



## ARTS & CRAFTS

Although yoga classes don't leave much time for arts and crafts, we understand that many Jewish classes, programs and activities enjoy them. We've included LOTS of thoughtful crafts that enhance Jewish learning with a "yoga twist". Enjoy!

### **The Talking Stick (or Yad)**

#### **History:**

The talking stick has been used for centuries by many American Indian tribes as a means of just and impartial hearing. The talking stick was commonly used in council circles to designate who had the right to speak. When matters of great concern came before the council, the leading elder would hold the talking stick and begin the discussion. When he finished what he had to say he would hold out the talking stick, and whoever wished to speak after him would take it. In this manner, the stick was passed from one individual to another until all who wished to speak had done so. The stick was then passed back to the leading elder for safekeeping.

#### **Suggested uses for Jewish Programs:**

We use talking sticks a lot in a wide variety of ways in yoga classes and Jewish programs. There are so many times that this is so practical: to learn your kids' names, to get them to quiet down, to share their joy of Yoga with everyone, or for them to tell you about their new yoga pants or puppy. Instead of "shhhing", kids learn to listen to their friends in a meaningful way.

**Mitzvah Circles:** Mitzvah Circles are GREAT way to transition between activities or conclude your time together.

Have the group sit in a circle and sing a song together. In Yoga Yeladim we often sing, Shalom Begins with Me or Shalom Closing Chant. Now the group is focused and calm. This a PERFECT time to reflect on a lesson, your time together, opportunities for mitzvot and tikkun olam or any topic you'd like to review or reinforce.



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While holding the talking stick/ yad, ask the group a personal question about what you want to address:

- If you could make a miracle, what would it be?
- If you could change one thing about \_\_\_\_\_, what would it be? If you had a super power, what would it be? (kindness, love, compassion) How would you use it to repair the world?
- How do you perform mitzvot?
- What are you most grateful for?
- Who is your favorite Jewish hero & why?
- End of Camp: What was your favorite part of camp?

### **Make Your Own Talking Stick/ Yad**

Having kids make their own talking stick/ yad is a great craft and very easy to do. This is a wonderful project for recycling and repurposing items you have around the house, camp or classroom.

For the "stick" part, use anything that will give your talking stick/ yad some structure. Some suggestions:

- sticks
- cardboard piece on a wire hanger
- empty paper towel roll
- dowels

Decorate your talking stick with:

- pipe cleaners
- ribbon
- colored paper
- paint/crayons/markers
- glitter
- feathers



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- Jewish Symbols
- Hebrew Letters



### Peace Flags

Peace Flags are a lovely way to decorate a classroom, camp shelter or cabin, or Sukkah. This another great project for recycling and repurposing items you already have. They can be made of either paper or cloth.

For cloth flags: Get yourself an arsenal of cotton fabric cut into squares. Approx. 8"-10". Use a variety of light colors. Lay the material for 3-5 flags on a table. Lay a piece of string or ribbon over the top and use a glue stick, glue the top of the flag and fold it over and press it down to make sure it's totally stuck. Bring it to class ready to go for younger kids and let the older kids do it themselves. Next is time to color them in. Use crayon markers, paint markers, or glitter markers. \*Give the kids suggestions for symbols, thoughts, positive words they can color on them. Shalom, Mitzvah, Tikkun Olam, Jewish Symbols and pictures.

\*There is a "sample" peace flag template on the OYY Resource pages.



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### Relaxation Jar

#### Supplies:

- Jar or clear plastic container
- glycerin
- glitter
- food coloring
- hot glue gun
- optional: dreidel or Jewish symbol
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1. If you are using a dreidel or other item, glue it to the inside lid of the jar. Make sure that it is not too close to the edge or it won't close. (Feel free to stack a few dreidels if the jar is large enough.

Let it dry. While you prepare the next steps it should be completely dry.

2. Fill the jar water.

3. Add the glycerin. Pour in about a dash of glycerin. A “dash”, means you should just pour the bottle of glycerin for 1 second. The glycerin will let your glitter fall down more slowly.

4. Pour in some glitter & food coloring. Using glitter, sprinkle a small mountain of the flakes into the water. After you have a good amount of glitter, stir the contents with a small spoon to mix together all of the glycerin, water, and glitter.

5. Fill the jar to the very rim. Make sure that the jar is filled to the top. (add water if you need to) That is if you don't want any air bubbles in your jar.

6. Seal the lid. Keeping the glass jar right side up, just place your lid onto the top of the jar, and seal it. The jar might leak some at first, but that is just because it is overflowing from being filled. Once you have dried the excess water up, turn your jar over, and you have made a relaxation jar!



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TO SEAL: you can add glue from glue gun, working quickly to then place lid on top and turn to seal. OR: Use the glue gun once the lid is twisted on, to seal it to the glass, gluing a thin line of glue around the lid where it joins to the glass jar.

