

# ECAMPS 5781 TU B'SHEVAT CELEBRATREE



*Tu B'Shevat  
Activities  
Booklet*

SEDER -SUNDAY 31ST JANUARY AT 4PM



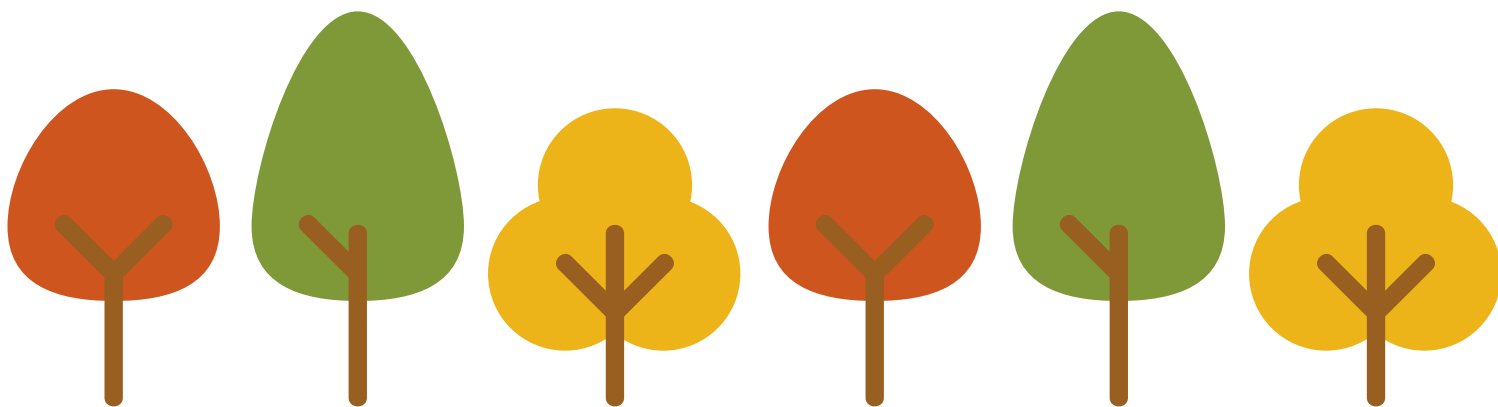
# Introduction

An unexpected benefit of lockdown has been the opportunity it has given us to enjoy our relationship with nature with greater appreciation, and to value nature's importance to our mental health and well-being. Be it our garden, our street or neighbourhood, our local park or the forest, getting out into green spaces has played a crucial role for exercise, relaxation, boosting our Vitamin D intake and benefitting from Nature's power to inspire, uplift and heal.

In gratitude for all of this, we dedicate our ECAMPS Tu b'Shevat Seder this year to a celebration of trees, and nature in all its magnificence.

We do hope you will take part and join in! There's a range of activities, so hopefully everyone across the generations, whether you are on your own or with family members, will find an activity you find appealing and will love to do!

Please choose as many of the following activities as you feel inspired to complete, and be ready to share your experience at the Seder on Sunday 31st January which will be a celebration held together online across our Jewish communities in Redbridge and Essex . Enjoy and have fun!



**ECAMPS** = Eastern Counties Association of Masorti & Progressive Synagogues

**Acknowledgements:** Compiled by: Fiona Hulbert & Rabbi Lisa Barrett, Design: Nick Young, (Jan 2021)

# Celebrating Nature....

## In Image...

Take a photo celebrating trees and/or nature and upload it to our ECAMPS Tu B'Shvat CelebraTree Art Gallery at: [https://davidsolomon.smugmug.com/upload/wS6sjH/Nature2021\\*](https://davidsolomon.smugmug.com/upload/wS6sjH/Nature2021*). Feel free to include yourself and family members or friends in your photo if you wish, but get the permission of an adult before you do so.

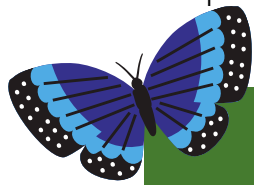
## In Word...

Write a poem or descriptive piece celebrating trees and/or nature and take a photo of it- then upload it to our art gallery at: [https://davidsolomon.smugmug.com/upload/wS6sjH/Nature2021\\*](https://davidsolomon.smugmug.com/upload/wS6sjH/Nature2021*)

## In Song.....

Write a song or piece of music celebrating trees and/or nature and upload a photo of it, or video of the piece being performed to: [https://davidsolomon.smugmug.com/upload/wS6sjH/Nature2021\\*](https://davidsolomon.smugmug.com/upload/wS6sjH/Nature2021*)

**If you upload photos, drawings, documents or a video**, please give us the heads up by emailing Nick Young at [community.development@elels.org.uk](mailto:community.development@elels.org.uk). This will enable us to look out for what you have uploaded and help us to prepare for sharing some of these at the seder.



