

Good Deed Seeds



The activities in this Programme help the Squirrels learn a little about the Jewish faith and do something kind and helpful to make someone smile!

An introductory activity can be used as the Squirrels arrive at the meeting place – colouring or simple puzzles can keep children occupied until all the Drey arrives or use a 'joining-in' style game, such as 'The farmer wants a wife' or 'Duck, duck, goose' or a circle format ball game.

Add snack time where necessary!

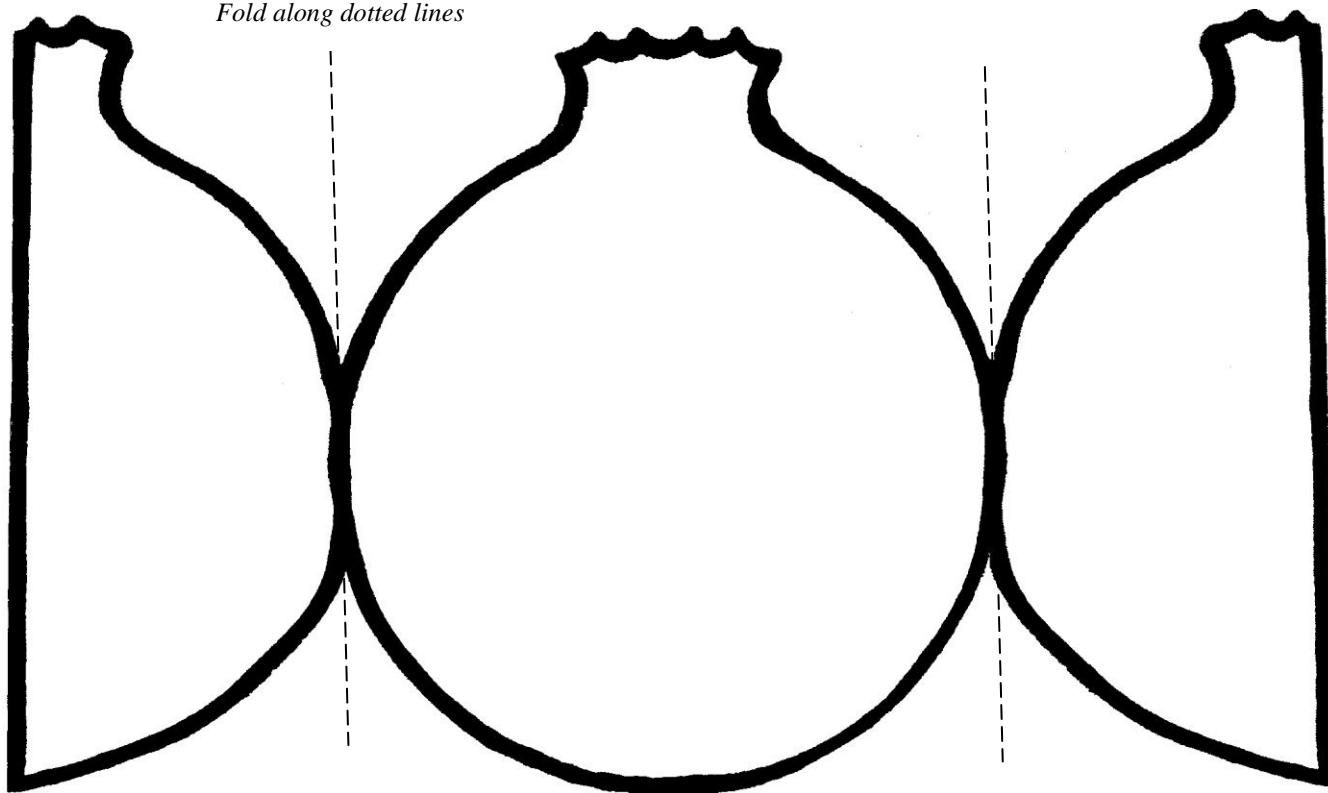
TIME (mins)	ACTIVITY	EQUIPMENT
5	Welcome, Register, Opening Ceremony, Introduction to Programme	
10	<p>GAME: Fruity Favourites</p> <ul style="list-style-type: none"> ○ <i>On either side of the hall stick up large NO and Yes cards</i> ○ <i>The Squirrels sit on the floor in the middle of the hall</i> ○ <i>When a Leader calls out a type of fruit the Squirrels run to either NO or Yes if they like that fruit</i> ○ <i>If they haven't tasted it or don't know they stay in the middle of the hall!</i> 	<p>Large NO and YES cards Blutack List of fruits</p>
10	<p>GAME: See the Seeds</p> <ul style="list-style-type: none"> ○ <i>Explain that some fruits have a few seeds inside them – apples, pears, oranges. Some have only one seed or stone in them – cherries, avocado but some have lots of seeds – melon, pomegranate!</i> ○ <i>Place around the hall pictures of fruits – e.g. apple, orange, cherry, pomegranate, pear, melon, avocado</i> ○ <i>When the Leader calls out a fruit at random the Squirrels run to the appropriate picture</i> ○ <i>Alternatively, to make the game a little more challenging - call out, 'one', 'few' or 'many' and the Squirrels run to the picture of the fruit with the corresponding number of seeds!</i> 	<p>Pictures of fruits – apple, orange, cherry, pomegranate, melon, pear, avocado</p>
10	<p>ACTIIVITY: Good Deed Seeds</p> <p>At the festival of Rosh Hashanah – the Jewish New Year – pomegranates are eaten as a delicious treat! The inside flesh of a pomegranate is filled with hundreds of small seeds. Jewish people believe that these seeds are like the hundreds of days in a year and that each day should be filled with good things to make each day sweet. Doing something kind for someone and making them smile will make the day even sweeter!</p> <p>Make a Good Deed Seed Pomegranate to make every day sweet! Print the pomegranate template on lightweight card and let the Squirrels colour and decorate it as they wish. Add a little gold crown on the top – a real pomegranate has a little crown but it also helps remind that God is king! Inside the folded pomegranate 'doors' stick on the centre 'seed' message so the Squirrels can take it home to draw and colour in their good deed seed as they do them!</p>	<p>Pomegranate or pictures of pomegranates Good deed seed pomegrates Art materials Tiny gold card crowns, glue</p>

