



## Prayer Activity

During the video, Eve talks about the many traditional blessings that Jews can say. These are called *B'rachot* in Hebrew and cover all sorts of things.

All b'rachot begin in the same way:

**"We praise you, Eternal G-d, Ruler of the Universe....."**

(Translations vary reflecting the difficulties of translating from one language to another)

B'rachot are a way of expressing thanks but also of accepting the way things are, making valuable to wellbeing. Examples include:

- **On drinking wine** - We praise you, Eternal G-d, Ruler of the Universe who creates the fruit of the vine
- **On eating fruit** - We praise you, Eternal G-d, Ruler of the Universe who creates the fruit of the tree
- **On smelling spices** - We praise you, Eternal G-d, Ruler of the Universe who creates different kinds of spices
- **On seeing the sea** - We praise you, Eternal G-d, Ruler of the Universe, who has made the sea
- **When hearing thunder** - We praise you, Eternal G-d, Ruler of the Universe, whose strength and might fill the world
- **On seeing a rainbow** - We praise you, Eternal G-d, Ruler of the Universe, who remembers the covenant, is faithful to the covenant and keeps the promise. (This relates to the story of Noah)
- **On hearing good news** - We praise you, Eternal G-d, Ruler of the Universe, who is good and gives good
- **On hearing bad news** - We praise you, Eternal G-d, Ruler of the Universe, the true judge

### Activity:

- Ask the children to think about things that they are thankful for
- Collate their ideas on the board
- Ask the children to pick one thing from this list
- Children can then complete the attached sheet to record their blessing

- You will find two versions: one mentioning G-d using the traditional Jewish formula and a non-religious expression of thankfulness
- Allow the children to choose which one works for them
- Children can finish the sentence with what they are thankful for and can draw a picture of it