

Tu Bishvat Activities

Family Planting and or Tree Art Activity

(Adapted from JNF.org)

Planting Grass Seed “Tree” Help your child plant grass seeds in a clear plastic cup. First add the soil, then sprinkle the seeds and finally water the seeds. Then have your child make his/her own tree on a 1/4 piece of white construction paper. The tree is then stapled on to a craft stick and inserted into soil. Water periodically. When the grass begins to grow it looks like it's growing around the tree.



Family Tree Art Activity - Make a “branch” outline of a tree on construction paper. Assist your child (if necessary) while they trace their hand and arm to represent the trunk and branches of the tree. Your child can either use dot art makers to stamp leaves / blossoms, or they can glue shapes onto the tree branches. When they are finished, have them write the names of your family members on the leaves.

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Create Your Own Tu B'Shevat Seder (Courtesy of the Jewish Appleseed Foundation)

Your Tu B'Shevat seder can be a meal by itself or part of a full festive meal. Below you will find the special foods and prayers to include. These are just the basic elements of a Tu B'Shevat seder. Be creative and add your own special touches!



Wine or Grape Juice Give everyone at the table four cups of wine or grape juice — two cups of white wine or juice and two cups of red. Taste from each of the four cups of wine or juice in the following order:

1st cup — all white, symbolizing the cold weather of winter.

2nd cup — white with a little red mixed in, symbolizing the coming of spring.

3rd cup — red with a little white mixed in, symbolizing the warmth of spring.

4th cup — all red, symbolizing the heat of summer and the full blossoming of nature.

Before tasting from each cup of wine or juice, recite the following prayer:

בָּרַךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן.
Baruch Atah Adonai Elohaynu melech ha'olam borei p'ri ha-gafen.

Praised are You, Adonai our God, Sovereign of the Universe,
Creator of the fruit of the vine.

Ceremonial Foods Give everyone at the table five kinds of foods:



- A food with an outer shell or peel that cannot be eaten; examples: nuts, pomegranates, kiwi fruit, or bananas
- A food that has pits or seeds inside; examples: apples, olives, peaches, pears, plums, prunes, or dates
- A food that has pits or seeds inside and an outer shell or peel that cannot be eaten; examples: oranges, tangerines or grapefruit
- A food made from wheat; examples: bread, cake or cookies
- A food that is completely edible; examples: raisins, figs, strawberries, or carob

Before eating each type of fruit, recite the following prayer:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ.
Baruch Atah Adonai, Elohaynu melech ha'olam borei p'ri ha-etz.

Praised are You, Adonai our God, Sovereign of the Universe,
Creator of the fruit of the tree.

Before eating the first fruit, recite the prayer above and the following prayer:



בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהַחַיִּימוֹ וְקִיּוּמָנוּ
וְהַחַיִּימָנוּ לְזִמְן הַזֶּה.

*Baruch Atah Adonai, Elohaynu melech ha'olam,
she-he-che-yanu v'kiy-manu vehigiyanu laz-man hazeh.*

Praised are You, Adonai our God, Sovereign of the Universe,
Who has given us life, sustained us and helped us to reach this festive occasion.

Before eating bread, recite the following prayer:



בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמּוֹצֵיא לֶחֶם
מִן הָאָרֶץ.

Baruch Atah Adonai, Elohaynu melech ha'olam ha-motzi lechem min ha-aretz.

Praised are You, Adonai our God, Sovereign of the Universe,
Who brings forth bread from the earth.



Before eating cake, recite the following prayer:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא מִיְיָ מְזוֹנוֹת.
Baruch Atah Adonai, Elohaynu melech ha'olam borei minei m'zonot.

Praised are You, Adonai our God, Sovereign of the Universe,
Creator of all kinds of foods.