

# Parashat Eikev for Kids

Torah reading: Deuteronomy 7:12-11:25

Read on Shabbat: August 1, 2026 · August 21, 2027 · August 12, 2028 (diaspora)

## THE STORY IN TWO MINUTES

### What happens in this parasha?

Moshe keeps teaching the people, getting them ready for the Land of Israel. And he reminds them of something amazing from the wilderness. Every single morning, a special food called the man — manna — fell from the sky like dewdrops, soft and white and just enough for that day. Nobody could store it up or save it for tomorrow; tomorrow, fresh man would come again. Day by day, the people learned to trust that Hashem would take care of them. Moshe says it taught them a big lesson: “A person does not live by bread alone” — we live by trusting Hashem too.

Then Moshe paints a picture of the land they are about to enter, and it sounds like a garden. It is a land of seven special foods: wheat and barley, grapes and figs and pomegranates, olives that make golden oil, and sweet sticky dates that drip like honey. We call them the shivat haminim, the seven kinds. Can you taste them just by hearing the list? A land of bread and fruit and oil and honey — our heart-home, full of good things to eat.

And then comes the verse that grows into one of our most loved blessings. Moshe says: “You will eat, and you will be full, and you will bless Hashem for the good land.” Did you notice when we bless? Not when we are hungry — when we are full! This is the Torah’s secret hiding place for Birkat Hamazon, the thank-you we say after a meal. It is easy to say thank you when we want more. The hard, beautiful thing is to remember Hashem when our plate is empty because we already ate plenty.

Moshe explains that the Land of Israel is special in one more way. Some lands have a big river to water them. But Israel is a land that drinks the rain of the sky — it looks up and waits for Hashem to send rain so the wheat and grapes and olives can grow. That makes it a land that prays. And right here Moshe teaches words you may already know from your doorpost: “love Hashem, listen, and these words shall be on your heart.” It is the second paragraph of the Shema — the very words tucked inside your mezuzah, the same scroll from last week’s portion. Remember Hashem when you eat, when it rains, and every time you walk through your own front door.

#### THE ONE BIG IDEA

Gratitude is the heart of this week. The Torah teaches a blessing for when we are full — because the real test isn't saying thank you when we want something, it's remembering Hashem when we already have enough. Eat, notice the good, and bless.

## READY TO TEACH · AGES 5-9

## The 30-minute lesson

- 1 Tell the story** 6 MIN

Start with the man falling fresh each morning (just enough for today), then walk through the seven special foods, and land on the big surprise: the Torah's blessing for AFTER we eat, when we are full and thankful.
- 2 Wonder together** 5 MIN

Ask: "It's easy to say please when we're hungry. Why do you think Hashem asks us to say thank you AFTER we eat, when our tummies are already full?" Let your child reach for it — there are no wrong answers.
- 3 Learn the Hebrew word** 4 MIN

This week: (shivat haminim), the seven kinds. Say it together, then count the seven foods on seven fingers: wheat, barley, grapes, figs, pomegranates, olives, dates.
- 4 Play "Seven Species Taste Hunt"** 10 MIN

Put out as many of the seven foods as you have at home — grapes, raisins, figs, a date, olives, a drizzle of olive oil on bread (wheat!), pomegranate seeds, barley in soup. Taste each one slowly. Before each bite, name it in Hebrew; after the whole snack, say a thank-you to Hashem together for the good food. That IS Birkat Hamazon in miniature.
- 5 Wrap up at the door** 5 MIN

Finish at your mezuzah. Tell your child: the words inside it come partly from THIS week's portion — "love Hashem, and keep these words on your heart." Touch the mezuzah on the way out and remember: we thank Hashem when we eat, when it rains, and every time we walk through our door.

## HEBREW, ONE WORD AT A TIME

## This week's Hebrew words

SAY IT	WHAT IT MEANS	HEBREW
<i>Eikev</i>	"Because" or "as a result" — the portion's first word, about the good that comes when we listen	עקב
<i>shivat haminim</i>	The seven special foods the Land of Israel is praised for	שבעת המינים
<i>Birkat Hamazon</i>	The blessing we say AFTER eating, to thank Hashem when we are full	ברכת המזון
<i>man</i>	The manna — bread from the sky that fell fresh every single day	מן
<i>matar</i>	Rain — the Land of Israel waits and prays for it from the sky	מטר
<i>today</i>	Thank you — the heart of this whole portion	תודה

#### AT THE SHABBAT TABLE

## Three questions to ask

- The man fell fresh every morning, just enough for one day — none to save. What do you think that felt like? Would you like getting exactly enough each day?
- If you could pick one of the seven special foods to grow in your own backyard, which would it be — and who would you share it with?
- We say thank you to Hashem after we eat. Who are the people in your day you could remember to thank more — and what for?

#### A GENTLE NOTE FOR PARENTS

This is one of the gentlest portions in the Torah for young children — its heart is food, gratitude, and trust, with nothing graphic to skip. There are a couple of grown-up moments tucked in too, where Moshe gently reminds the people not to forget Hashem; those are easy to set aside completely for this age. Keep the focus where the Torah's own joy is: the seven special foods, the blessing said when we are full, and the rain we pray for. If a child asks why the portion mentions harder moments, "Moshe wanted everyone to remember to thank Hashem even when things are easy" is a true and complete answer for now.

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