



Welcome to Spark, the Tribe Parasha activity sheet that will help you bring Judaism to life in a varied and exciting way. I'd like these activities to enthuse the children and show them how the Torah given almost 3500 years ago is still as relevant and as exciting in our lives today.

Thank you for offering to run a Children's Service, for all the hard work you put into it and for making a real difference to so many young people. The US is very proud of the numerous Children's Services that are run every week across the UK and this would not happen without you.

Spark gives you an overview of the weekly Parasha, songs, an activity, discussion questions or D'var Torah linked to the Parasha or important event that week. Every Children's Service will be different, in terms of how many participants there are, their age range, its length and the varying abilities of the children. Please read through the document and find the activities that will best suit the needs of your group. It is advisable to read it before Shabbat in case there is some preparation that may be needed in advance.

I am sure the children at your shul will benefit from Spark. Please be in touch if you have any queries, feedback or if we can be of any help. Thank you again for the work you do in enabling so many young Jews to access their heritage and traditions in such an exciting way.

All it takes is a small spark of interest, to ignite a raging flame of passion for Judaism.

With kindest regards,

Rabbi Nicky (Goldmeier)

Welcome



Toldot - 5780

This week's Parasha (Torah portion) is Toldot which means 'Generations' and it begins by describing that for the first twenty years of their marriage, Yitzchak (Isaac) and Rivkah (Rebecca) were childless.

They both prayed to God and they were blessed with twin sons. Eisav (Esau), the elder of the twins, was a man of the field – a hunter, while Yaakov (Jacob), the younger, was a scholar who sat and studied.

Yitzchak (Isaac) showered his affections on Eisav (Esau), While Rivkah (Rebecca) preferred Yaakov (Jacob).

Eisav (Esau) came home one day and was very tired. Noticing that Yaakov (Jacob) was cooking red lentils, Eisav (Esau) asked his brother to give him some. Yaakov (Jacob) agreed, but on condition that Eisav (Esau) gave him his first-born blessings and privileges.

To escape the grip of famine, Yitzchak (Isaac) moved temporarily to Gerar, where God appeared to him and promised, as He did his father Avraham (Abraham), that He would make his descendants numerous and they would inherit the land of Canaan.

Taking the same precautions as his father Avraham (Abraham), Yitzchak (Isaac) told the king that Rivkah (Rebecca) was actually his sister, so that he wouldn't harm either of them. However, discovering the truth that Rivkah (Rebecca) was Yitzchak's (Isaac's) wife, the king of Gerar, Avimelech, told the people not to harm either of them. Eventually, Yitzchak (Isaac) and Rivkah (Rebecca) moved to Be'er Sheva (Ber Sheba), where Yitzchak (Isaac) and Avimelech made a peace treaty. However, Eisav (Esau) brought grief to his parents by marrying two Hittite women.

Yitzchak (Isaac) was getting old and losing his sight and he wanted to bless his eldest son, Eisav (Esau). Therefore, he told Eisav (Esau) to go and hunt an animal and prepare a fine meal for him, so that he could enjoy the meal and then bless Eisav (Esau).



Overhearing this conversation, Rivkah (Rebecca) dressed Yaakov (Jacob) in Eisav's (Esau's) clothes and told him to go into his father Yitzchak (Isaac) and receive the blessings due to Eisav (Esau). Yitzchak (Isaac) called his son forward and bestowed upon him all the blessings of the first born.

No sooner had Yaakov (Jacob) left his father, Eisav (Esau) returned and the truth was discovered. However, Yitzchak (Isaac) didn't revoke the blessings he had given to Yaakov (Jacob), but gave additional blessings to Eisav (Esau).

Eisav (Esau) was very upset by the actions of his brother, Yaakov (Jacob) and wanted to kill him. To prevent this, Rivkah (Rebecca) told Yaakov (Jacob) to leave home, with Yitzchak (Isaac) giving his son similar advice.

At the very end of the Parasha (Torah portion), we learn how Eisav (Esau) tried to please his parents by marrying a daughter of Yishmael (Ishmael).

The Parasha - In a Nutshell!



