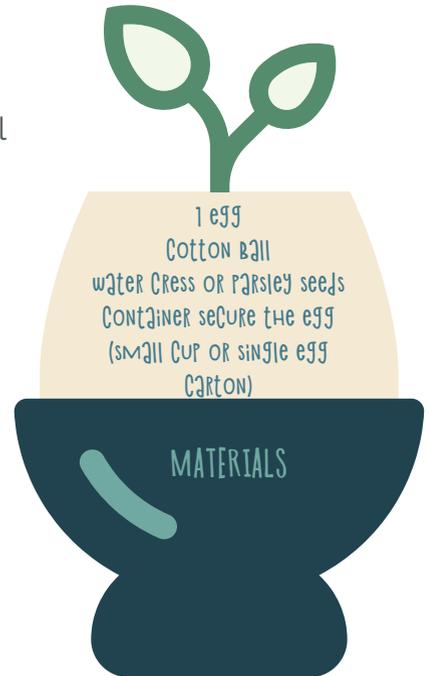


Track the growth of a plant! Watch as your egg shell grows "hair" and track it over time to see how quickly it all occurs. Note the height, width and color changes of your seeds. How is external plant growth similar to our own internal growth?

צמיחה: Watch it Grow!

1. Carefully cut across the eggshell, about 1 inch from the narrower end, to make a small cup. Empty the egg into a bowl, and set aside (you can use it later for something delicious!)
2. Carefully dry the eggshell, then fill it to the top with cotton pieces from the cotton ball and dampen with water. Top up with extra cotton and dampen again if necessary. The cotton should reach the top of the hole in the eggshell.
3. Place the egg into a container that keeps it up straight. Use your finger and thumb to sprinkle some cress seeds onto the cotton wool.



That's it: the egg head is now ready to grow! Place the egg cup in a spot where it will receive sunlight during the day.

Optional: you can use the crayons and pencils to carefully decorate it. Remember that the hole will be facing upwards, so bear this in mind if you want to draw a face.

We show **kavod** for the earth when we practice the **Leave No Trace Principles** when we go outdoors.

The Leave No Trace principles are:

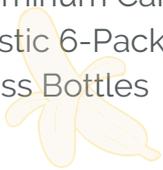
- The Leave No Trace Seven Principles • Plan Ahead and Prepare •
- Travel and Camp on Durable Surfaces • Dispose of Waste Properly •
- Leave What You Find • Minimize Campfire Impacts •
- Respect Wildlife • Be Considerate of Other Visitors

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כְּעוּלָה: DECOMPOSITION MATCHING GAME

Why is disposing of waste properly so important? See if you can match these trash items with the time it takes them to decompose!

Orange or Banana Peel	10 to 20 Years
Leather	80 to 100 Years
Wool Socks	Up to 2 Years
Gum	1 to 5 Years
Plastic-Coated Paper	1,000,000 Years
Plastic Bags	1 to 5 Years
Nylon Fabric	100 Years
Tin Cans	5 Years
Aluminum Can	30 to 40 Years
Plastic 6-Pack Holder	50 Years
Glass Bottles	5 Years



HOW MANY DID YOU GUESS CORRECTLY? DID ANY OF THESE SURPRISE YOU?

Answers: Orange or Banana Peel-Up to 2 years, Leather-1 to 5 years, Wool Socks-1 to 5 years, Gum-5 years, Plastic-Coated Paper-1,000,000 years, Plastic Bags-1 to 5 years, Nylon Fabric-100 years, Tin Cans-50 years, Aluminum Can-30 to 40 years, Plastic 6-Pack Holder-100 years, Glass Bottles-5 years, Plastic 6-

Do you know what the hebrew word for knot is? It's **Keshar**! It makes sense that a connection - something that brings us together, is the same as the word for knot, which ties objects together.

Knowing various knots is a great skill to have in the outdoors - it allows us to hang bear bags, put up tarps, or simply fix a broken shoe lace. See how many of these knots you can learn. Check out animatedknots.com for a great online resource to learn knots!

כִּשְׂרָה: KNOT TYING



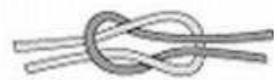
overhand knot



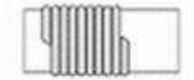
figure-eight knot



granny knot



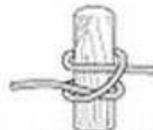
square knot



common whipping



cow hitch



clove hitch



fisherman's knot



sheet bend



double sheet bend



running bowline



bowline



bowline on a bight



sheepshank



heaving line knot

We have an opportunity to find simcha, joy, by experiencing the world around us. Rabbi Abraham Joshua Heschel uses the term "Radical Amazement." He wrote, "Our goal should be to live life in radical amazement... get up in the morning and look at the world in a way that takes nothing for granted. Everything is phenomenal; everything is incredible; never treat life casually. To be spiritual is to be amazed."

One way we can find wonder in nature is by listening for things we may have missed without bringing specific attention to them. Next time you go for a hike, walk through the park, or venture around your block, try this:

כַּעוֹרָה: DEER EARS

Have you ever seen how deer detects a sound?

It instantly turns its head and points its big muscular ears like satellite dishes in the direction of the noise. Deer have an incredible sense of hearing, which allows them to detect the faintest of sounds. It's believed that a deer's sense of hearing is so fine-tuned that it can even determine precisely how far away a sound is.

Here's how you can tap into your own "deer ears."

First, cup your hands behind your ears.

Notice how the sounds in front of you are amplified.

Next, cup your hands in the opposite direction so that they're over your ears.

Notice how you can now hear things behind you a bit better.

Now, listen real carefully to the sounds all around you. What do you hear?

