	E	T	V	H	X	J	H	Q	P	F	F	W	R	C	T	U	A	M	P
P	Q	A	F	R	Q	A	U	V	A	M	W	C	N	T	C	X	B	O	B	C	O	Y	Y
R	C	X	C	V	R	C	V	P	Y	S	Z	F	D	K	P	Z	S	O	N	Y	M	T	S
I	S	V	U	C	S	Q	R	J	B	H	H	E	A	W	U	Z	A	A	O	W	D	M	N
S	B	N	S	V	H	C	M	G	A	Z	J	A	Z	J	V	A	E	U	Z	B	Z	M	M
O	A	K	S	R	N	I	H	S	I	W	E	J	N	N	V	F	P	R	R	H	Z	X	I
Z	V	H	V	F	T	O	K	K	U	S	Y	V	S	A	A	D	B	T	D	Q	Z	N	I
C	A	A	N	I	T	S	P	C	B	G	M	T	M	C	H	A	F	F	D	Q	P	H	J

shavuot lag ba'omer tu bishvat purim chanukah sukkot shabbat passover calendar
 holiday yom kippur rosh hashanah jewish



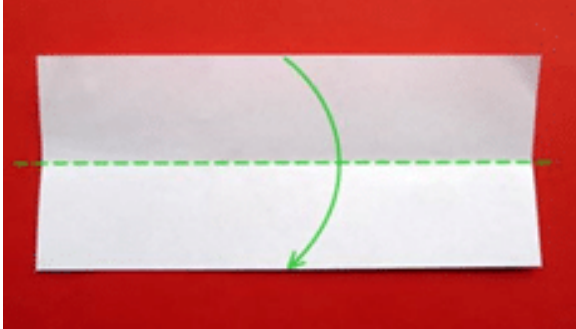
Origami



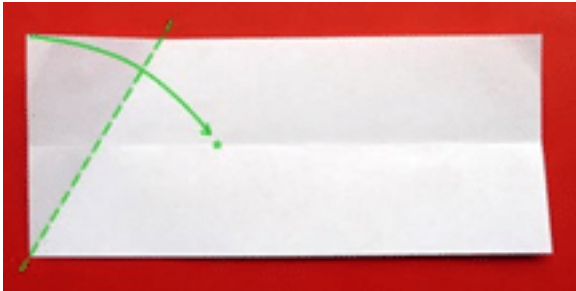
Star of David Origami Step by Step

with a piece of paper cut to the same size as a dollar bill.

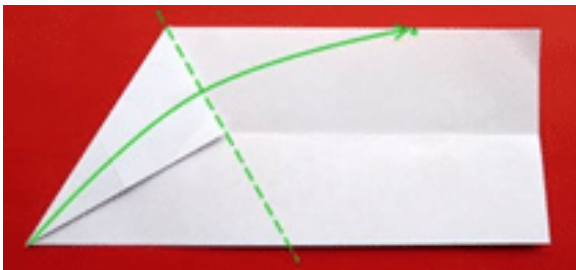
Step 1 Fold the bill in half lengthwise and unfold again, to make a crease.



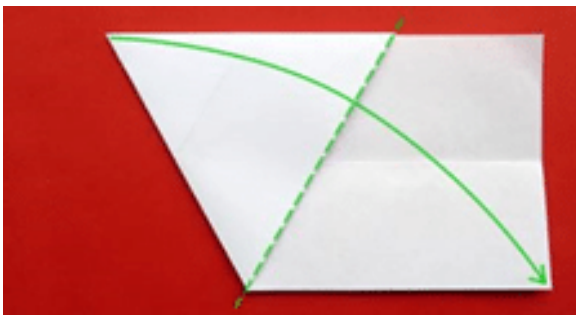
Step 2 Fold the top left corner down to meet the crease in the center (marked with a *). Also, make sure that the crease passes through the bottom left corner of the bill.



