



ISRAELS YOMS MICRO GRANT ACTIVITY BOOK



THE ACTIVITY BOOK

1. **Israeli Cooking**(Yom HaAtzmaut)

Making Israeli Hummus and Pita

2. **Wearing your pride** (Yom HaAtzmaut)

Israel Bracelet & Keychain Making Workshop

3. **Remembering Through Art** (Yom HaZikaron)

Ceramic Poppy Workshop

4. **Matkon Zikaron-Taste of Memories** (Yom HaZikaron)

Honoring the Fallen Through Cooking

5. **Virtual Zikaron BaSalon** (Yom HaShoah)

Bearing witness in your living room



activity ONE

Israeli Cooking

Making Israeli Hummus and Pita

The hummus and pita dish is a staple in Israeli cuisine, sparking endless debates over the "perfect" hummus recipe. Warm or cold? Topped with chickpeas or not? How much tahini? Now's your chance to create your own ideal version!

Host Tip:

Prepare the dough ahead of the event and ensure you have all ingredients and tools ready.

Pita Recipe

Ingredients (for 10 pitas):

- 4 cups all-purpose flour (or mixed with whole wheat/spelt)
- 1 tablespoon dry yeast
- 2 tablespoons sugar
- 2 tablespoons olive oil
- 1 1/2 cups water (adjust as needed)
- 1/2 teaspoon salt

Steps:

- Mix flour and yeast, then add other ingredients. Knead until smooth.
- Let the dough rise for 1 hour. Divide into 10 balls and let rest.
- Flatten and bake on a hot surface (480°F) until puffed (3-4 minutes).
- Wrap in a towel immediately to keep soft.



activity ONE

Israeli Cooking

Making Israeli Hummus and Pita

Hummus Recipe

Ingredients:

- 1 can chickpeas, drained and rinsed (10 oz or about 1 1/4 cups)
- 1/4 teaspoon baking soda
- 1 garlic clove, peeled
- 1/2 cup high-quality tahini
- 1 tablespoon fresh lemon juice
- Pinch of cumin
- 3 ice cubes
- 1/4 teaspoon salt

Tools:

- Pot
- Blender

Instructions:

- Boil chickpeas with garlic and baking soda in water until soft (15-20 minutes). Drain and reserve some of the cooking water. Skim off skins if desired.
- Blend chickpeas with ice cubes, tahini, lemon juice, salt, and cumin. Add reserved cooking water gradually for smoother consistency.
- Serve drizzled with olive oil, paprika, or cumin, alongside warm pita.



activity TWO

Wearing Your Pride Israel Bracelet & Keychain Workshop



Celebrate Yom HaAtzmaut with creativity and meaning! In this hands-on workshop, participants will craft personalized bracelets or keychains using Israeli colors and Jewish symbols. As they create, they'll reflect on what being part of the Jewish people and a connection to Israel means to them.

Host Tip:

Play Israeli music to set the right vibes.

Materials Needed:

- Blue and white string or elastic cord
- Beads: Blue & white, letters (Hebrew/English), Israeli flags, Stars of David, hearts, etc.
- Shrink plastic sheets (if making keychains) + permanent markers
- Scissors
- Keychain rings or clasps (for keychains)
- Optional: identity reflection cards or quotes on Jewish pride

Instructions (Bracelets):

1. Cut string to wrist size, plus a little extra for tying.
2. Choose beads that represent Jewish identity or Israel.
3. Tie off securely and wear with pride!

Instructions (Keychains):

1. Draw a symbol or word on shrink plastic.
2. Cut out your shape and punch a hole for the keyring.
3. Bake according to package directions.
4. Attach to keyring with string or metal clasp.

Discussion Prompt:

1. What do these symbols mean to you?
2. How do you express your Jewish identity in your everyday life?

activity THREE

Remembering Through Art Ceramic Poppy Workshop



The red poppy is a powerful symbol of remembrance in Israel, especially during Yom HaZikaron (the Israeli memorial day), honoring fallen soldiers and victims of terror. In this activity, participants will create their own ceramic (air-dry clay) poppies as a meaningful way to reflect and remember.

Host Tip:

Set the tone with soft music, a brief moment of silence, or a personal story about a fallen soldier. Encourage quiet reflection while creating.

Materials Needed:

- Air-dry clay (red, black, and green if available, or white to paint after)
- Clay tools or toothpicks
- Small cups of water
- Optional: red, black and green paint, black beads or buttons for the center, glue

Instructions:

- Shape the petals – Roll a small ball of clay and divide into four equal pieces. Flatten and shape each into a petal.
- Assemble the poppy – Overlap the petals slightly in a circular pattern. Blend the base together gently.
- Add the center – Roll a small black clay ball or glue on a black button or bead. Press gently into the center.
- Stem (optional) – Roll a thin green cylinder for a stem and attach underneath.
- Dry and display – Let dry for 24–48 hours. Option to write a dedication on a tag or note card.



activity FOUR

Matkon Zikaron Taste of Memories

Honoring the Fallen Through Cooking

"Matkon Zikaron ("Recipe of Remembrance") is a moving initiative that honors fallen IDF soldiers and victims of terror by sharing their favorite recipes and the stories behind them. In this activity, participants will cook a meaningful dish while learning about the life and legacy of the person it represents.

Host Tip:

Visit www.matkonzikaron.co.il ahead of time and select a story and recipe that fits your group. Consider printing the story or projecting it as the dish is prepared. Set a tone of honor and mindfulness.

Materials Needed:

- Printed recipe and story (from the Matkon Zikaron site)
- Ingredients for the chosen dish
- Cooking tools and utensils
- Optional: Israeli flag, candle, or a photo of the person being remembered



Instructions:

1. Choose a recipe from the Matkon Zikaron website. Each dish includes a powerful personal story. (Tip: You can filter by type—baked goods, main dishes, salads, etc.)
2. Print or share the story of the individual the recipe is connected to. Read aloud or play the video if one is available.
3. Cook together in a spirit of reflection. Encourage conversation about the story or memories of loved ones.
4. Eat and share—once the dish is ready, serve it as a moment of remembrance. Consider reading a short poem or offering a moment of reflection.

activity FIVE

Virtual Zikaron BaSalon Remembering In The Living Room

Zikaron BaSalon (“Remembrance in the Living Room”) is a grassroots movement where people gather to hear Holocaust testimonies in an intimate, personal setting. This version invites your group to join a virtual session or view a recorded survivor story, creating space for discussion, memory, and meaning.

Host Tip:

Set up a respectful and calm environment—dim the lights, light a memorial candle, and let participants know this will be a quiet and reflective time. Consider sending a short message to participants beforehand to set expectations.

Materials Needed:

- Computer or screen with speakers for streaming a survivor testimony
- Printed or digital reflection questions
- Optional: yahrzeit (memorial) candles
- Tissues

Instructions:

- Choose a testimony to watch from the Zikaron BaSalon website Resource Center (scan the QR below).
- Introduce the session with a brief explanation of Zikaron BaSalon and why personal testimonies matter to you.
- Watch the testimony as a group. Encourage respectful silence.
- Facilitate a group discussion using the guiding questions below, or invite participants to journal their thoughts.

Discussion Questions:

- What part of this story impacted you most? Why?
- How does hearing a survivor’s personal memory feel different than reading about the Holocaust?
- What are ways we can keep their stories alive as fewer survivors remain?
- What do you think the survivor wanted us to learn from their story?

