

Some Activities to Love on Tu b'Av

Topic

Tu b'Av

Grade Level(s)

1st – 12th

Learning Targets

Students will:

1. Identify Tu b'Av on the Jewish and secular calendar
2. Describe the origins of Tu b'Av
3. Connect Tu b'Av to other cultural celebrations of love
4. Express love for others through a variety of activities

Relevant Vocabulary

ט"ו באב (<i>Tu b'Av</i>)	The 15 th of the Month of Av
אַהֲבָה (<i>Ahavah</i>)	Love
כְּבוֹד אָב וָאִם (<i>Kibbud Av v'Em</i>)	Honoring One's Parents
שְׁלוֹם בַּיִת (<i>Shalom Bayit</i>)	Peace in the Home
וְאַהֲבַת לְרֵעֶךָ כָּמוֹךָ (<i>V'ahavta l'reie'cha kamocha</i>)	Love your neighbor as yourself
לֹא תֵעָמֵד עַל דַּם רֵעֶךָ (<i>Lo ta'amod al dam rei'echa</i>)	Do not stand idly by (literally: Do not stand on your neighbor's blood.)

Background for Teachers

Many people think of Tu b'Av, as the Jewish Valentine's Day. This perspective comes from thousands of years of tradition of Tu b'Av being a day of particular joyousness. According to the Talmud ([Tractate Ta'anit Mishnah 4:8](#) and [Gemara](#)), Tu b'Av was the day that *B'not Yerushalayim* (the unmarried girls of Jerusalem) would go out in borrowed white clothes and dance in the vineyards. There, they would hope to find a suitable match for marriage. Gaining popularity in recent years, Tu b'Av is celebrated in the State of Israel as a day of love.

Activities

Offer one or more of these activities to students to explore expressing love for others and your community.

- Brainstorm a list of loving actions. How do we show love to our family, friends, community? Use WordClouds.com or another favorite word cloud creator to turn the list into a heart-shaped piece of art.
- Use a large heart-shaped cookie cutter to create a variety of edible masterpieces to share with your loved ones. You can make cookies, sandwiches, pancakes, and more in the shape of a heart. Be sure to share why you love someone so much when presenting your edible gifts.

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- Use [Google Images Safe Search](#) to find images of love-themed stamps from around the world. Compare and contrast the images from different countries. Use these ideas to create your own artwork for a Love Stamp. Use one of the sites listed [here](#) to turn your artwork into a real, mail-able stamp.
 - Alternate search option: Use Google Images but be sure to set the SafeSearch option to “on.” This option appears in the Setting menu at the bottom right of the Google Images landing page.
- Create a love song playlist. Do you have any Hebrew songs in your list? Or Israeli musicians? Try adding some to your list using your favorite music streaming tool.
- How fun is it to receive surprise notes of love and caring? Write and/or draw messages of love and hide them for others to find. You might hide notes in your brother's lunchbox, inside the kitchen cabinet, or on the seat of the car. Try taping messages to the bathroom mirror to greet your loved ones in the morning.
- Tu b'Av is considered a Jewish version of Valentine's Day. What other cultures/religions have a holiday to celebrate love? How are these holidays similar and/or different to Tu b'Av? Learn more [here](#) and [here](#). Then, create a product using your favorite tech tool (i.e., an infographic, audio recording, or video) to showcase what you learned. Don't love tech? Chose another way to share what you have learned using words and/or pictures.
- Take a look at these 2 famous sculptures using the letters in the word love:
 - [Love in English](#) (original by Robert Indiana, Indianapolis Museum of Art)
 - [Ahavah in Hebrew](#) (Israel Museum)Think about what word you would use as a synonym for love. Using Wikki Stix, create your own word sculpture. Be ready to share your sculpture as well as why you chose the word that you did.
- Use the Hebrew word for love, *Ahavah*, to write acrostic poems about someone you love and/or for someone you love. You could use the Hebrew letters אהבה and write your poem in Hebrew or use the transliteration and write your poem in English.

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- How can you show love without using words? Brainstorm a list of actions that you could do for someone to show love. How can you help, support, and or encourage someone to share your love? After making your list, select an action to focus on doing for the next week. Then, try another action in the next week, and so on.
- Discuss the following *mitzvot/middot*:
 - *Kibbud Av v'Em*
 -
 - *Shalom Bayit*
 - *V'ahavta l'reie'cha kamocho*
 - *Lo ta'amod al dam rei'echa*

How do these mitzvot relate to love? When, where, and how can you perform these mitzvot as acts of love? With whom could you perform one or more of these mitzvot? What makes it easier or harder to perform these mitzvot?