

Some Suggested Shavuot Activities for Kids



- Shavuot celebrates the giving of the Torah. Talk about the Ten Commandments—you might call them “ten good rules” to live by. Ask children what other rules they think might make the world a better and fairer place to live. Make a scroll and write them down!
- It is traditional on Shavuot to eat dairy foods. Try making blintzes together. Use the recipe in the book, or any other recipe. Or mix up some ice cream—it’s surprisingly easy and (unsurprisingly!) delicious.
- It’s also traditional on Shavuot to stay up all night and study. Staying up all night is probably not a great idea for kids. Instead, build an indoor “tent” with chairs, tables, and blankets. Have a pajama party and read *Mr. Mintz’s Blintzes*, or other Jewish-themed stories, by flashlight.
- It is said that when God gave the Jewish people the Torah, the world was completely quiet—no birds sang, no breezes blew, no waves crashed. Ask kids to take 10 seconds or so to make lots of loud noise. Now ask them to close their eyes, take a few deep breaths, and be absolutely silent. How does that make them feel?
- Shavuot is the holiday of the first fruits—the beginning of fruit season. Invite children to choose a new fruit they’ve never tasted for you to get at the market. Say a *Shehecheyanu* before sharing it!
- Take part in the tradition of decorating your home with flowers, either fresh or handmade. Make flower wreaths to wear. Then go on a nature walk and enjoy G-d’s creation!