

A CHILD'S OWN ALIYAH JOURNEY

MY ALIYAH ADVENTURE

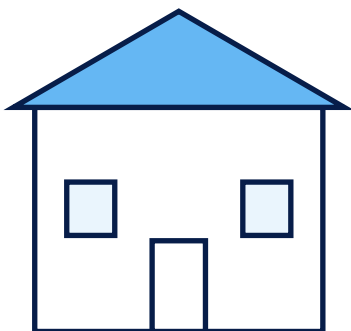
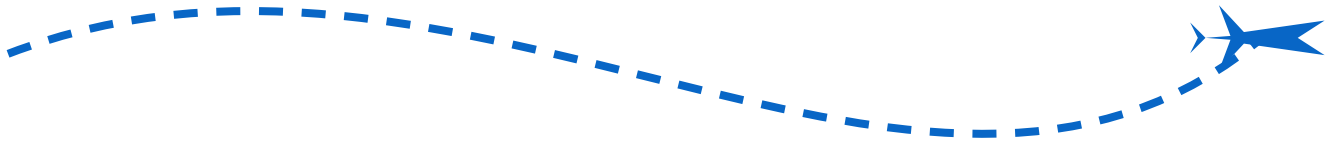
My journey from the UK to Israel

COLOUR

LEARN

TALK

PREPARE

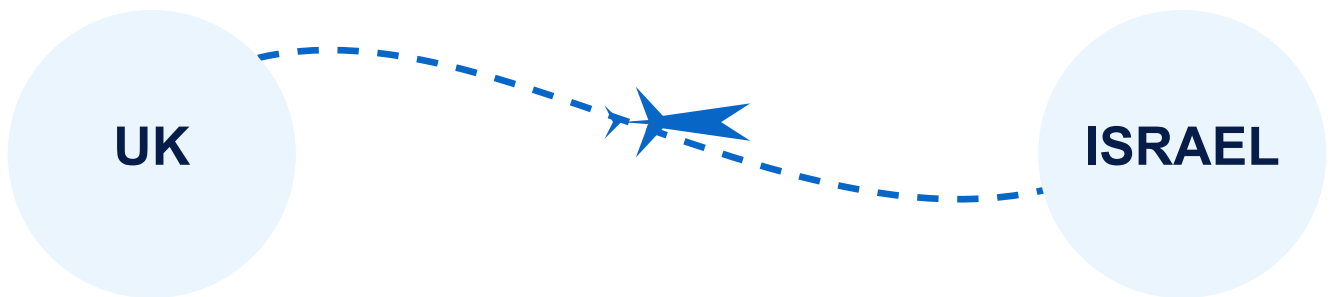


THIS BOOK BELONGS TO: _____

What is Aliyah?

Aliyah means moving to Israel to make it your home.

Lots of things may change when your family makes Aliyah - but lots of important things stay with you too.



