

4 Steps to the CKids FREEDOM CHALLENGE

STEP 1

Get your home ready for Passover.

The Torah teaches us to prepare our homes for Passover by removing all chametz before the holiday begins. Chametz is any product made from wheat, rye, barley, oats or spelt that has not been prepared in a manner that is kosher for Passover.

Clean your bedroom* for Passover:

- ➡ Search for chametz.
- ➡ Place any found chametz in a designated bin or cabinet.
- ➡ Cut out the provided "Cleaned for Passover" sign.
- ➡ Hang sign on your bedroom door.

*Chametz should be removed from all your possessions or set aside and sold to a non-Jew for the duration of Passover. See the back side of this insert for more information.

CHECK ALL THESE PLACES FOR CHAMETZ:

- a Under your bed
- a In your drawers
- a In your closet
- a On top of furniture, behind furniture and under furniture

STEP 2

Get The Big Three to help you relive freedom from Pharaoh.

"The Big Three" are the three most important items to eat at the Passover seder.

Shop for The Big Three:

- ➡ Buy "The Big Three" (or check that you have them at home).
- ➡ Set aside "The Big Three" for the seder in a place that has been cleaned for Passover.

The FredoMan will be helping kids pick out "The Big Three" and giving out free Passover gifts at grocery stores all over the world. Check out ckidchallenge.com to find out if he'll be visiting a store near you.

SHOPPING LIST

- a Grape juice (four 3.3 ounce cups per person)
- a Matzah (two machine-made matzos or one whole handmade matzah per person)
- a Maror (two-thirds of an ounce of horseradish or lettuce per person)

STEP 3

Welcome Passover by lighting the holiday candles.

* FIND YOUR LOCAL CANDLE LIGHTING TIME AT WWW.CHABAD.ORG/CALENDAR/CANDLELIGHTING.HTM

Light the candles:

- ➡ On April 3rd boys and girls set up the candles. (There should be at least two for your mom and one for each girl.)
- ➡ Girls and women light the candles before sunset*, then circle their arms around the candles three times and recite the blessings below:

NOTE: These instructions apply for the first night of Passover only. Passover is eight days long and candles should also be lit on April 4th, 9th and 10th. Blessings and times vary for each candle lighting.

BLESSING #1

ברוך אתה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר
שֶׁל שַׁבָּת וְשֶׁל יוֹם טוֹב:

Baruch ata ah-do-noi elo-hey-nu melech ha-olam, asher ki-dishanube-mitz-votav v'tzivanu lihadlik ner shel shabbos v'shel yom tov.

Blessed are You, L-rd our G-d, King of the universe, who has sanctified us with His commandments, and commanded us to kindle the Shabbat and Yom Tov light.

BLESSING #2

ברוך אתה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהַחַיָּנוּ וְקִיּמָנוּ וְהַגִּיעָנוּ לְזֶמַן הַזֶּה:

Baruch ata ah-do-noi elo-hey-nu melech ha-olam, she-he-chiyanu v'ki-yemanu v'hi-giyanu li-zman ha-zeh.

Blessed are You, L-rd our G-d, King of the universe, who has granted us life, sustained us, and enabled us to reach this occasion.

STEP 4

Celebrate your freedom!

*In addition to eating "The Big Three" we tell the story of exodus from Egypt to relive the Jews' freedom from Pharaoh.

Eat "The Big Three" and talk about freedom.

- ➡ On April 3rd, set up "The Big Three" at your seder table.
- ➡ Sit down with your family for a seder.
- ➡ Relive the freedom from Pharaoh by eating "The Big Three."
- ➡ Lead the **Freedometer Game** at your seder table (below).

THE BIG THREE

Feel like a king as you recline to your left and drink four cups of **grape juice** (four 3.3 ounce cups per person).

When you eat the **matzah**, remember how the Jews ran out of Egypt so fast they didn't have enough time for their bread to rise (two machine-made matzos or one whole handmade matza per person).

Taste the bitter **maror** and think about how bitter the Jews must have felt from all their pain in Egypt (two-thirds of an ounce of lettuce or horseradish per person).

THE FREEDOMETER GAME

HOW TO PLAY:

- Hand a piece of matza and a piece of lettuce to those sitting at your seder table.
- Read the first question on the Freedometer and answer it. (You can get help from people at your seder.)
- Tell the seder participants, "If you have a similar answer to mine, lift your matza. If your answer is different than mine, lift your lettuce."
- Whoever lifts their matza or lettuce first continues the discussion by sharing their answer and reading the next question on the Freedometer.
- Continue playing in this format until all the questions have been answered.



1

In Egypt, Pharaoh was in charge and the Jews had to do whatever he asked of them.

What makes you really happy? How you would feel if Pharaoh took that happy thing away?

2

G-d loves us so much. He saved us from Pharaoh and made us into His special Jewish nation.

Share something in your life that makes you feel Jewish.

3

Now we have the freedom to fulfill our potential and be the best we can be.

List four great things you did in the last two weeks.

4

Sometimes we have not-good thoughts that trick us out of doing the right thing. We are free and in charge of ourselves so we don't have to listen.

Describe a time that you made a good choice and didn't listen to the thoughts that told you not to.