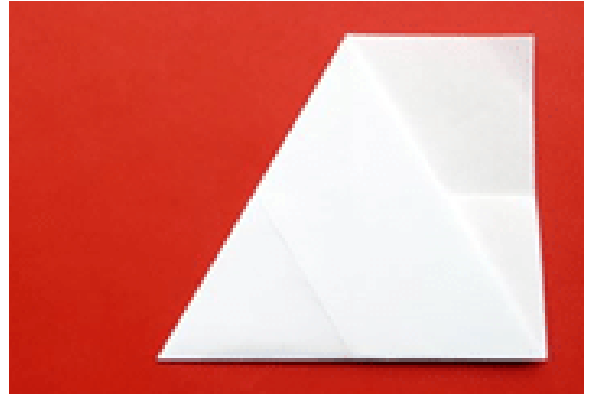
Step 3 Fold the bottom left corner up to meet the top edge, like this:



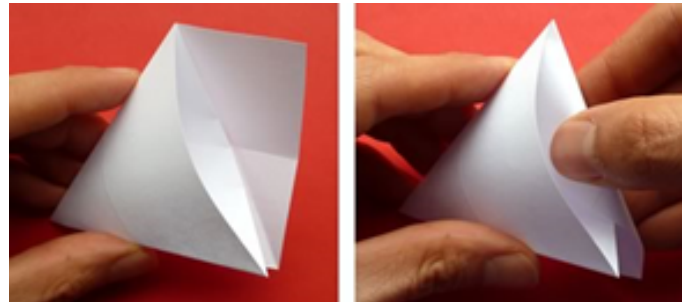
Step 4 Fold the top left corner down to meet the bottom edge.



Your bill should now look like this:

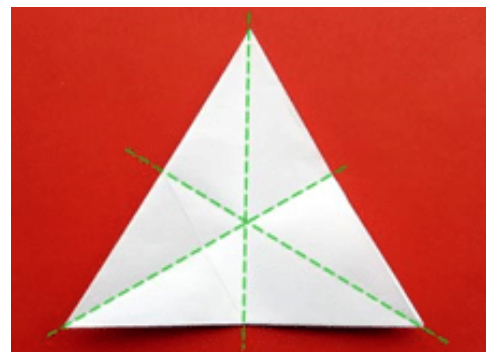


Step 5 If you look closely at the bill, you'll see that there's a sort of pocket in it now. Tuck the loose flap into the pocket and fold it in place.



Step 6 Your bill should now look like a triangle with all sides of equal length.

Fold and unfold your bill in half all three ways, as shown by the dotted lines below. The reason we're doing this is to mark the center of the triangle



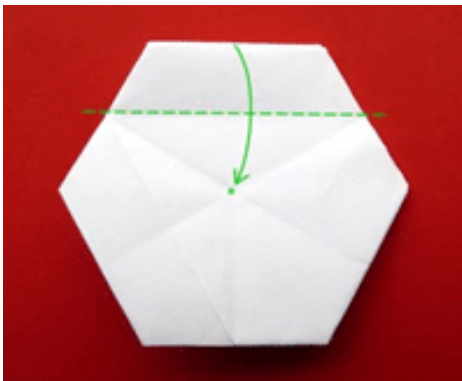
Step 7 Fold the top point down to meet the center of the triangle.



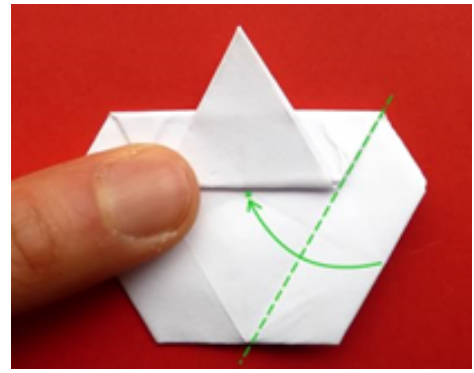
Fold the other two points to meet the center of the triangle too, so that your bill looks something like this:



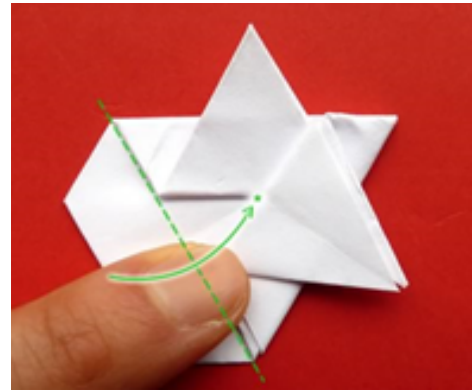
Step 8 Turn over the bill. Then fold the top edge down to meet the center point (marked with a *). As you make the fold, let the tip of the star flip out from underneath. You'll see what I mean in the next photos.



