

The ISRAEL TRAIL Game

Challenge List

for ages 4-8

Blue Challenge

Pick one:

- On the trail, some nights are chilly. **Build a tent** – use big pillows, a sheet, chairs, or whatever you like. (Extra credit if you sleep in it tonight.)
- When you passed near the mountaintop city of Safed, you saw a group of Hasidim doing a dance. **Do your own fun dance!**
- The Israel Trail map shows what direction you're hiking. (So far, mostly south.) Start walking in a straight line (we'll call that "south"), and when another player shouts out a direction, **turn to hike in that direction.**

Yellow Challenge

Pick one:

- On the trail, you use upper-body muscles to carry a giant backpack all day long. **Do five push-ups** to strengthen your upper body!
- On the trail, you hear lots of Hebrew words. Here's a tricky Hebrew phrase to **say five times fast.**
Na-CHASH na-SHACH na-CHASH
נָחַשׁ נָשָׁךְ נָחַשׁ
It means "a snake bit a snake." The "ch" sound is pronounced the same way as the letters in "challah."
- A trail angel lets you take a shower at their house and feeds you delicious couscous with vegetables. **Say what you would write in a thank-you note.**

Green Challenge

Pick one:

- On the trail, you use lower-body muscles to walk up and down hills and mountains. For 20 seconds, **run in place as fast as you can** to strengthen your lower body!
- On the trail, you build a lot of bonfires. Use household objects (old newspapers, pencils, blocks, other things) to **make a pretend bonfire.** What are you cooking for dinner?
- You're surfing on the Mediterranean waves. **Show us your best surfing style.** Can you walk across the room while "surfing"?

Purple Challenge

Pick one:

- On the trail, you carry everything you need – clothes, food, water, sleeping bag, tent – on your back. **Fill a backpack** with your belongings (toys, stuffies, clothes, PJ Library books) until it's totally full, then practice walking around the room with everything on your back.
- On long stretches of hiking in nature, you want to conserve your food. Take a small piece of food (a single date, one potato chip) and **eat it as slowly as you can.**
- You're exploring a cave in the Elah Valley. **Crawl on your belly across the floor.** Try holding a flashlight or cell phone to light your way.

Red Challenge

Pick one:

- On the desert portion of the trail, you become an expert in drinking water. Show everyone how it's done: **drink a full glass of water!**
- Early mornings can be chilly. **Put on five layers** (tank tops, T-shirts, sweaters, jackets), and show us how you stay warm. Now the sun beats down – show us how you peel back down to one layer!
- The Negev desert is so incredibly quiet. Try to recreate it: you (and the other players) should **stay totally silent for 30 seconds.**

Orange Challenge

Pick one:

- You've gotten really good at building bonfires. **Sing a song** you like to share while sitting around a bonfire.
- Ibex can jump six feet straight up in the air. How about you? **Jump up as high as you can.**
- Only two weeks more of hiking until you finish the trail. Think back! **Tell the other players** what your favorite part of the trail has been so far (a site, a person, an experience).

The ISRAEL TRAIL Game

Challenge List

for ages 8-12

Blue Challenge

Pick one:

- On the trail, some nights are chilly. **Build a tent** – use big pillows, a sheet, chairs, or whatever you like. (Extra credit if you sleep in it tonight.)
- When you passed near the mountaintop city of Safed, you saw a group of Hasidim doing a dance. **Do your own fun dance!**
- The Israel Trail map shows what direction you're hiking. (So far, mostly south.) Start walking in a straight line (we'll call that "south"), and when another player shouts out a direction, **turn to hike in that direction.**

Yellow Challenge

Pick one:

- On the trail, you use upper-body muscles to carry a giant backpack all day long. **Do 10 push-ups** to strengthen your upper body!
- On the trail, you hear lots of Hebrew words. Here's a tricky Hebrew phrase to **say five times fast.**
Na-CHASH na-SHACH na-CHASH
נָחַשׁ נָשָׁךְ נָחַשׁ
It means "a snake bit a snake." The "ch" sound is pronounced the same way as the letters in "challah."
- A trail angel lets you take a shower at their house and feeds you delicious couscous with vegetables. **Say what you would write in a thank-you note.**

Green Challenge

Pick one:

- On the trail, you use lower-body muscles to walk up and down hills and mountains. For 30 seconds, **run in place as fast as you can** to strengthen your lower body!
- On the trail, you build a lot of bonfires. Use household objects (old newspapers, pencils, tissues, other things) to **make a pretend bonfire.** You have 90 seconds – go!
- You're surfing on the Mediterranean waves. **Show us your best surfing style.** Can you walk across the room while "surfing"?

Purple Challenge

Pick one:

- On the trail, you carry everything you need – clothes, food, water, sleeping bag, tent – on your back. **Fill a backpack** with your belongings (clothes, water bottle, PJ Our Way books) as fast as you can until it's totally full. Then take a selfie with your full backpack on your back.
- On long stretches of hiking in nature, you want to conserve your food. Take a small piece of food (a single date, one potato chip) and **eat it as slowly as you can.**
- You're exploring a cave in the Elah Valley. **Crawl on your belly across the floor.** Try holding a flashlight or cell phone to light your way.

Red Challenge

Pick one:

- On the desert portion of the trail, you become an expert in drinking water. Show everyone how it's done: **drink a full glass of water** in one sip!
- Early mornings can be chilly. To stay warm, **put on five layers** (tank tops, T-shirts, sweaters, jackets) while walking! Now the sun beats down – show us how you peel back down to one layer.
- The Negev desert is so incredibly quiet. Try to recreate it: you (and the other players) should **stay totally silent for 30 seconds.**

Orange Challenge

Pick one:

- You've gotten really good at building bonfires. **Make up a song** (it needs to rhyme!) to share while sitting around a bonfire.
- Ibex can jump six feet straight up in the air. How about you? **Everyone jump as high as you can!** Who can jump the highest?
- Only two weeks more of hiking until you finish the trail. Think back! **Tell the other players** what your favorite part of the trail has been so far (a site, a person, an experience).