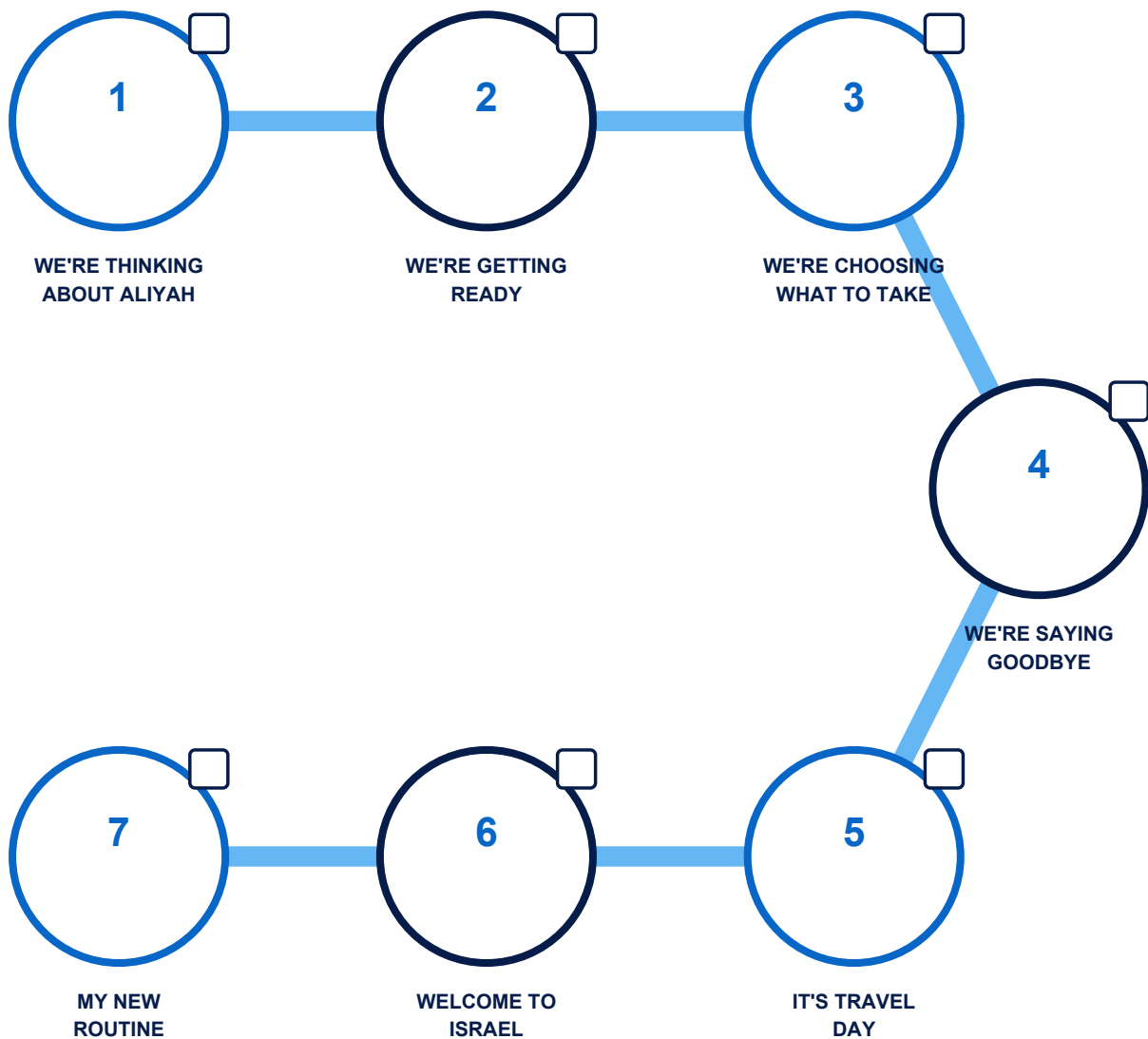
COLOUR THE JOURNEY

Add clouds, people, suitcases or places your family might see.

WHAT DO YOU THINK ALIYAH MEANS?

My Aliyah journey

Colour or tick each stage as your family moves along. Families can pause, repeat a stage or do things in a different order.

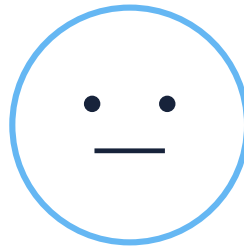
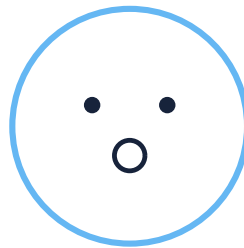


TODAY, I THINK MY FAMILY IS HERE:

☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5
 ☐ 6
 ☐ 7

How do I feel today?

I can feel more than one thing at the same time. Colour or circle as many as you want. There are no bad feelings and no right answer.