Decorate rim with ribbon if you'd like.

Shake and enjoy!!



## Pranayama Painting

Mediation is a powerful way to reduce stress in children. Try this fun activity with your kids to practice deep breathing and create something beautiful together!

- food coloring
- a straw for each child
- piece of paper (we used finger paint or water color paper for best results)
- Painter's tape

### Directions:

1. Use painter's tape to make a design on the paper
2. Drop a few colors of liquid food coloring on a piece of paper.
3. Take a straw & blow the colors to make different designs.

Experiment with what happens when you use long / slow breaths and quick/ hard breaths. Does it change the design?



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Each picture is beautiful and unique.

Pictures can be used for holiday cards, gift wrap and lovely art to display.



### Jewish Fortune Teller

A good "partner yoga" activity as it might take too much time to go around the room picking poses in a larger groups.

### To Make

(Video on how to fold <http://www.youtube.com/watch?v=ccrwvGYlqyg>)

1. Choose 4 words to use on the outer squares:

- Shalom Begins With Me
- For Chanukah: Nes, Gadol, Hayah, Sham (*and write the Hebrew letters*)

2. On the 8 inside triangles write words that represent your activity or lesson.

Suggestions:

- Cities in Israel
- Jewish foods
- Hebrew Phrases
- Jewish Heroes



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3. Unfold again and on the 8 inside triangles write yoga poses or suggestions for mitzvot:

- Yoga Poses: tree, dancer, menorah, star, downward facing dog....
- Mitzvot: compliment a friend, do something nice for someone without them knowing it was you, send a kind note to friend, clean up \_\_\_\_\_...

### To Play

First pick a word (shalom, begins, with, or me) and count those letters. Then they pick from the inside and count those letters. Then they pick the inside pose. Totally fun and the big kids can make their own!

### **Batik Challah Covers**

Tie-dye and yoga go together like cream cheese and bagels. This craft takes some time to do, but the results are gorgeous.

### Supplies

- Heavy cotton fabric or light canvas ( We used old cloth napkins)  
Gel Glue (I hear white glue works too, but gel works better)  
Open garbage bag or heavy stock paper to lay under your fabric for gluing and painting  
Small bowls or empty yogurt containers
- Stencils or Shapes to trace
- Pencil
- a variety of acrylic paints

1. Use pic of sketch) Sketch your design with pencil directly onto the fabric.

\*For younger children, complete this step and the next on your own and hand over the project to them at Step 3. Older children might be able to draw the pattern but require some help in Step 2. You can make "templates" for designs out of cardboard for kids to trace.

2. Put plastic or heavy paper under your fabric BEFORE you begin to glue.



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Trace all your pencil lines with a heavy line of glue. As the glue dries it will become thinner, so make sure your glue line is solid enough to clearly mark any design you will want in your final product. Allow glue to dry overnight or set aside until completely dry, then continue to next step.

3. Use pic of paint. Pour dollops of paint into empty yogurt containers or other small bowls, and water down and mix until the paint is entirely dissolved. Your paint will dry a few shades lighter so plan to mix colors a few shades darker. (You are creating watercolors)

4. Paint directly on your fabric allowing the colors to spread over the glue pattern you prepared the day before. The paint will behave like watercolors so expect your colors to blend into the fabric and spread. Be very careful with your clothing & furniture. THIS WILL STAIN!!!!

5. When you are finished, set aside to dry completely. When your fabric is completely dry, let it soak in warm water to dissolve the glue. Children will need to use their nails or a small brush to scrape off the glue.







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### DIY Dreidel

#### Supplies:

- 1 old CD or DVD
- Sharpies or other permanent markers
- A ruler
- 2 regular-sized marbles
- Tack-it putty (usually comes in blue or white, for hanging posters) or a hot glue gun.

1. Use your ruler and a Sharpie to draw two perpendicular lines across the top bottom of the CD (which will be the top of your dreidel) in order to form four equal quadrants.

2. Use your Sharpies to color the quadrants (optional) and to write the four Hebrew letters:



3. Place one marble in the hole on the bottom side of your dreidel (the part you did not write on). It will not fit through the hole; most of the marble will stick out the bottom. Use tack-it or hot glue to secure the marble in place. Then place a second marble on top of the first one on the top of the dreidel. This marble will be the handle that you spin. Secure with tack-it or hot glue.

4. Feel free to add some "bling" with glitter.

\* For definitions of Hebrew & Yiddish words, please refer to the Yoga Yeladim Glossary.



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For more ideas for crafts , visit  
<https://www.pinterest.com/yogayeladimwithjess>

**Check out our OYY Facebook group for ongoing support  
and suggestions!**