Parasha Overview in a Little More Detail

- At the beginning of the Parasha (Torah portion), we learn how both Yitzchak (Isaac) and Rivkah (Rebecca) prayed for children. Their prayers were answered and she became pregnant with twin boys. We are told how the boys would squabble inside Rivka (Rebecca), causing her a lot of discomfort. So, she asked God why she was experiencing such pain.
- God told Rivkah (Rebecca) that there were two very different people inside her, who would be born and continue to be different.
- Indeed, when the 2 boys were born, Eisav (Esau) was very hairy and red and Yaakov (Jacob) was born, holding the heel of his brother, which is why they called him Yaakov (Jacob), the root of which, means 'heal'.
- Eisav (Esau) grew up as a hunter, with Yitzchak (Isaac) loving him because Eisav (Esau) would ensure there was always a meal for his father. Rivkah (Rebecca) showed a similar amount of love for her son Yaakov (Jacob).
- One day, while Yaakov was preparing a stew, Eisav (Esau) came in from hunting and asked Yaakov (Jacob) for some of the stew. Yaakov (Jacob) told his brother that he would give him some of his lentil stew if he was prepared to sell him the blessings of the first born. Being so hungry and not thinking about the future, Eisav (Esau) agreed and gave up his first-born privileges.
- When Yitzchak (Isaac) and Rivkah (Rebecca) had to go to Gerar because there was a famine in Canaan, God appeared to him and promised to uphold that which He had told Avraham (Abraham) his father, that his children would be as numerous as the stars in the heavens and they would inherit the land of Canaan.
- Upon arrival in Gerar, Yitzchak (Isaac) told the king, Avimelech, that Rivkah (Rebecca) was his sister, just as his father Avraham (Abraham) had done some years earlier. But Avimelech discovered the truth and warned anyone against doing anything bad to Yitzchak (Isaac) and Rivkah (Rebecca).
- With God's help, Yitzchak (Isaac) became very prosperous and this aroused the envy of the populace, prompting Avimelech to advise Yitzchak (Isaac) to leave the area.
- While staying in the valley of Gerar, Yitzchak (Isaac) dug his father's old water wells, before eventually moving to Be'er Sheva (Ber Sheba). Meanwhile, Eisav (Esau) upset his parents by marrying two Hittite women.
- Yitzchak (Isaac) had grown old and blind and felt that the time had come to bless his oldest son. He therefore requested that Eisav (Esau) go to the field to hunt and prepare the game he had captured as a tasty dish. But Rivkah (Rebecca) overheard the conversation and urged Yaakov (Jacob) to put on goat's hair, so that he felt as hairy as Eisav (Esau), prepare some meat and bread that she had made and go to Yitzchak (Isaac) to receive the blessings of the firstborn.



- At first Yitzchak (Isaac) was suspicious, but these suspicions were allayed when he felt the hairy hands, which he was sure belonged to Eisav (Esau).
- Yitzchak (Isaac) called his son Yaakov (Jacob) forward and blessed him saying, 'May God give you from the dew of the heavens and the fat of the land and plenty of grain and wine. Nations shall serve you and kingdoms will bow down to you. Those who curse you shall be cursed and those who bless you shall be blessed.'
- Eisav (Esau) then returned home and discovered what had happened. Yitzchak (Isaac) nevertheless still blessed Eisav (Esau) and foretold that Eisav's (Esau's) future descendants would live by the sword and would serve Yaakov's descendants, so long as the latter behaved properly. However, when the descendants of Yaakov (Jacob) stray from the path of the Torah, Eisav's (Esau's) descendants would be free of this servitude.
- Eisav (Esau) now hated his brother Yaakov (Jacob) because he had been given the firstborn blessing. He plotted to kill Yaakov (Jacob) when their father died. So, to prevent this, Rivkah (Rebecca) told Yaakov (Jacob) to leave and stay with her brother, Lavan (Laban), in Charan. Yitzchak (Isaac) gave his son Yaakov (Jacob) similar advice and blessed him.

Parasha Overview
- In a Little More Detail!



Activity –

In this week's Parasha (Torah portion) we learn how Yitzchak (Isaac) loved Eisav (Esau). The Rabbis teach us that Eisav (Esau) showed a huge amount of honour to his father.

This activity will highlight to the children, the things parents do for their children and will, in turn, encourage children to think about what they should do to honour and respect their parents.