Now fold the bottom right edge to meet the center point, like in the photo below. Also, see how the tip of the star is showing from the previous fold?



Now fold the bottom left edge to meet the center point, as shown below.



As you fold in this last edge, tuck it under the top flap. It's a bit hard to describe, but see the photo below.



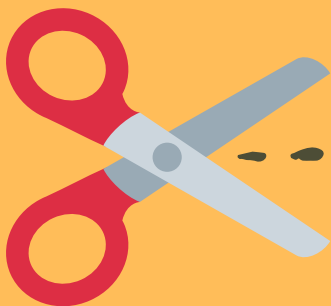
Finished!

Here's what the finished money origami star looks like from the front and back:



A vibrant orange background featuring a large, stylized rainbow with bands of orange, yellow, and light blue. Several five-pointed stars in yellow and light blue are scattered across the scene, some overlapping the rainbow. The text 'Cut-out Games' is written in a large, black, cursive font in the center.

Cut-out Games



Cut your own Israel Puzzle



Must stick



חסטיק
Gum

Buy it



בית
House

Buy it



בית
House

Kiss



כיס
Pocket

Kiss



כיס
Pocket

Must stick



חסטיק
Gum

Ear



עיר
City

Ear



עיר
City

Car



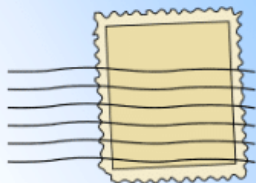
קר
Cold

Car



קר
Cold

Bull



בול
Stamp

Pill



פיל
Elephant

Pill



פיל
Elephant

Key



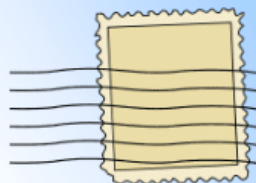
כי
Because

Key



כי
Because

Bull



בול
Stamp

Safer



ספר
Book

Safer



ספר
Book

Call



קול
Voice

Call



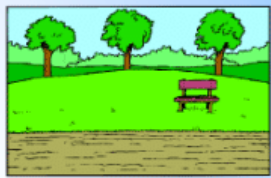
קול
Voice

Meets



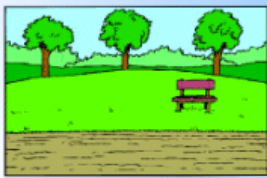
מיץ
Juice

Gun



גן
Garden

Gun



גן
Garden

But



בת
Daughter

But



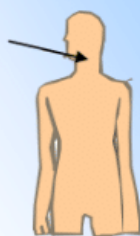
בת
Daughter

Meets



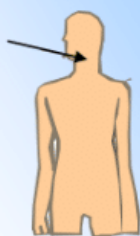
מיץ
Juice

Or



עור
Skin

Or



עור
Skin

Or



אור
Light

Or



אור
Light

Can



כן
Yes

Shore



שור
Bull

Shore



שור
Bull

Ten



תן
Give

Ten



תן
Give

Can



כן
Yes

Shook



שוק
Market

Shook



שוק
Market

Red



רד
Get down

Red



רד
Get down

A vibrant orange background featuring a large, multi-colored rainbow (red, orange, yellow, green, blue) arching across the top. Several stylized, multi-pointed stars in shades of yellow, orange, and blue are scattered across the background, some overlapping the rainbow.

Israeli Games



3 Sticks

Things you need: 3 sticks

Rules:

- Place the sticks a step away from each other
- The participants stand in line and hop over each stick. The last in line sets the distance for the next round by moving the last stick behind his heel and the second stick is moved forward, placed an equal distance between the front and back stick.
- Each participant needs to pass the sticks with only one step between each of the sticks.
- When the last in line passes the 3rd stick, we move the stick to where his foot landed and adjust the second stick to the middle.
- A person who touches one of the sticks with their foot is out.
- The winner is the one who stays in the longest and manages to jump the farthest.