**EXCITED****HAPPY****CURIOUS****WORRIED****SAD****ANGRY****CONFUSED****NOT SURE**

I FEEL... BECAUSE...

What I know about Israel

You may know a lot, a little or nothing yet. Use these spaces for pictures or words.

PEOPLE

PLACES

FOOD

HEBREW WORDS

THINGS I'VE SEEN

THINGS I WANT TO DISCOVER

My questions about Aliyah

Ask the same question more than once if you need to. Draw or write a question in every speech bubble.

Where will I live?

What will school be like?

Will I understand Hebrew?

Can I speak to my UK friends?

What will my room look like?

What happens on the aeroplane?

Things that will change

Some changes may feel exciting. Some may feel difficult. Some may feel both.

HOME

SCHOOL

LANGUAGE

ROADS & SHOPS

WEATHER & MONEY

DAILY ROUTINE

Things that can stay the same

Moving country doesn't mean everything changes. Tick, colour or add things that matter to you.

☐

MY FAMILY

☐

MY FAVOURITE TOY

☐

MY HOBBIES

☐

VIDEO CALLS

☐

STORIES

☐

FAMILY TRADITIONS

☐

FAVOURITE FOODS

☐

SHABBAT TRADITIONS

☐

MY PERSONALITY

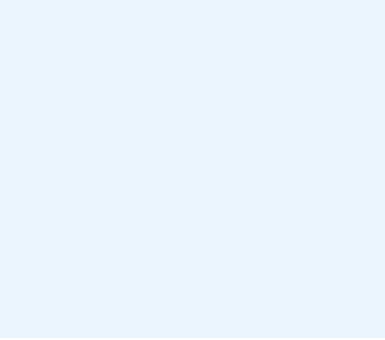
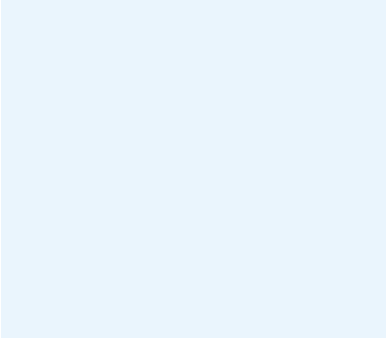
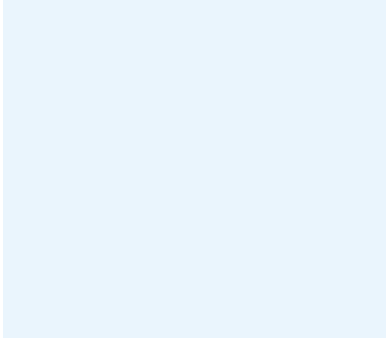
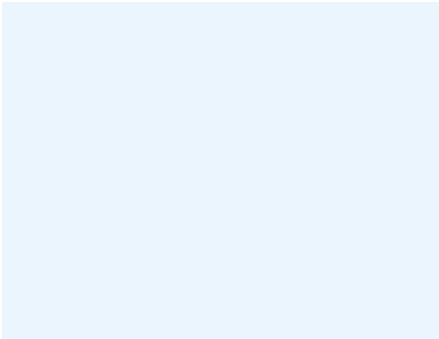
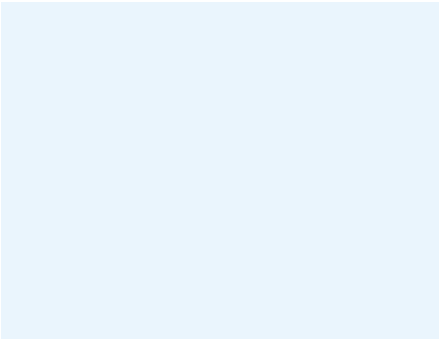
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THINGS I ENJOY

ONE MORE THING I WANT TO KEEP THE SAME

People I love in the UK

Moving doesn't mean we stop loving people who live far away. Draw people you want to remember and stay connected with.

