

Kitchen Playground Family Haggadah v.1.0

Below are the items you can use and refer to as your family goes through the seder. There are main "highlights" included as well - with hyperlinks to many of the musical tracks you can sing along to. Chag Sameach!

- Team Kitchen Playground

Seder plate and ritual items to bring:

- *Maror* (Ashkenazi tradition: horseradish) - anything bitter/spicy (sub with wasabi, lemon, lettuce, pickles)
- *Charoset* (Ashkenazi tradition: walnuts/apples/juice mix)- anything chunky (experiment with trail mix, smoothies, tapenade)
- *Z'roa* (Ashkenazi tradition: burnt lamb bone) - anything burnt/roasted (try it with a beet!)
- *Matzah* (tradition: flat cracker) - anything flat and crunchy
- *Karpas* (Ashkenazi tradition: parsley or potato) - anything that comes up new in the spring (think: asparagus, strawberries, spring onion)
- *Beitzah* (Ashkenazi tradition: egg) - anything round
- Juice for kiddush

Bonus items to have on hand:

- A stuffie or puppet
- shakers and/or instruments
- A pillow

The seder/order of the Seder

*Kadesh. Urchatz. Karpas. Yachatz
Magid. Rachtza. Motzi, Matza
Maror. Korech. Shulchan Orech
Tzafun. Barech. Hallel. Nirtza*

Sanctify, Wash, Greens, Break,
Retell, Wash, Eat Matzah,
Eat Maror, Eat Charoset, Dinner,
Afikomen, Bless, Praise, Conclude.

Kiddush: blessing over the juice

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן

Baruch Atah Adonai, Eloheinu Melech ha-olam, borei peri hagafen.

We praise God, Ruler of Everything, who creates the fruit of the vine

Blessing over karpas - a spring/green vegetable

Hold up parsley or any other new spring vegetable (potato, asparagus, strawberry), dip it in salt water, and say this blessing before eating:

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָאֲדָמָה

Baruch atah, Adonai Eloheinu, Melech haolam, borei pri ha-adamah.

Blessed are You, Adonai our God, Sovereign of all, who creates fruit of the ground

The Four Questions

Ma nishtanah halailah hazeh mikol halaylot, mikol Halaylot?

Why is this night different from all other nights?

Shebechol halaylot anu ochlin chametz u'matzah. Halailah kulo matzah.

On all other nights we eat leavened products and matzah, and on this night only matzah.

Shebechol halaylot anu ochlin she'or yerakot Halailah hazeh maror.

On all other nights we eat all vegetables, and on this night only bitter herbs.

Shebechol halaylot ayn anu matbilin afilu pa'am echat. Halailah hazeh sh'tay f'amim.

On all other nights, we don't dip our food even once, and on this night we dip twice.

Shebechol halaylot anu ochlin bayn yoshvin u'vayn m'subin. Halailah hazeh kulanu m'subin.

On all other nights we eat sitting or reclining, and on this night we only recline.

Now - sit reclining on your pillow and enjoy the feeling of freedom!

THE KITCHEN

These three songs help re-tell the story of Passover: from slavery to Freedom!

Go Down Moses

When Israel was in Egypt land
Let my people go!
Oppressed so hard they could not stand
Let my people go!

Chorus

Go down Moses
Way down to Egypt Land
Tell old Pharaoh
To let my people go!

The Lord told Moses what to do
Let my people go!
To lead the children of Israel through
Let my people go!

Oh Listen King Pharaoh

Listen, King Pharaoh
Oh listen, oh listen, oh listen King Pharaoh.
Oh listen, oh listen, please let my people go.
They want to go away.
They work too hard all day.
King Pharaoh, King Pharaoh,
What do you say?
No, no, no, I will not let them go.
No, no, no, I will not let them go

One Morning (The Frog Song)

One morning when Pharaoh woke in his bed,
There were frogs in his bed and frogs on his head,
Frogs on his nose and frogs on his toes,
Frogs here, frogs there,
Frogs were jumping everywhere

Mi Chamocha

Now that we have achieved freedom - let's sing about it! This prayer and Miriam's Song that follows are meant to represent the freedom of the Israelites upon leaving Egypt. Mi Chamocha is the actual words the Israelites sang; Miriam's Song is a modern recreation of the moment.