At the very end of this week's Spark, there are 12 pictures of things parents do to help their children. Show the pictures to the children one at a time and ask them what is happening in the picture. You may need to give the children a bit of help, but the images are fairly clear.

Once the children have explained what is happening in each picture, go around the circle, asking each child what they would do to show their parent that they appreciate all that they do for them. Give them an example like, drawing a picture for them, writing them a card, giving them a 'thank you' hug, helping them wash up after supper etc

The Little Red Rabbi



As the sun shone through the window on a cold and crispy morning, the Little Red Rabbi felt so excited. He had just spoken to his mummy and daddy who lived in Israel and they were coming to London to visit the Little Red Rabbi and his family.

The Little Red Rabbi told his wife and his children about Sabba (Grandfather in Hebrew) and Savta (Grandmother in Hebrew) coming to England to visit. Everyone in the house was so happy and just couldn't wait for the visit. They hadn't seen Sabba and Savta for so long and they loved Savta's amazing stories and Sabba's funny songs!

The Little Red Rabbi loved seeing his parents because it meant he could show them lots of respect. He could buy things for them, cook things for them, help them up and down the stairs, take them on outings and tell them how much he loved them.

Now, the Little Red Rabbi wanted to give Sabba and Savta a huge surprise. He wanted to prepare a special Kiddush in shul on Shabbat in their honour. But there was obviously a lot to prepare and the Little Red Rabbi simply couldn't do it all himself. So, he called his good friend Michael. 'Hi Michael', said the Little Red Rabbi, 'would you be able to help me prepare the food for a Kiddush I'm making to honour my parents who will be visiting next week from Israel?'

Now usually, Michael was extremely busy and didn't have the time, but he thought for a few minutes and said, 'of course, Little Red Rabbi, I would love to help. I want to help, so that you can honour and respect your parents with the best Kiddush ever! It is such an important thing to do!' 'Thanks so much', said the Little Red Rabbi.

Next, he called his good friend Michaela. 'Hi Michaela', said the Little Red Rabbi, 'would you be able to help me buy drinks for a Kiddush I'm making to honour my parents who will be visiting next week from Israel?'



Now usually, Michaela was also extremely busy and didn't have the time, but she thought for a few minutes and said, 'of course, Little Red Rabbi, I would love to help. I want to help, so that you can honour and respect your parents with the best Kiddush ever! It is such an important thing to do!' 'Thanks so much', said the Little Red Rabbi.

Finally, he called his good friend Morris. 'Hi Morris', said the Little Red Rabbi, 'would you be able to help me prepare teas and coffees for a Kiddush I'm making to honour my parents who will be visiting next week from Israel?'

Now usually, Morris was also extremely busy and didn't have the time, but he thought for a few minutes and said, 'of course, Little Red Rabbi, I would love to help. I want to help, so that you can honour and respect your parents with the best Kiddush ever! It is such an important thing to do!' 'Thanks so much', said the Little Red Rabbi.

Finally, the day of Sabba and Savta's visit arrived and the Little Red Rabbi picked them up from the airport. They gave each other a big hug and when the Little Red Rabbi's children saw their Sabba and Savta, they also gave them a huge hug and lots of kisses. The whole family talked and laughed well into the night as they were just so happy that Sabba and Savta were finally at their house.

As the Little Red Rabbi, Sabba and Savta walked to shul that Shabbat morning, the Little Red Rabbi told his parents, 'I've got a huge surprise waiting for you at Shul.'

And children, it really was a surprise; Sabba and Savta just couldn't believe their eyes when they saw the beautiful Kiddush.

Michael, Michaela, Morris and the Little Red Rabbi all looked at each other and smiled, as the Little Red Rabbi thought, 'respecting your parents really is the most amazing Mitzvah!!'

Children's Service: Years 3-6



Respect Rap!

Reinforce the importance of respecting parents, as Yaakov (Jacob) and Eisav Esau) did in this week's Parasha (Torah portion). In addition, explain that showing respect to other human beings generally, is a very good Middah (Character trait).

Here is a rap about rules. Divide the children into pairs, giving each pair a copy of this rap. Allow them a few minutes to prepare themselves, after which they should perform the rap to everyone. It would be good to give a prize to the best performed rap.