Candle in a Bottle

Things you need: Hanukkah candle, string and a bottle.

Rules:

Tie a string around your waist so it hangs like a tail. To the tail part, tie a candle.

Place the bottle on the ground just behind your feet .

Each participant tries to get the candle in the bottle without touching it.

The person who gets the candle in the bottle first wins!

For a tournament, consider playing with different sized bottles with bigger and smaller openings.



5 Rocks

Things you need: a flat surface and 5 small rocks

Rules:

The first player holds all five 5 rocks in his hand and throws them on the floor

- **First level:** throw one rock up and while it's up, collect 1 rock from the floor and catch the rock that you threw before it hits the floor. Then throw a rock up again and collect the second rock, and so on until you have managed to collect all 5 rocks.
- **The 2nd level:** throw the 5 rocks on the floor, take a rock and throw it up, and this time, collect 2 rocks at a time.
- **The 3rd level:** do the same and collect 3 rocks at a time and then one rock.
- **The 4th level:** this time collect all 4 rocks at the same time.
- **The 5th level:** hold the 5 rocks in your hand, throw a rock up, put all the 4 rocks on the floor, catch your thrown rock, throw it again, and pick up all the 4 rocks on the floor.
- **The 6th level:** throw all the rocks up and try to catch them in the palm of your hand (the up side). The amount of rocks you catch are the amount of points you get.

Who Wins? the one who reaches the highest level!



Joshua Jackson (Jackie) is an Israeli cartoonist best known for his "weekly drawing for the Child," that has been published in Yediot Ahronot since 1963. Every Friday, kids all around Israel are looking for the hidden drawing in Jackie's cartoons.

LET'S SEE IF YOU CAN FIND THE HIDDEN DRAWING:



David cannot find his slingshot,
he can't fight Goliath without a slingshot.
Help David find the slingshot!



NYC is such a big place.
These people can't find their friend.
Can you help them find him?



Our friend's sword is missing.
He can't find it anywhere.
Do you see it?



Two sailors are sailing with their dog,
they can't find their Captain anywhere.
Can you find him?



Learning Hebrew

Hebrew Slang Dictionary

Achla - אחלה

Derived from the Arabic word "ahala" - Means cool, fantastic

Eser - עשר

Literally "ten" - Means awesome, great, everything is "ten"

Sababa - סבבה

This is a popular one used by young and old alike - Means cool, great

Pitzootz - פיצוץ

Literally "explosion" - Means cool, awesome

Chaval Al HaZman - חבל על הזמן

Literally "a waste of time" - Means awesome, amazing (this could also mean the complete opposite - depending on the intonation)

Al HaPanim - על הפנים

Literally "on the face" - Means awful, bad - e.g. - "the pizza at that restaurant was "al ha'panim"

Eize Basa - איזה באסה

Derived loosely from the Arabic "yom asal yom basal" meaning "a honey day, an onion day" in other words - "what a drag"

Fashla - פאשלה

Means a "screw up" or "mess up" - e.g. "The plumber did a real fashla on the shower hose"

Shechuna - שכונה

Literally Neighborhood - Means: Unorganized

Ma ani, ez? מה אני, עז?

Usually used to express frustration or anger in certain social settings in order to protest unfair treatment, such as being ignored or treated like a loser.

Hai beseret - חי בסרט

Someone who is expecting too much, isn't connected to real life

Walla - וואלה

Wow, are you serious? / I didn't know that

Mapsoot - מבסוט

To be happy with something

Laasot Ha'im - לעשות חיים

To have a lot of fun

Le'echol sratim - לאכול סרטים

To feel bad about something that isn't such a big deal

Chips - צ'יפס

Something that is really easy, will take a second to solve/do

Parah parah - פרה פרה

One by one, separating things and solving them one by one

Kapara Alai'ch - כפרה עלייך

I love you/you are the best/please

Lebalbel et Hamo'ach - לבלבל את המוח

Talk too much, make stuff up

Ma haluz - מה הלויז

What's up with you/What's next?

