

אודה ד' בכל ליבי

A TU BISHVAT LESSON - GEARED TOWARDS YEARS 7-9
BY RAIZY MOORE, FOR TORAH UMESORAH UK

LO: Inspire the students to appreciate the gifts 'ד gives them, especially through nature and express their thanks with שמחה.

Starter: The teacher should have assorted fruits on the table, hidden in paper bags. Students should be chosen to come forward, blind-folded, and reach into a bag, to try and identify the fruit. They are allowed to use all their senses for this (even requesting the teacher to open it for them and tasting the taste / texture- obviously making האדמה/ העץ first, on something else).

Discuss:

What does "בכל ליבי" mean?

Have you ever said thank you without really meaning it?

What does it look like when someone thanks with all their heart?
(Example: A child getting a long-awaited gift and hugging the giver tightly)

Why does 'ד want our hearts, not just our mouths?

Why ט"ו בשבט?

What does fruit have to do with הכרת הטוב?

Every fruit is different: size, color, smell, taste- just like every gift in life that 'ד gives us!

Why didn't 'ד make all food taste the same, like plain rice?

'ד could have given us boring food to survive, but He made them beautiful and delicious.

What's something special you notice about the way fruit grows?

Trees don't grow fruit right away. We have to wait. Gratitude sometimes comes with patience.

What can we be thankful for, that we usually forget?

Can we be thankful for:

Our voice?

The ability to see or smell?

Having shoes that fit?

Food?

A brain that can think?

What's something small but amazing you never noticed before?

Activity: Assemble students in a circle and then go around the circle with "Today I'm grateful for..." and don't allow repeats!

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Explain: Did you know that הכרת הטוב can actually change the way that we feel?

Have you ever had a bad day that got better when someone said something kind?

Did you ever try saying thank you even when you felt sad—and it helped?

We have seen that people who write down things they're grateful for every day become happier, calmer, and more generous. הכרת הטוב isn't just a reaction- it's makes amazing things happen.

Wall display:

Teacher should provide students with the shapes of various fruits. Students should pick a fruit and write on it something that they're grateful to 'ד' for. Teacher should encourage deeper answers...

Fruits will then be backed on coloured card and stuck on the wall display.

Souvenir:

Students will cut out a special box template that says on it "אודב ד' "בכל ליבי" and under it "ט"ו בשבט grows trees. הטוב grows me" Teacher will then fill the box with fruit candies.

Final message:

ט"ו בשבט isn't just about planting trees or eating fruit. It's about noticing how amazing 'ד's world is.

It's about remembering that everything we enjoy- from apples to air, from sunlight to smiles, is a gift.

And when we notice those gifts, our hearts feel full. That's when we say: אודה ד' – I thank You, 'ד.