*Respect! Respect!
Respect is the key.
For we all can be successful
when we work as a team.
Following directions
is important for you
Really can be learning
when you know what to do.
Respect! Respect!
Respect is the key
For we all can be successful
when we work as a team*



What do Dan and Dina Teach us this Week

In this week's Tribe Scribe at the back of the Daf Hashavua, you'll find a really great lesson that we can learn from the Parasha (weekly portion) of Toldot.

Being able to hold back from something that you'll really enjoy now, for something that will be SO worth it later.

You'll need a few copies of the Tribe Scribe with you; give the children copies of the Tribe Scribe (perhaps one between two) and read the story with the children, pointing out the captions and the illustrations.

Dina teaches us about a real experiment that was done at Stanford University. Ask the children if they can tell you what that experiment was and what it teaches us?

How does it link with our Parasha (Torah portion), Toldot?

Go around the circle of children, asking them to comment on how we can put this important message in to practice in our everyday lives. Try not to give the children too many answers but allow them the time to look at the 'Scribe' and work out the lesson being taught, for themselves.

What do Dan and Dina Teach
us this Week?



What does This Story Teach Me?

Rabban Shimon ben Gamliel, was a famous Rabbi who lived just before the destruction of the Second Temple in Jerusalem. He said that although he was very careful to show a huge amount of honour to his father, he did not show even one hundredth part of the honour that Eisav (Esau) showed his father Yitzchak.

Have a look at this story – What messages and lessons does it teach us?

Damah the son of Netinah, lived in Ashkalon sometime in the first century C.E. Damah was a perfect example of how to show honour to a parent. It happened once that one of the precious stones fell out of the High Priest's Choshen (breastplate) and was lost. Seeking a replacement, the holy rabbis were told to go to a person called Damah ben Netina who had the exact jewel they required.

The rabbis went to Damah's house to buy the precious stone they so desperately needed for the Breastplate and offered him one hundred dinar (the currency of money used at this time), and Damah accepted their offer. But when he went to get the jewel, he discovered that he could not access it without waking his father. So, he returned and informed the rabbis that he could not provide them with the precious stone they needed, as he could not wake his father.

Assuming that he was trying to renegotiate the price, they increased their offer until they reached a sum of 1000 dinar. When his father finally awoke he brought them the jewel, and they were still willing to pay him their final offer of 1000 dinar. Damah, however, was only willing to accept their initial offer of one hundred, saying: "What? Do you think that I would sell the honour of my father for mere coins? I refuse to derive any benefit from the honour of my father!"

The Talmud goes on to ask what heavenly reward Damah received for showing his father such honour and respect? The answer given was that on that very night, a pure red calf was born to Damah's cow. A red cow was extremely rare and was used in the Temple, so the Jews paid a huge amount of money for this extremely rare item.

What does this Story Teach Me?



Tefillah

Each morning we say a list of blessings which thank God for giving us things we often take for granted.

Here is a blessing we say each morning and a short poem to explain it. Read it with the children and ask them what else they appreciate in their lives, for which they would like to thank God.

'Blessed are You God, King of the universe who opens our eyes'

פּוֹקֵחַ עֵינַיִם

In the morning, when I rise,
A world of colours fills my eyes,
For pink, red, yellow, purple and green
Po-kay-ach Iv-rim.



Song for 'Toldot'

The link has been included for you to watch before Shabbat and if you so wish, to teach the children this song. The words are fairly simple as is the tune.

https://www.chabad.org/kids/article_cdo/aid/519440/jewish/Toldot.htm

Rivkah Imeinu had twin sons, Eisav was red
He was a hunter, Yaakov learned Torah instead
Yaakov was cooking beans, Eisav was hunting
"I am hungry! Give me soup! Eisav came in grunting
"Please sell me your b'chorah I'll give you soup so red."
Yaakov told this to Eisav, "Take it!" Eisav said.

Rivkah put fur, on Yaakov as a disguise
Yitzchak touched his son, because he, had weak eyes.
"It sounds like Yaakov, but feels like Eisav's hands"
Yaakov received the bracha, of the stars and sand.
When Eisav came home, his anger burned
Yaakov had no choice, to Lavan's house he turned.