Beteavon - בתאבון

Have a great and tasty meal

Met mikinaah - מת מקנאה

"Dying from jealousy" very jealous

A vibrant orange background featuring a large, multi-colored rainbow (orange, yellow, and light blue) arching across the top. Several stylized, multi-pointed stars in various shades of orange, yellow, and light blue are scattered across the background, some overlapping the rainbow.

Alef-Bet Yoga





Gimmel ג



Bet ב



Alef א



Vav ו



Hey ה



Daled ד



Tet ט



Chet ח



Zayin ז



Lamed ל



Chaf כ



Yod י



Samech ס



Nun נ



Mem מ



Tzadi צ



Pey פ



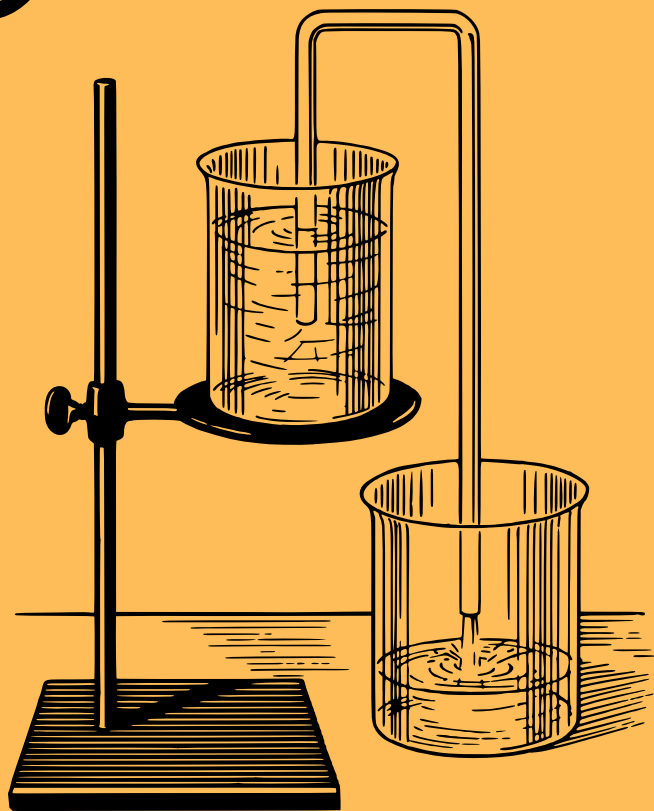
Ayin ע



नमो
नमस्ते
NAMASTE



Science Lab

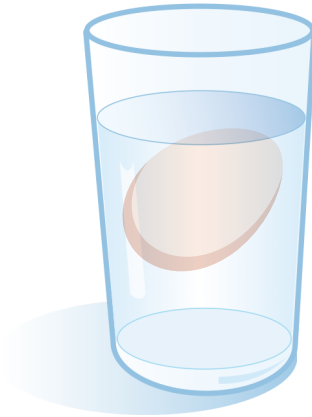


Bring The Dead Sea to Your Kitchen!

In this experiment, we are going to make a raw egg float in a cup of water.

Ingredients:

- raw egg
- cup
- water
- salt
- spoon



Let's get started!

- Fill the cup with water (not all the way so we have room left for the egg).
- Put the egg in the cup.

What happens to the egg? Does it sink or float?

Because of its weight, the egg drowns in the cup.

- Let's take the egg out of the cup and this time, add 2 teaspoons of salt. Mix the salt in the water and put the egg in again.

What happens to the egg? Does it sink or float?

Now the egg is floating!

Why did it happen?

At first, the egg sank in the water because it was heavier than the water. When we added the salt in the water we made the water heavier than the egg and that's why it floated!

Did you know?

Because the Dead Sea in Israel is so full of salt, the water is so heavy that people can float in it!

The Desalination Experiment

Have you ever wondered how it makes sense that a country with barely any sources of fresh water can have enough water for all of the people who live there? This experiment will give you the answer!

