



# HAVDALAH SACHETS

*TEVA TABLING provides quick and easy hands-on interactions with Jewishly rich content from Hazon's outdoor, food, farming and environmental education portfolio. Learn more at [hazon.org/teva](http://hazon.org/teva).*

## LEARNING OBJECTIVE

Developing ritual objects can bring a depth of meaning into our lives. Create your own blended Havdalah spices to bring home in its own sachet. Learn about different herbs and spices and how they connect to the world around us!

## EXTENDED FRAMING, CONTENT, AND JUDAICS



### BESAMIM FOR HAVDALAH

- The sense of smell is important in Jewish tradition. It is said to be the most unadulterated of all the senses that we have. What smells do you associate with different holidays? Can smell connect us to the physical and spiritual?
- Besamim is used at the closing of Shabbat to comfort the person as it mourns the loss of the "extra soul" that it has gained during Shabbat and give the soul strength for the week to come.

### SPICES

- Cinnamon comes from the bark of a tree. Can you think of any other barks we eat? It has been used by humans for thousands of years for a wide variety of practices including in Jewish tradition. In the Torah, G-d told Moses "Two hundred and fifty shekels of sweet cinnamon is the second ingredient in the holy anointing oil" (Exodus 30:23)
- Other Spices: Each and every spice has a unique profile of essential oils and properties. Feel free to use calming lavender, mind-clearing rosemary or any other spice you desire. What scent revives your spirit?



*Teva works to fundamentally transform Jewish education through experiential learning that fosters Jewish, ecological, and food sustainability. Teva is a program of Hazon. Learn more at [hazon.org/teva](http://hazon.org/teva).*

## MATERIALS

*(Quantities should be adjusted based on the number of people expected to participate)*

- Precut fabric squares, roughly 6" x 6". Cutting up old sheets or clothes is a great way to recycle! Or, you can purchase small pull string bags made of see-through and breathable fabrics at party stores, art supply stores or online. If bags are purchased, the next two items – ribbon and rubber bands – are not needed.
- 8" ribbons
- Packet of rubber bands
- Herbs and Spices
  - 1 container of cloves
  - 2 containers cinnamon sticks, broken up
  - 3 containers of loose tea
  - 3 packets of crushed rosebuds
  - Any other desirable herbs
- 4 plastic spoons



## DIRECTIONS

- 1** Choose a fabric square and place it on the table.
- 2** Place about 2-3 teaspoons worth of your chosen spices/tea in the center of the square.
- 3** Gather the edges of the square together and secure with a rubber band.
- 4** Choose a ribbon and tie it around the rubber band.
- 5** Take home and enjoy!

