



How can you stop and notice what is beyond you and your home?

What is right outside your window?

An adult could do this on their own, or walk along with a child and read this document out loud. Older children could take turns reading different parts, or an adult could record them for a child. This reflection can be done while on a walk or sitting looking outside a window.



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**Step 1:**

Clear your mind. You may need to set a timer. Take two minutes to simply breathe in and out. Turn off any noise in your house or go outside if it is quiet outside. Try to focus on a simple outdoor image like a clear blue sky or a starry night. Just breathe.

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In Judaism we say a prayer each morning which reminds us "the soul you have given us is pure, you created it and you breathed it into us" (Elohai Neshamah). As you feel your breath remember that breath is connected to something Eternal, something beyond yourself, it is connected to The Creator.

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**Step 2:**

Find your nature: Sit by a window without distractions, go into a park or a backyard, or watch a video of a nature walk. As you go out into nature, let's try to identify each of God's creations in the order they were created.



### *Day 1: Light*

God called the light Day and the darkness Night

Is it day or night? Are you closer to sunrise or sunset? Where do you see light and where do you see dark? Take a minute as you sit or walk to consider how the time of day sheds light on what you see, feel, and hear. Is it bright or dark, hot or cold, loud or quiet or all the in-betweens? Close your eyes then open them to reveal the beauty of the light or night.

Blessed are You God, Creator of Light  
or  
Blessed are You God who brings on the Evening

### *Day 2: Heaven and Earth*

God said let's divide the earth and the heavens

Look up at the sky – what do you see? Can you see where the sky and the ground touch? Does that image change as you walk, as you turn in different directions? Reach your hands up high – feel them reach toward the heavens as your feet sink into the ground.

Let us offer praise to the One who spread out the heavens and established the earth.

### *Day 3: Land, Sea and Greens*

God called the dry land Earth and the waters Seas and said let the earth bring forth grass... herbs and trees.

What type of ground is near you? How many green things can you stop and identify? If you are with a group of people, try to point and identify the different types of greens that you see at any one time. You can move your arms and simply point, point, point as you find new species.

Blessed are You God, who stretches the earth over the water.

### *Day 4: Sun, Moon, and Stars*

God made two great lights... God made the stars also.

Can you see what direction the light is coming from in the sky? If you are inside, do you need to move rooms to see the sun, the moon, or the stars? If you are outside, are there things in your way? Will they move? Will you move? If you can, consider lying down and feeling the sun on your face, or simply hold your arms open and tilt your face up. If it's evening, notice the shape of the moon; if it's day, notice if the moon is also out.

Blessed are You God, Creator of light

### *Day 5: Birds and Fish*

Let the waters abound with living creatures...  
let birds fly above.

If you can see any birds, take time to just follow them. Where is one bird going? What is it doing? If you are near water can you see anything alive in the water? Follow the fish or ducks, notice how they travel, how they move. Move your body in a similar pattern (swim, fly or walk like a duck).

*Blessed are You God, Creator of all things.*

### *Day 6: Land Animals and Humans*

Let the earth bring forth the living creature...

Can you see any animals or people?

Can you smell something created by an animal or a person? Can you hear something from an animal or person? Sometimes it feels like we are alone, and then we look and see that there are other creatures nearby and all around. Take a moment to notice something beautiful and special about the creatures you see.

*Blessed are You God who is compassionate to all creatures.*

### *Day 7: Rest*

As you walk back (or take time to sit), reflect on all you noticed that you didn't see before. Taking a moment to be thankful means stopping and noticing what is right outside your window or just beyond your door. Being thankful reminds us that there are things beyond us that are here with us on this beautiful planet. The world God created is a world of goodness, and for that we give thanks.