



## What is Tu B'shevat?

Tkiya teaches Tu B'shevat, the birthday of the trees, as a celebration of all that trees do for us! We focus on themes of Tikkun Olam, repairing the world, to remind ourselves that we need the trees, so we must protect them! During Tu B'shevat, we practice gratitude towards our environment, and build empathy towards all living beings. Traditionally, we also celebrate by eating different fruits that come from trees, and even planting new trees! So join us in stretching our branches, taking deep breaths, and saying HAPPY BIRTHDAY to the trees!

You can learn more about Tu B'shevat on our [website](#).

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## **Adamah Veshamayim** by Shimon Lev-Tahor

Adamah (adamah)  
Veshayim (veshayim)  
Chom ha'esh (chom ha'esh)  
Tsilil hamayim (tslil hamayim)

Heya heyah heyah heyah heyah heyah ho  
Heya heyah heyah heyah heyah heyah ho

Heya heyah, heyah heyah  
Heya heyah heyah ho

Ani margish zot b'gufi,  
B'ruchi b'nishmati

Love the Earth (Love the Earth)  
Love the sky (love the sky)  
Heat of fire (heat of fire)  
Drop of water (drop of water)

I can feel it in my body,  
In my spirit in my soul

[Listen to this version on Spotify sung by Melita and Isaac](#)

[Listen to this version on YouTube sung by Melita and Isaac](#)

## **Eitz Chayim/Tree of Life** - Traditional

Shalom sha-----lom \*clap clap clap\*  
Shalom sha-----lom \*clap clap clap\*  
Shalom sha-----lom \*clap clap clap\*  
Shalom sha-----lom...

Shalom sha-----lom \*clap clap clap\*  
Shalom sha-----lom \*clap clap clap\*  
Shalom sha-----lom \*clap clap clap\*  
Shalom sha-----lom...

It is a tree of life to  
those who hold fast to it  
And all of its supporters are \*clap\* happy

Eitz chayim hi la ma chaziki ba  
Vetomech'cha me ushar

It is a tree of life to  
those who hold fast to it  
And all its supporters are \*clap\* happy

Eitz chayim hi la ma chaziki ba  
Vetomech'cha me ushar

**Chorus**

[Listen to Eitz Chayim on Spotify by Richard Silverman](#)

[Listen to Eitz Chayim on Youtube by Richard Silverman](#)

## How Has a Tree Helped You Today? by Carla Friend

How has a tree helped you today?  
How has a tree helped you today?  
How has a tree helped you today?  
Oh, let us count the ways!

Eat an apple, eat an apple  
You know the fruit we eat,  
It comes from trees!

Take a deep breath, take a deep breath  
You know the air we breathe,  
It comes from trees!

Draw a picture, draw a picture  
You know the paper we use,  
It comes from trees!

*What else do trees give us?  
Put it into the song!*

[Watch the music video on our Youtube channel!](#)

## If I Were A Tree by Jason Mesches

Chorus:  
If I were a tree what a tree I'd be  
If I were a tree what a tree I'd be  
If I were a tree what a tree I'd be  
If I were a tree

I would have a trunk  
TRUNK!

### Chorus

I would have some branches  
BRANCHES!

### Chorus

I would have some roots  
ROOTS!

### Chorus

I would have some leaves  
LEAVES!

### Chorus

[Listen to Jason Mesches on Spotify](#)

[Watch this video of If I Were A Tree by Jason Mesches](#)

## **I'm A Tree** by Ellen Allard

Chorus:

I'm a tree, I'm a tree

I'm a tree and that is all I ever want to be

I'm a tree, I'm a tree

With my branches reaching high into the sky

“Can I see your branches?”

Oh oh oh oh!

“Oh oh oh oh!”

Oh oh oh oh!

“Oh oh oh oh!”

[Listen to this song by Ellen Allard](#)

## **My Roots Go Down** by Sarah Pirtle

My roots go down, down into the earth

My roots go down, down into the earth

My roots go down, down into the earth

My roots go down

[Listen to this version by Melita and Isaac](#)

[Watch Melita sing My Roots Go Down](#)

You can ask me if I want to be a

\_\_\_\_\_ (ex: dinosaur, cupcake, etc.)

“Do you want to be a \_\_\_\_\_?”

Nooooo!

You can ask me if I want to be a

\_\_\_\_\_ (ex: carrot, snowman, etc.)

“Do you want to be a \_\_\_\_\_?”

Nooooo!

But a tree is what I want to be!

Eitz chayim hi!

**Chorus**

My trunk stands strong, strong in the wind...

My branches reach, reach for the sky...

My leaves they turn, turn to the light...

My fruits they fall, fall to the ground...

My seeds they bring forth new life...

My roots go down...

