



## A Multi-Sensory Approach to Hanukkah

Help your child get ready for Hanukkah with this fun range of activities to engage different senses!

### Listening

- Check out this fun [Hanukkah playlist](#) from the jkidphilly team!
- Or [this one](#), from our friends at PJ Library!

### Tasting

- Taste all the different kinds of jams and jellies in your house; which one do you think would make the best sufganiyot (jelly filled-doughnuts)?
- Make and decorate your own [Hanukkah-themed sugar cookies](#)!

### Moving (Vestibular)

- Practice spinning like a dreidel! Do you feel dizzy? Does the world spin around even after you stop twirling?
- Have a Hanukkah dance party!

### Touching

- Take out one Hanukkah candle and one Shabbat candle. Hold them in your hands. How do they feel different? Do they feel the same at all? Practice putting the Hanukkah candles in the menorah.
- Make your own [dreidel decorations](#) from cereal boxes to hang up around the house!

### Watching

- Watch this [fun video](#) from Shalom Sesame that explains the story behind Hanukkah
- Or this [fun story](#) about the case of a missing menorah!

### Smelling

- Smell the latkes your family makes, or the Hanukkah cookies as they bake.
- Ask your family what their favorite holiday smells are.
- Do your Hanukkah candles smell like anything?