

Omer Week	Essential Concept	Breishit (what was created?)	Sefirah Connection	Essential Question(s)	Suggested Activity	Location (where will you do this?)	Notes
1 (bet)*	Connection; Emanation	Yom HaRishon – Light	Chesed (Loving Kindness)	What is special about this place?	Go to a favorite place. Be present. Sketch a drawing or sound map.	PHENOLOGY JOURNAL (ONGOING)	
2 (gimmel)	Structure; Discipline	Yom HaSheyni – Sky / Heavens	Gevurah (Justice)	What habitats exist in your neighborhood? How can we tell them apart / what are the boundaries?	Go to a place with two distinct habitats. Study the edge. Is it hard? Fuzzy? What are the features of either side? Where does one become the other?		
3 (dalet)	Harmony; Inclusion	Yom HaShlishi – Waters separated from dry land; seeds; grasses of the field (Ch 2)	Tiferet (Compassion)	Why do grasses get special mention in Breishit? What is our relationship to the "grasses of the field"?	Find and sketch a grass and/or seed; then sketch what you imagine it will become		
4 (kuf)	Cycles; Endurance	Yom HaRivi'i – Luminaries (sun, moon, stars); day & night; week / month / year / seasons	Netzach (endurance)	What evidence of time cycles can be seen in this place? What changes do we predict through the season?	Watch the sunlight and shadows move across an area. Observe the moon passing and setting.		
5 (peh)	Humility	Yom HaHamishi – Fish & Birds	Hod (Humility)	When do you feel immense? When do you feel insignificant?	Go to an outdoor spot and create a micro-size playground for bugs.		
6 (resh)	Foundation; Communication	Yom HaShishi – All other animals; humans; speech	Yesod (Bonding)	How would you name these things if you were given this task? What's the power of a name?	Find a new tree or plant. Observe its characteristics and give it a name. Then look up its given names to compare.		
7 (tav)	Shabbat; Appreciation	Yom HaShabbat – Rest	Malchut (sovereignty)	What Torah wisdom did you learn from the Earth in this place?	Take a look at the observations from these sessions. What new things did you learn? What wisdom did you gain?		

\*Hebrew letters for each week are based on the Kabbalistic framework of the “double” letter family (not the normal numerical alef-bet equivalents). These letters are organized together because each has a double form – one with the dot (dagesh), the hard pronunciation; and one without, the soft pronunciation. In Sefer Yetzirah, Kabbalah uses the letters of the alef-bet as a metaphor for the building blocks of creation – the world around us. (The other letters are organized into either 3 mother letters (a / c / m) or 12 elemental letters forming emotions and structures of time and the boundaries of the universe).