מִי־כַמֹּכָה בְּאֵלִים יְהוָה	<i>Mi chamocha ba-elim Adonai</i>
מִי כַמֹּכָה נִאֲדָר בְּקֹדֶשׁ	<i>Mi kamocha nedar bakodesh</i>
נִרְאָה תְהִלַּת עֲשֵׂה פֶלֶא	<i>Norah t'hilot oseh feleh</i>

מַלְכוּתְךָ רָאוּ בְּנֵיךָ	<i>Mal'chut'cha ra-u vanecha</i>
בֹּקְעֵי יָם לִפְנֵי מֹשֶׁה	<i>Bokeia yam lifnei Moshe</i>
זֶה אֱלֹהֵי עַנּוּ וְאָמְרוּ:	<i>Zeh eli anu v'amru</i>
יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד	<i>Adonai yimloch l'olam va-ed</i>

Who is like you among the mighty, Adonai
Who is like you, adorned in holiness,
Awesome in praise, performing wonders.

Your children saw your sovereignty
when you divided the sea before Moses, and said:
"This is my God"
Adonai will reign forever and ever

Miriam's Song

Chorus

And the women dancing with their timbrels
Followed Miriam as she sang her song
Sing a song to the One whom we've exalted.
Miriam and the women danced and danced
the whole night long.

And Miriam was a weaver of unique variety.
The tapestry she wove was one which sang our history.
With every thread and every strand
she crafted her delight.
A woman touched with spirit, she dances
toward the light.

Chorus

As Miriam stood upon the shores and gazed across the sea,
The wonder of this miracle she soon came to believe.
Whoever thought the sea would part with an outstretched hand,
And we would pass to freedom, and march to the promised land.

Chorus

And Miriam the Prophet took her timbrel in her hand,
And all the women followed her just as she had planned.
And Miriam raised her voice with song.
She sang with praise and might,
We've just lived through a miracle, we're going to dance tonight.

Chorus

Dayenu!

אלו הוציאנו ממצרים - דינו	<i>Illo hotzi'eynu mimitzrayim - Dayeynu</i>
אלו נתן לנו את השבת - דינו	<i>Illo natan lanu et ha-shabbat - Dayeynu</i>
אלו נתן לנו את התורה - דינו	<i>Illo natan lanu et ha-torah - Dayeynu</i>

If God had only brought us out of Egypt - It would have been enough for us.
If God had only given us the Shabbat - It would have been enough for us
If God had only given us the Torah, It would have been enough for us

Blessings over Bread and Matzah

Hold up a piece of Matzah and say these two blessings before eating:

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

Baruch atah, Adonai Eloheinu, Melech haolam, haMotzi lechem min haaretz.

Blessed are You, Adonai our God, Sovereign of all, who brings forth bread from the earth

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצוּנוּ עַל אֲכִילַת מַצָּה

Baruch Atah Adonai Eloheynu Melech Ha'olam, asher kidshanu bi-mitzvotav vi-tzivanu al achilat matzah.

Blessed are you, Adonai, Breath of Life, who sanctifies us with the commandment to eat matzah.

Blessing over Maror (bitter herb)

Hold up a piece of horseradish, lettuce, or anything else bitter and say this blessing before eating:

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצוּנוּ עַל אֲכִילַת מָרוֹר:

Baruch Atah Adonai, Eloheinu Melech ha-olam, asher kid'shanu bemitzvotav, vetzivanu al achilat maror.

Blessed are you, Adonai, sovereign of all worlds, who sanctifies us with the commandment to eat the bitter herb.

Eliyahu HaNavi

Traditionally sung at the end of Shabbat and at Passover to welcome Elijah the Prophet; you can have your littles go to the front door to welcome Elijah and anyone else who needs a meal to eat!

אליהו הנביא, אליהו התשבי, אליהו הגלעדי -
במהרה בימינו יבוא אלינו עם משיח בן דוד

*Eliyahu hanavi, Eliyahu hatish'bi, Eliyahu hagil'adi -
Bim'herah beyameinu yavo eleinu, im Mashi'ach ben David.*

Elijah the prophet, Elijah the Tishbite, Elijah the Giladite -
May he soon (in our days) come to us, with the messiah son of David.