Ingredients:

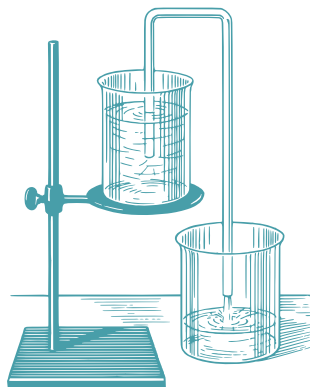
- pot with a lid
- water
- salt
- and any other messy thing you want to add to the water

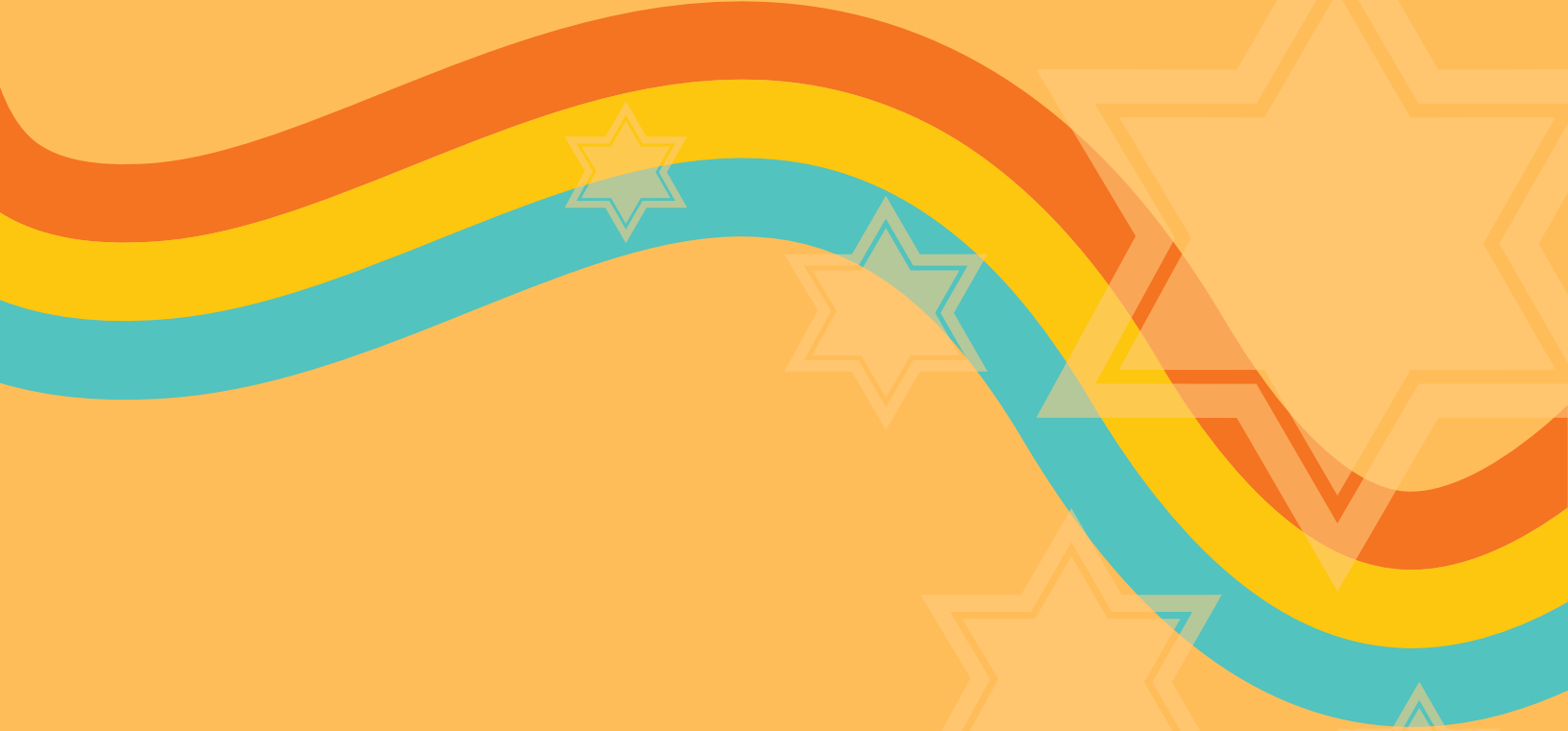
Let's get started!