### \*About David Solomon.....

David Solomon is a professional photographer and (long-time) member of SWESRS based in Barkingside. He specialises in Religious Jewish weddings, portfolio and commercial photography etc. He is also very keen on nature and wildlife photography and has kindly provided his SmugMug site as a platform for us to collect images inspired by Tu b'shevat.



# Get out into Nature....with any of these Outdoor Activities!

## Birdwatching in your Garden

The Tu B'Shevat Seder falls on the same weekend as the RSPB Big Garden Birdwatch weekend! Look on the RSPB website, sign up and do an hour's birdwatching. Print off their Great Garden Birdwatch ID sheet and enjoy! <https://www.rspb.org.uk/get-involved/activities/birdwatch/>



Then put out food for garden birds;

- Make long 'necklaces' of unshelled monkey nuts and hang them in and from garden bushes.
- Halve apples and skewer them on bushes in the garden.
- Use an old bowl or (unwanted!) upturned dustbin lid to make a birdbath.



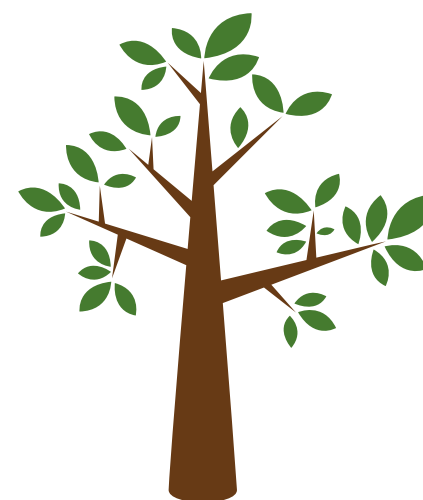
## Nature Trail

Divide into 2 parties. One prepares a trail for the other with collected fallen twigs using agreed signs:

- START HERE sign: Place 4 twigs on the ground in a square.
- STRAIGHT ON: make an arrow shape using a long twig and 2 short ones as the arrowhead
- TURN RIGHT: Set 2 long twigs so one points ahead and at its tip the other forms a corner to the right. Add 2 twigs for the arrowhead.
- TURN LEFT: Same again but the bend is to the left.
- END: X marks the spot with 2 crossed long twigs. You might like to leave a 'treasure' beside it, buried under some dry leaves. Maybe a little bag of nuts or raisins.

## Climb a Tree

Do it safely, by making sure that you have an adult with you and you have their permission!



# Get out into Nature....with any of these Outdoor Activities!

## Go on a Pirate Scavenger Hunt

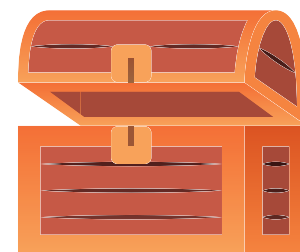
Go on a woodland walk. Go slowly, searching for and collecting the following evidence of pirates:

- A feather = parrot feather
- A hook-shaped twig = Captain Hook's hook
- A fallen tree trunk you can balance along = to walk the plank
- A tree stump or climbing tree= a crow's nest from which to spot approaching treasure ships
- Old acorns , conkers or berries= cannonballs and lead shot
- Some dry leaves= doubloons and 'pieces of eight'
- Longish fallen sticks, one short , one longer (from the ground, not the trees which need 'em still!) = cutlass, dagger
- Crossed twigs on the ground= buried treasure

Practice going, "AAAARRR!" each time you spot one of these items.

## Collecting, Building, Discovering, Identifying and lots more.....

- In an outdoor area such as a garden, park or woodland, gather a varied collection of natural objects; feathers, twigs, stones, berries, seedheads, moss, lichen etc. Within a frame made of fallen twigs, **make a picture** or pattern on the ground or a background of paper or other material.
- **Mucky version, but oh such fun!** Collect a container of clay or sticky mud to smear on a tree trunk. Use the natural objects as above but press them into the muddied tree surface.
- Using fallen branches in woodland, **make a den**.



## Collecting, Building, Discovering, Identifying and lots more.....

- **Make a wand** with a strong piece of twig about 30-40cm long. Wrap some twisted elastic bands along it. Or wind string up it. Take a slow walk outdoors around your garden or other green space hunting for small interesting natural objects that you can tuck under the bands , until your wand is covered with interesting textures and colours from nature.
- **Enhance a walk outdoors.** Take a simple cardboard tube on your walk and **focus on things really up close** where you can , and also far away, stopping to observe what is at ground level, at shoulder level , above head level and up into the tree level and even the sky.
- **Walk in Epping Forest** looking at the **shapes and contours** of twisted old trees to find, using your imagination, strange faces, fantastical beasts, odd woodland peoples. Pollarded hornbeam trees really evoke all sorts of Hobbit-like figures. The wheelchair path at High Beach near the Field Studies Centre is smooth enough for buggies too.
- To **identify tree species** in winter from their buds and twigs (yes, the buds are there, waiting for Spring) print off 'Trees In Winter Identification' from Pinterest. You can also find the document on the very next page!