		
FAMILY	FRIENDS	TEACHERS
		
NEIGHBOURS		COMMUNITY

HOW CAN I STAY IN TOUCH?

Choose ideas with a grown-up - perhaps a video call, voice note, card or planned visit.

My goodbye plan

Goodbye can mean 'see you again'. Choose ideas that feel right for you. You do not need to do every one.

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Have a special day with a friend

☐

Plan a class goodbye

☐

Make a photo book

☐

Visit a favourite UK place

☐

Write someone a card

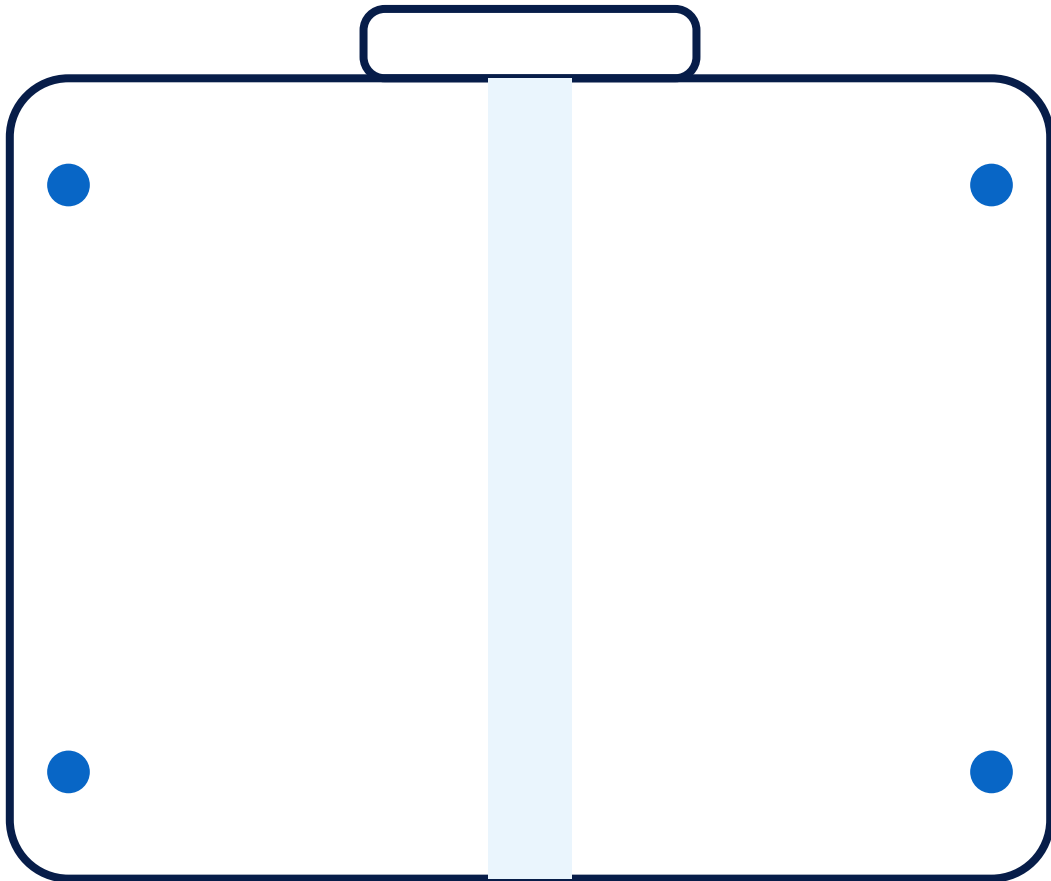
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Save contact details with a parent

MY OWN GOODBYE IDEA

What's coming with me?

Draw favourite things inside the suitcase. They might be a toy, book, comfort item, clothes, family photo or something special.



WHAT WOULD HELP YOUR NEW PLACE FEEL LIKE HOME?