- In the pot, mix all of the ingredients.
- **Will you drink this water? Probably not, unless you are very brave.**
- **Can you clean this water? Again- probably not.**
- **So how can we make this water drinkable?**
- With the help of an adult, boil the mixture in a little pot.
- When the water boils, put a lid on top to keep in the steam.
- The steam creates water drops on the lid.
- Taste those drops. **What do they taste like? They are sweet!**

How does it happen?

What you did is called Desalination. It's taking the salt and the dirt out to have sweet water that we can drink. The way you did it was through cleaning the water and purifying it. This is one of the oldest ways to make water good for drinking! Today they are even more ways! In Israel, Desalination is used to produce about half of the drinking water!





Israeli Cooking with the Kids

Chocolate Balls

Ingredients:

- 2 boxes graham crackers
- 1 stick of butter
- 12 tsp of sugar
- 6 tsp of cocoa
- 9 tsp of milk
- 1 tsp vanilla
- for decoration: sprinkles

Instructions:

- Break the crackers to small crumbles.
- Mix all of the ingredients in a bowl.
- Take small pieces from the mixture and roll into balls.
- Roll the balls in the sprinkles.

Betauon!



Icebox Cake

Ingredients

For biscuits:

- 8 oz Graham Crackers
- 3/4 cup milk

For the mascarpone cream:

- 8 oz mascarpone cheese at room temperature
- 12 oz cold whipping cream
- 1 tbsp. instant vanilla pudding powder
- 2 tbsp. powdered sugar
- 1 tsp. vanilla extract

For decoration:

- Cocoa powder



Instructions

- Dip the crackers in the milk and arrange the first layer in the baking pan.
- Mascarpone cream: In a mixer bowl whip mascarpone, whipping cream, instant pudding, powdered sugar and vanilla until you get a very firm and stable cream.
- Pour 1/4 of the cream on top of the biscuit layer and smooth the top.
- Arrange another layer of milk-soaked biscuits and pour over it 1/4 the amount of cream.
- Continue arranging the layers of the cake and finish with a top layer of cream.
- Sprinkle with cocoa powder at the top and serve.

Recipe Notes:

- You can keep the cake covered in the refrigerator for 4-5 days.
- Instead of mascarpone, you can use natural cream cheese, but the taste will change slightly.

Betawon!

Burekas

Ingredients

- 1 pack of frozen puff pastry
- 7 oz feta cheese
- 1 cup or 8 oz cottage cheese
- 7 oz mozzarella
- 1 egg
- 1/4 tsp black pepper

Coating

- 1 egg
- 1/2 cup sesame seeds

Instructions

- Mix the cheeses, egg and black pepper.
- Cut the pastry dough to square pieces.
- Fill the dough squares with about a spoon of the filling
- Fold to a triangle shape and pinch the edges with a fork.
- Brush with egg and sprinkle sesame seeds.
- Bake in a preheated oven at 370 degrees for about 20 minutes or until golden.

Betawon!



Baklava

Ingredients

- 24 Filo leaves
- 8 oz walnuts
- 8 oz pistachios
- 7 oz melted butter
- 1½ tsp cinnamon

For syrup:

- 1¼ cups sugar
- 1 cup of water
- 3 oz honey
- 2 tbsp fresh lemon juice
- 1½ tsp of rose water



Instructions

- Place the nuts and cinnamon in a food processor and grind to a crumb texture.
- Make the syrup: In a small saucepan, combine all the syrup ingredients and bring to a boil. Wait until the sugar has completely melted and cook for another 4-5 minutes.
- Set aside to cool.
- Preheat oven to 350 degrees.
- Open the filo leaves, cut the papers to the size of your pan. Cover with a damp towel.
- Brush the pan with melted butter. Place 8 layers of filo leaves and brush each layer with melted butter before placing another layer of filo.
- Sprinkle half of the nut mixture on the dough and then place 6 additional layers of filo over the nut mixture. Sprinkle the remaining nut mixture. Place 8 more layers of filo leaves.
- Finally, top the last layer with melted butter. Using a sharp knife, cut the baklava.
- Bake for 35-40 minutes or until the baklava turns golden and crispy. Immediately pour the syrup over the baklava. Allow to cool at room temperature and soak up the syrup. Garnish with grated pistachio.

Betawon!