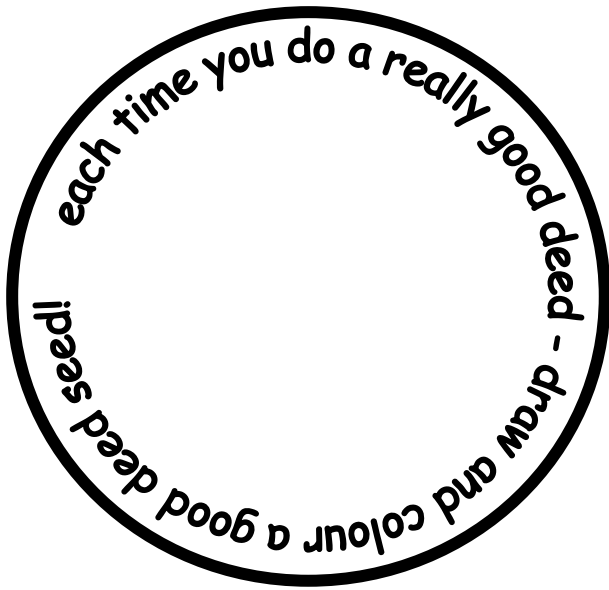


10	<p>GAME: Seed Collecting</p> <ul style="list-style-type: none"> ○ <i>Divide the Drey into teams, lined up at one end of the hall (each team member behind the other)</i> ○ <i>Each team should have a small bowl placed behind it to collect their 'seeds'</i> ○ <i>At the other end of the hall place a large bowl of 'seeds' – dried kidney beans are a good size but dried peas or chick peas could be used. The size and shape can help develop the Squirrels fine motor skills!</i> ○ <i>In turn, the Squirrels run to collect a 'seed' and place it in the bowl behind their team</i> ○ <i>A time limit could be placed on this game and the 'seeds' counted at the end! Or played until all the 'seeds' have been collected!</i> 	Large bowl & one small bowl per team 'Seeds' – dried beans or peas
10	<p>ACTIVITY: Sweet Treats</p> <p>Some of the Squirrels may never have seen or tasted a pomegranate! Have a taste session with some pomegranate seeds, small pieces of fruit and a small variety of tiny jelly sweets.</p> <p><i>NB be aware of any allergies, check with parents or carers beforehand</i></p> <p>Remind the Squirrels that all these things taste sweet and ask what things make their life 'sweet' and what could they do to help make theirs and others lives sweeter!</p>	Pomegranate Selection of fruits – apple, orange Small selection of sweets
5	Closing, Home	

Good Deed Seed Pomegranate

Fold along dotted lines





© Pomegranate photo from Wikipedia



An easy way to get the seeds out of the pomegranate is to score round the circumference of the skin with a sharp knife and then pull the two halves apart. Over a bowl, hit the skin firmly with a wooden spoon - the sticky seeds will drop into the bowl and any pieces of inedible white pith can be removed!