Pack my suitcase game

Circle something useful for the journey. Cross out a silly choice. Draw one extra thing. A group will make



PASSPORT



WATER



BOOK



HEADPHONES



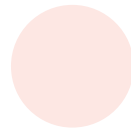
COMFORT ITEM



JUMPER



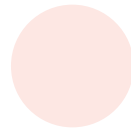
SNACK



GIANT SOFA



GARDEN SHED



ONE EXTRA THING

My last week in the UK

The last week can be busy. Pick what matters most and ask a grown-up to help make a simple plan.

SOMETHING I WANT TO DO

SOMEONE I WANT TO SEE

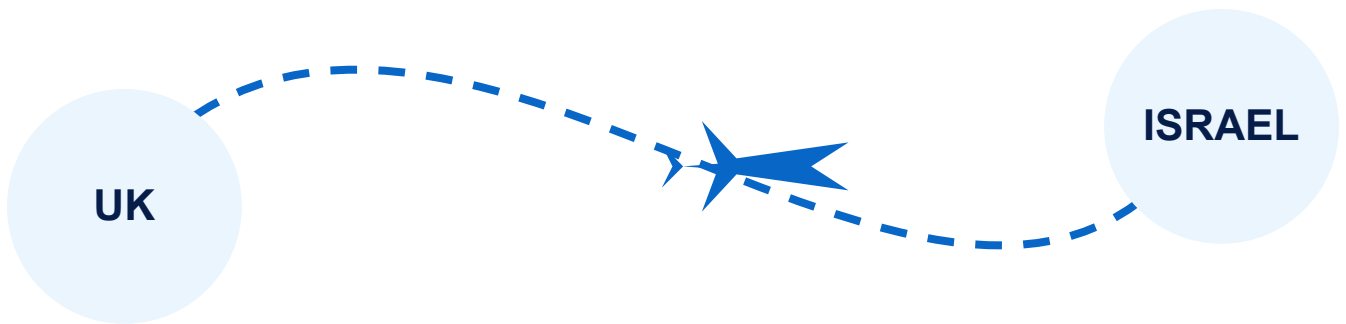
A PLACE I WANT TO VISIT

SOMETHING I WANT TO PHOTOGRAPH

SOMETHING I WANT TO REMEMBER

Today we're flying to Israel

Travel day can have exciting moments and difficult moments. Both can be true.



WHAT ARE YOU MOST EXCITED ABOUT?

WHAT MIGHT FEEL DIFFICULT TODAY?

