

Family Activities for Tisha B'Av

HaMizrachi has put together some ideas for Tisha B'Av to get the entire family involved, connected and learning about the meaning behind the mourning. While we have made suggestions based on age category, many of the activities can be adapted to be appropriate for all ages.



Get Creative



Learning and Growing



Be Proactive

Suggested Ages: 3–6



Build your own Beit HaMikdash ▶ Use a cardboard box and crayons, building blocks, etc. You can ask each child to build one part of the Beit HaMikdash (i.e, the mizbeach, the walls) and bring them together, using the activity as a prompt to discuss Jewish unity.



Storytime ▶ Everyone loves a good story! Age-appropriate stories can help children connect to the day, such as the following family-friendly stories for Tisha B'Av:



A Tisha B'Av Prank



Kamtza and Bar Kamtza



The Heart-Rending Cry



Prepare for Mashiach ▶ Prepare an outfit and pack a bag you'd take with you if Mashiach would arrive as Tisha B'Av begins.

Suggested Ages: 6–9



Put together a puzzle ▶

Discuss how each Jew is like a puzzle piece. When the pieces work together, we have a beautiful picture. If the pieces choose to separate from the whole, the puzzle is destroyed.



Make your own puzzle by printing a photo of Yerushalayim or your family and cutting it into pieces, then reorganizing.



Learn with your child

▶ HaMizrachi has put together a source sheet to learn with your child:



Undertake a family *chesed* activity to help bring about Jewish unity ▶ Visit sick people in the hospital or a lonely neighbor.

Tisha B'Av Videos to Watch as a Family

Why is Tisha B'Av a day we are supposed to mourn and cry?

Rabbi David Fohrman



Why are our enemies compared to bees?

Chief Rabbi Ephraim Mirvis



The famous story of Napoleon encountering Jewish mourning on Tisha B'Av



A Day of Yearning, Not Sadness, with world-renowned speaker

Charlie Harary



Uncovering the Ashes of the First Temple Period in Yerushalayim

City of David Institute



A Gush Katif evictee discusses her experience



Suggested Ages: 9-12



Make your own candles ▶ For this activity, you'll need wax or crayons, wicks and containers for the candles. Place the wick in the container. Place the wax in a pot over a stovetop to melt. Carefully pour the hot wax into the container (with adult supervision only!) and allow it to cool. Turn off the lights and use the candles on Tisha B'Av to create a subdued atmosphere of mourning. Never leave children unattended with burning candles.



Explore History ▶ Ask each family member to research a Jewish historical tragedy (for example, the Bar Kochba revolt, the Spanish Inquisition, the Holocaust) and present it to the family.



Have a kumzitz ▶ Turn off the lights, sit in a circle on the floor and sing songs such as *racheim, lema'anacha, al eileh, nachamu, im eshkachech, vehi she'amda* or other slow songs about Yerushalayim or Jewish unity.



Suggested Ages: 12+



Charcoal art ▶ Draw with charcoal on white paper to create works of art related to the day. Charcoal presents a style of darkness, ashes and destruction.



Reflection and Connection ▶ Initiate discussions on Jewish unity, suffering and tragedy. Ask and discuss questions such as: why do good people suffer? How can we see G-d even in the darkness? What is our response to tragedy? What can we do to increase Jewish unity?



Interview ▶ Visit and interview a Holocaust survivor. Write their story.