## Plant A Tree by Debbie Friedman

Let's dig a hole  
Let's dig a hole and plant a seed  
Let's water it ooh lets water it cause it's tu  
b'shevat

Look at the sprouts  
Look at the sprouts they're coming up  
Let's water them ooh lets water them cause  
it's tu b'shevat

Chorus:  
Trees are blowing in the wind they're blowing  
Trees are blowing in the wind  
Trees are blowing in the wind they're blowing  
Trees are blowing in the wind

[Listen to this song by Debbie Friedman](#)

Look at the trunk;  
The trunk is so much bigger now.  
Let's water it, oh, let's water it  
'Cause it is *Tu B'Shevat*

Look at the tree;  
The tree is so much taller now.  
Let's water it, oh, let's water it  
'Cause it is *Tu B'Shevat*

### Chorus

Just look at me;  
Just look at me, I'm taller now.  
Don't water me, please don't water me  
'Cause it is *Tu B'Shevat*

## Thank You For The Trees by Sarah Aroeste

Se kazan los árboles i empesan a salir las  
primeras flores, las primeras flores

*Translation: (The trees marry and then the first flowers  
start to appear)*

Happy New Year to the trees  
And all you give to us that pleases  
Thank you for the flowers and bees  
Thank you for the cherries  
Thank you for the trees

Se kazan los árboles...

Happy New Year to the trees  
And all you give to us that pleases  
Thank you for the figs and dates  
Thank you for the pomegranates  
Thank you for the trees  
Se kazan los árboles...

Happy New Year to the trees  
And all you give to us that pleases  
Thank you for the nuts and plums  
Thank you for the raisins, yum!  
Thank you for the trees

Se kazan los árboles...

[Listen to Sarah Aroeste on Spotify](#)  
[Watch Sarah Aroeste's video here!](#)

## The Tree Song by Josh Miller

We grow we grow we grow (2x)

Tu tu Tu B'Shevat (2x)

Tree! Tree! Tree! Tree! Tree! Tu B'Shevat

Well, I've got a friend who comforts me  
I'm a kid and they're a tree

[Listen to this song by Josh Miller](#)  
[Watch the movements for the song here!](#)

We grow we grow we grow (2x)

Tu tu Tu B'Shevat (2x)

Tree! Tree! Tree! Tree! Tree! Tu B'Shevat

On my birthday we eat a lot  
On their birthday, it's Tu B'Shevat!

## The 3 R's by Jack Johnson

Three, it's a magic number  
Yes it is, it's a magic number  
Because two times three is six  
And three times six is eighteen  
And the eighteenth letter in the alphabet is "R"  
Yeah!

We've got three R's  
We're going to talk about today  
We've got to learn to  
Reduce, reuse, recycle  
Reduce, reuse, recycle  
Reduce, reuse, recycle  
Reduce, reuse, recycle

Well, if you're going to the market  
to buy some juice  
You've got to bring your own bags,  
and you learn to reduce your waste  
We gotta learn to reduce

[Listen to Jack Johnson on Spotify here!](#)  
[Listen to Jack Johnson on Youtube here!](#)

And if your brother or your sister's  
got some cool clothes  
You could try them on before you buy  
some more of those  
Reuse, we've got to learn to reuse

And if the first two R's don't work out  
And if you've got to make some trash  
Don't throw it out  
Recycle, we've got to learn to recycle

We've got to learn to  
Reduce, reuse, recycle  
Reduce, reuse, recycle  
Reduce, reuse, recycle  
Reduce, reuse, recycle

Because three, it's a magic number  
Yes it is, it's a magic number  
Three, three, three

3, 6, 9, 12, 15 (three)  
18, 21, 24, 27 (three)  
30, 33, 36 (three)  
33, 30, 27 (three)  
24, 21, 18 (three)  
15, 12, 9, 6, and  
Three, it's a magic number

## Tu B'Shevat Higiyah - Traditional

Hash'kedyah porachat  
V'shemesh paz zorachat,  
Tziporim merosh kol gag  
Mevasrot et bo he-chag

Tu b'shevat higiyah, chag la'ilanot  
Tu b'shevat higiyah, chag la'ilanot

The almond tree is blooming  
And the golden sun is shining,  
Birds atop each roof  
Announcing the arrival of the festival.

Tu b'shevat has arrived  
(it's) the festival of trees.  
Tu b'shevat has arrived  
(it's) the festival of trees.

[Listen to Tu B'shevat Higiyah on Spotify!](#)  
[Watch Rabbi B's version here!](#)

## Tu B'shevat Songs Vocabulary

**Tu** - The Hebrew word for the number 15

**Shevat** - a Hebrew month

**Eitz Chayim** - Hebrew for tree of life

**Adamah** - Hebrew word for the earth/ground

**Shamayim** - Hebrew word for the sky

**Esh** - Hebrew for fire

**Mayim** - Hebrew word for water