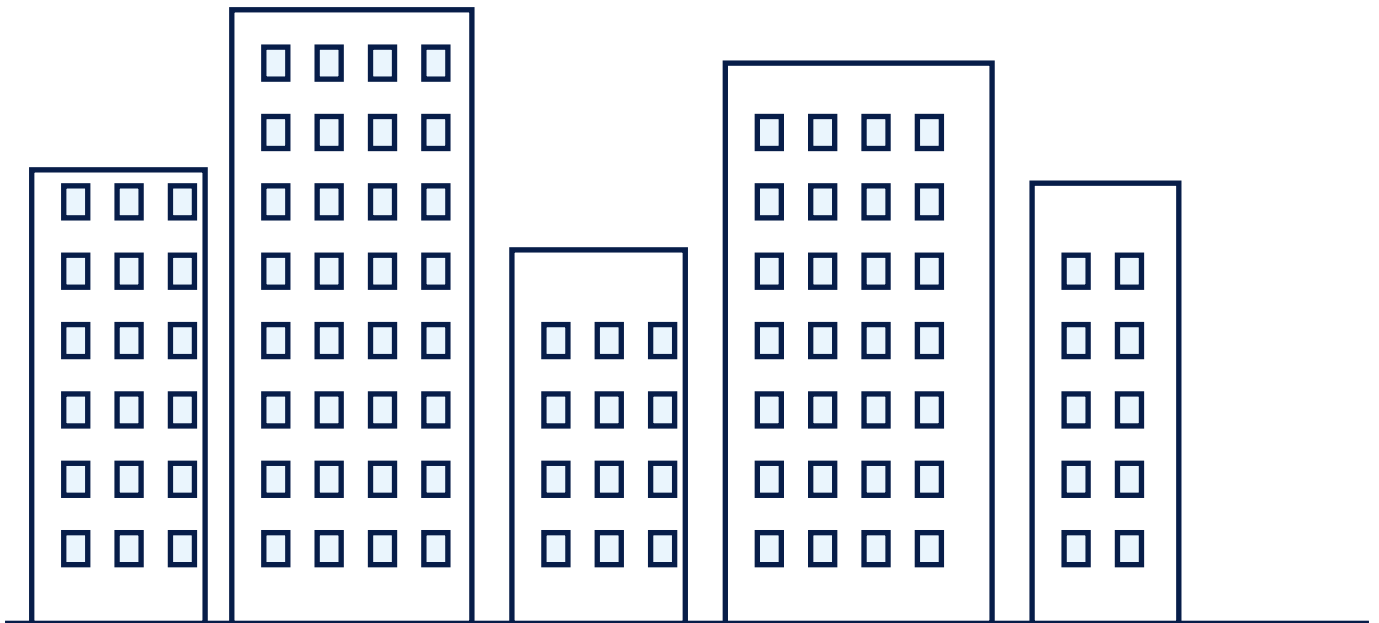
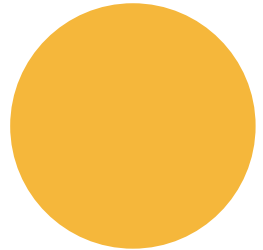
DRAW SOMETHING YOU MIGHT SEE FROM THE WINDOW

Welcome to Israel

Look around slowly. You do not need to understand everything straight away. Draw the people, signs, buildings, plants or sky you imagine seeing.

ברוכים הבאים

BRUCHIM HABAI'IM - WELCOME



THE FIRST THING I WANT TO NOTICE IS...

My first Hebrew words

Hebrew has a different alphabet and reads from right to left. It is fine to learn one word at a time.

Shalom

Hello / peace

שלום

Toda

Thank you

תודה

Bevakasha

Please / you're welcome

בבקשה

Ken

Yes

כן

Lo

No

לא

Mayim

Water

מים

Bayit

Home

בית

Beit Sefer

School

בית ספר

Chaver / Chavera

Friend

חבר / חברה

Mishpacha

Family

משפחה

Yisrael

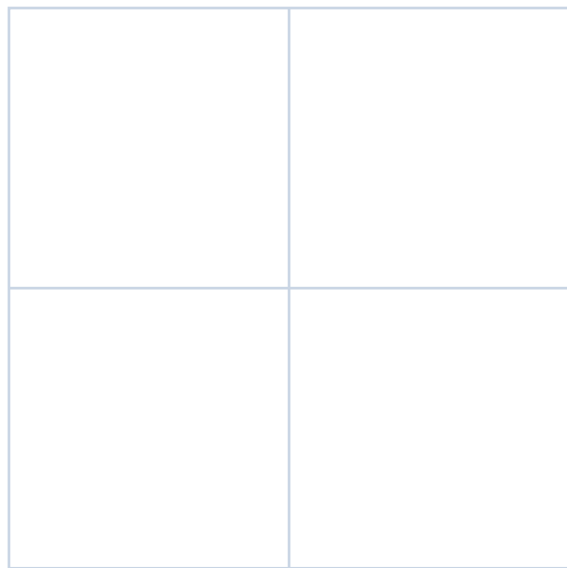
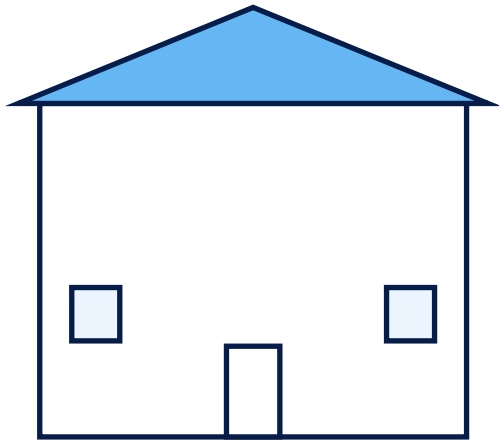
Israel

