

Infusing Our Seder with Meaning and Fun: A Pesach Parent Workshop

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What are our goals?

NOT the Seder we had when we were kids

The Seder fits the kids, not vice versa

Have fun while educating

Engage with different ages at different points:

Keep all occupied while others are engaged

Eat yummy food

Pass on something to which your family will want

Create memories: PLAN toward your goals



How do we learn best?

- **Talking / Listening**
- **Tactile / Sensory**
- **Seeing**
- **Activity**
- **Reflecting - thinking**



What makes learning hard?

What makes it easy?

I'm hungry

I feel tired

I feel bored

**I feel like I'm going to be embarrassed
or made to feel stupid (e.g., not knowing
an answer or how to pronounce a word)**

There's a lot of pressure to perform



I'm having fun

I'm laughing

I'm physically comfortable

I feel relaxed / rested

I feel supported

I get praise for participation

Create memories: **PLAN** toward your goals

It's all about
the work
that you put in
BEFOREHAND!



The Seder starts before the Seder

Something EVERY day leading up to Seder: Start on Sunday, and get ready - brainstorm what they want to do

What are kids into: Superheroes? Paw Patrol? Barbie? Lego? Build from there.

**Go over the story... children's books, screen
The Prince of Egypt or even a classic: Rugrats Passover**

**NO DEVICES! The more physical the learning and games,
the better we all will feel**

**Kids and blue painter's tape - allow for decoration
EVERYWHERE - make blue tape your best friend**

**The more work the kids do, the more ownership they feel at the
Seder itself**



Prepare your physical space!

Cut out templates of pyramids

Playmobil or Lego on table

Decorate like you are in Egypt or crossing the sea

Sea on the walls / fish or waves

Pictures? Words? Slogans? No limits

Window paint! Let them at it

Art supplies – whatever someone is into: MCU? Moshe as Iron Man/ Pharoah as Thanos? Or do they like Frozen or Peppa Pig?

Color pillowcases with permanent markers



Don't limit yourself to the table...







The Day of: Set Yourself Up for Success!

NAP! (Easy when Shabbat comes before the Seder)

EAT: A hangry Seder will not be successful - nosh all day

Full real meal at 5pm

Don't get so stressed about every last detail - spread this meal over four meals and it will be more relaxed!



Seder 2020!



Food should be fun!



Plan menus with your kids beforehand

WhatsApp your family groups: what are the family's food memories - discuss with kids

Make charoset with Grandpa

Carve a frog melon

Think of food that look like plagues

Ask your kids to help you plan a dipping course!

Cook with your kids!

Food: memorable and once a year!



**Karpasfest - a dipping course: Celery and cashew butter, berries and chocolate?
Carrots and pesto? Cookies and frosting?**

Plague themed: plastic cups with red jello and jelly fish or white French macaroons with red (barad)

Froggie Meringues! Crossing the sea cake!

Toothpick-marshmallow pyramids

Candy (or more sophisticated chocolate for grownups) for every answer or activity tried

**Don't let people get hungry (or hangry!)
(Grownups too!)**

SODA!



Activities: Color War!

Plan a breakout!

Team Themes:

- Yosef vs. Moshe
- Miriam vs. Yocheved (vs. Bat Pharaoh?)
- Questions vs. Answers
- Chachamim vs. Tzaddikim
- Yam Suf vs. Midbar
- Charoset vs. Maror
- Matzah vs. Chametz



Color War Events

- **Song** - rewrite a pop song/Jewish song with team theme lyrics
- **Skits**
- **Team cheer**
- **Tug of war** (for younger kids)
- **Team symbol/coat of arms** - make it out of Legos or other toys
- **Feats of strength:**
 - **Throw “Moshe’s staff” for distance/accuracy**
 - **Best one to act like a wild animal (ערוּב) wins**
 - **Blindfold and walk an obstacle course (חוּשֵׁד)**



Engage memory

Seder is about stories: ours as a people, but also our individual stories.

Slip questions under people's plates:

What's your favorite seder song and why?

What's your favorite pesach food and why?

(For adults) What's your favorite childhood seder memory? Who would you cast as...

With what would you replace the matza?

Be a reporter covering the Exodus/ frogs/ darkness...

What do you think of as a plague (timely)

What was a journey our family took?

What was a redemption that you experienced?

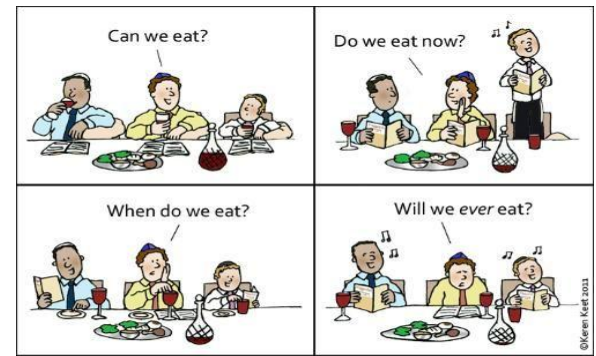
What are four questions that YOU have?