**ECAMPS CHALLENGE:** Take a photo of any of these creative activities to share and show at our Tu B'Shevat service on Sunday January 31st. See weekly newsletters for further details.

## Support our Forests- Make a Donation to the Woodlands Trust

The Woodland Trust stand up for trees as the UK's largest woodland conservation charity. They create havens for wildlife by planting millions of trees every year, campaign for new laws to protect ancient woodland and restore damaged ancient woods so they can breathe again.

To find out more about this excellent charity, visit them here: <https://www.woodlandtrust.org.uk/>

To make a donation to help them in their important work, go here:  
<https://www.woodlandtrust.org.uk/support-us/give/donations/>



# Winter twigs



Ash

Field maple

Birch

Alder

Elder

Hazel

Beech

Horse chestnut

Rowan



Oak

Lime

Lilac

Hawthorn

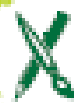
Blackthorn

Larch

Sycamore

Dog rose

Elm



## Leaf rubbing

Get creative with leaves of different shapes and sizes.

### You'll need:

- Lots of leaves!
- Paper
- A couple of heavy pebbles
- A smooth, hard surface – like a notebook
- Coloured crayons or pastels

# Leaf rubbing



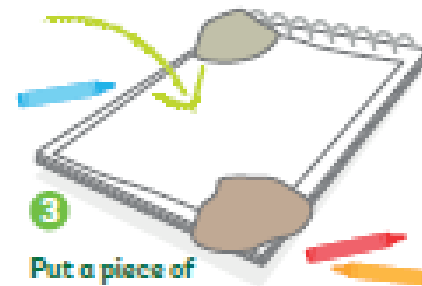
1

Choose your leaves.  
Collect lots of different  
shapes, sizes and textures.



2

Place a leaf onto  
a notebook. Make sure the  
veins on the bottom of  
the leaf are facing upwards.

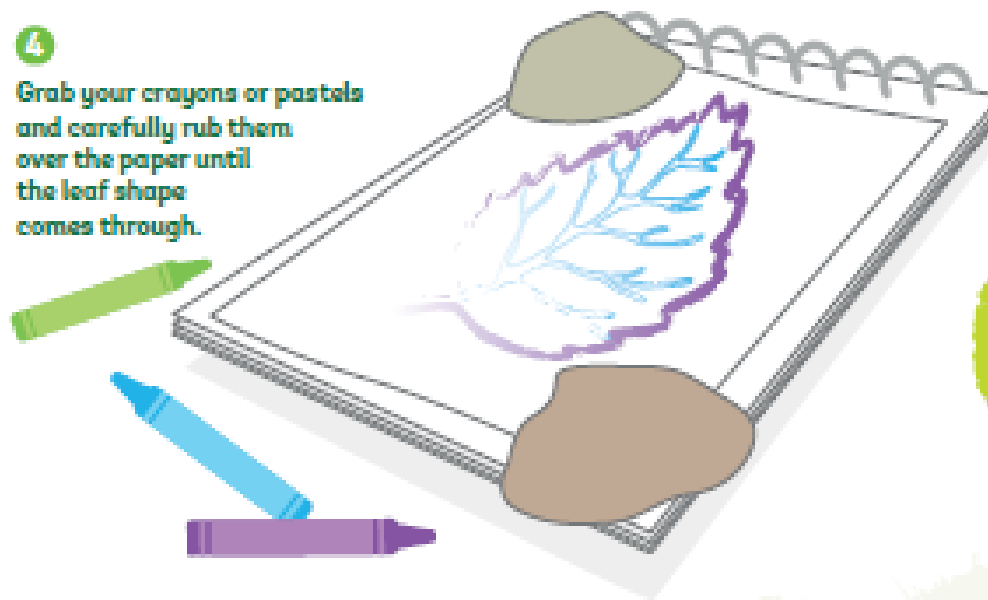


3

Put a piece of  
white paper over  
the leaf, and hold it in  
place using your pebbles.

4

Grab your crayons or pastels  
and carefully rub them  
over the paper until  
the leaf shape  
comes through.



How many  
different  
rubblings can  
you make?

Try layering colours to create a leafy rainbow, or make a whole tree of leaf rubbings!

Feel free to copy and share this for personal and educational use –  
and don't forget there are loads more brilliant activities to download on our website!

[woodlandtrust.org.uk/naturedetectives](http://woodlandtrust.org.uk/naturedetectives) | 0300 333 5301 | [naturedetectives@woodlandtrust.org.uk](mailto:naturedetectives@woodlandtrust.org.uk)

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