ישראל

A WORD I WANT TO REMEMBER

My new home

Draw your room, street or something you recognise. Add something that could make your new room feel like yours.



DRAW INSIDE THE ROOMS

THINGS I RECOGNISE

THINGS THAT ARE DIFFERENT

My new school

A new school can bring lots of feelings. Tell a grown-up what you would like help with.

WHAT AM I LOOKING FORWARD TO?

WHAT AM I WORRIED ABOUT?

WHO COULD I ASK FOR HELP?

WHAT WOULD I LIKE MY TEACHER TO KNOW ABOUT ME?

Remember: saying 'I don't understand yet' is a brave way to ask for help.

Making a new friend

A friendship can start with a look, a game, a smile or one word. You do not need perfect Hebrew.

Shalom

Hello

שלום

Ma nishma?

How are you?

מה נשמע?

Kor'im li...

My name is...

קוראים לי...

DRAW TWO CHILDREN SAYING HELLO

A GAME OR ACTIVITY I COULD SHARE

SOMEONE I CAN ASK FOR HELP

Things that are different in Israel

Different does not always mean better or worse. Be a careful observer. Colour what you notice and add your own.



ROAD SIGNS



HEBREW WRITING



SHEKELS



WEATHER



SCHOOL WEEK



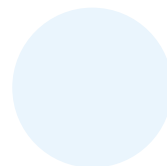
FOOD



SHOPS



SHABBAT



BUSES & BUILDINGS

A DIFFERENCE I NOTICED

My first Israel favourites

Favourites can change. Write or draw today's answers.

FOOD

PLACE

PLAYGROUND

HEBREW WORD

VIEW

NEW THING

ACTIVITY

MY OWN FAVOURITE

When I miss the UK

Missing people or places in the UK does not mean you don't like Israel. You can love Israel and still miss the UK.

☐

TELL A GROWN-UP

☐

LOOK AT PHOTOS

☐

CALL SOMEONE

☐

DRAW A PICTURE

☐

DO SOMETHING FAMILIAR

☐

WRITE WITH A PARENT

☐

HAVE A FAVOURITE UK FOOD

SOMETHING THAT HELPS ME WHEN I MISS HOME...

When things feel hard

Sometimes moving can feel hard. You do not have to solve every feeling alone.

1 Talk to Mum, Dad or another trusted grown-up

2 Tell your teacher

3 Ask a question

4 Take a break

5 Do something familiar

6 Say 'I don't understand'

7 Ask for help

SOMEONE I CAN TALK TO IS...

Look how far I've come

Colour every stage you have reached. You can be proud of progress and still find some things difficult.



SOMETHING BRAVE I DID

SOMETHING NEW I LEARNED

A HEBREW WORD I KNOW

SOMEONE I MET

SOMETHING I AM PROUD OF

SOMETHING I STILL FIND DIFFICULT

My Aliyah story

This is my Aliyah story...



A letter to future me

What would you like to remember about your first year in Israel? Younger children can draw a picture.

DEAR FUTURE ME,

FROM: _____



MAZAL TOV!

You have been on a very big journey.

You don't have to know everything yet.

Every new word, new friend, new place and new experience
is part of your story.

For grown-ups: For more free UK-family Aliyah resources, visit Aliyah.org.uk. This activity book starts conversations; it is not clinical or therapeutic advice.