What makes you feel scared?

What real life person is like Moses/Pharaoh and why?

Which superhero is.../ which supervillain is...

Goal: get people to tell their *own* stories



The Four Questions of the Seder

WRITE THESE ON INDEX CARDS, PLACE UNDER PEOPLE'S PLATES

Get moving (no one can sit for that long!)

Paper bag dramatics – go into the room and come out as... (snorkel/tube)

Costumes - raid the dress up box: Egyptians / slaves / the four sons; baby Moshe - with a real baby

Run around like a maniac – because it's hard for anyone to sit

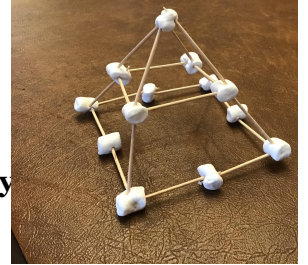
Play “lean” yoga when you recline

Play “Headbands”

Escape room!

Scavenger Hunt

Picture cards / objects and connect them to the Pesach story



Songs and music

Print out words to all those other songs

Ask kids what songs they know from school

Play music week before Pesach - get the mood going

Record and share on family Whatsapps a week before to practice and play for your kids (and remember! And teach!)

At the Seder:

Solos, duets, trios

March around the table and sing - the *Dayenu* dance



Pro tips: Embrace the imperfect

Attention span: three minutes

Spread it out over four meals. Late nights are hard for all.

Sing “Who Knows One” at lunch

Don't put too much pressure on it being perfect; it doesn't have to look like in the movie

Hebrew stressful? No problem -- switch to English

If someone wants a lot of *divrei* Torah, great, and if someone else does not, great – everyone gets a little and everyone should be respectful towards each other - candy, candy, candy

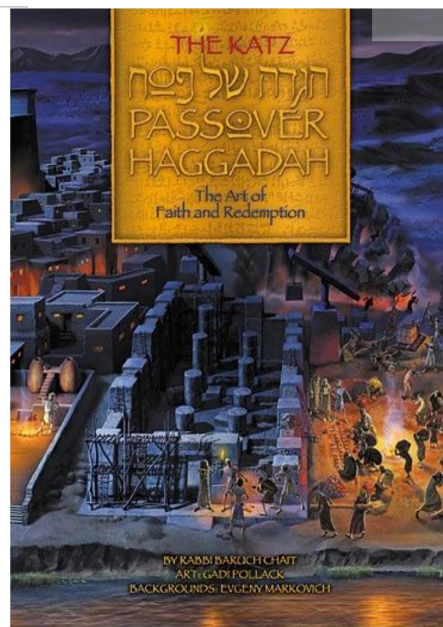
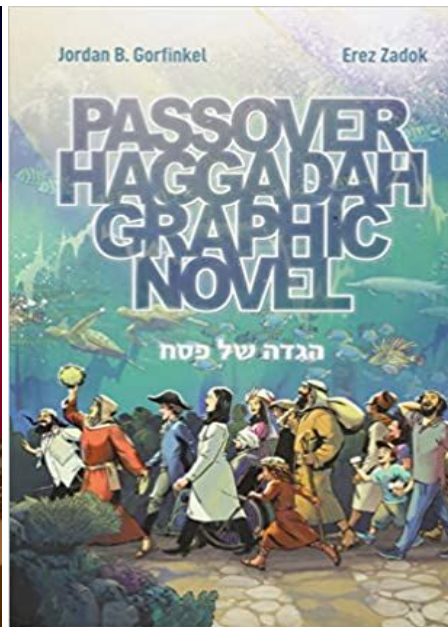
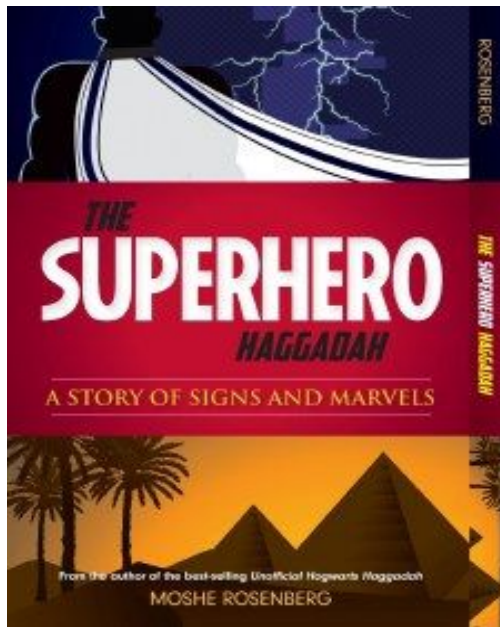
Follow the leader - timing, pacing. This can be a rotating role.



Choose a Haggadah that's meaningful

Try Koren, Amazon, or (better yet) Yossi at Judaica of Great Neck!

Find one that speaks to your interests: Art? Comics? Philosophy?



And finally...

Chag Kasher ve-Sameach!

A happy and a healthy Pesach to all!