

I Say Shehechiyanu Activities

Create a Shehechiyanu Journal

Materials: several sheets of white paper, one sheet of decorative paper for the cover, hole punch, scissors, rubber band, small stick and a pen or pencil.

See instructions by Susan Kapuscinski Gaylord

Have children decorate the journals with markers, crayons or stickers. They can illustrate the cover with images of their "firsts". Children and their grownups can use the journal to record their Shehechiyanu moments at bedtime.

Make a Shehechiyanu Jar

You will need a jar, small pieces of paper in several colors, (make sure the size of the paper will fit into the jar), thin markers or gel pens, stickers glitter glue, ribbon,

Use the materials to decorate your jar

Think of things with your child that he or she has done for the first time this year. Write the idea on a slip of paper. On the back write how doing this thing made him or her feel. Slip the paper into the jar. At the end of the year have your child go back and see how many new things they have done.

"First Fruits" Collage

Materials: catalogs, magazines, calendars, photos, lace, leaves, buttons, string, tissue paper, feathers, beads etc, scissors, mat board or cardboard for the background, glue, water, and paintbrushes

Think about things you have done for the first time this year. Think about times you have said Shehechiyanu. Find letters to spell words, images that you like. Browse through materials to find what speaks to you. Arrange your items on the cardboard. Glue items on securely with the glue. You may want to coat your entire collage with a thin layer of glue. Let the collage dry overnight.

Think of a title for your work of art.

Shehechyanu Planting

Supplies:

nasturtium seeds, soil, water sunshine, pot, shovel

1. Add soil to pot
2. Add seeds to soil. Lightly cover with soil.
3. Gently water as needed.
4. Place in the sun and watch your seeds sprout.
5. Say "Shehechyanu"

These flowers are easy to grow and yield results quickly, which encourages the young gardener. Nasturtiums bloom about 50 days after the seeds are planted, with orange, yellow and red flowers. They prefer sunny, dry locations and do well in poor soil. Choose the shorter varieties for garden beds. Nasturtiums are also pest resistant, which ensures a successful planting. The flowers are also edible, and can be used to add color to a fresh garden salad. So you will have the opportunity to say Shehechyanu several times; when planting the seeds, when you see the seeds sprout, when you see the flowers bloom and when you take a taste of the colorful blossom.