

# Holiday Pomanders



This classic High Holiday craft is also a fun fine motor activity!

In the past, people made clove apples, also known as pomanders, to bring to synagogue on Yom Kippur.

Pomanders are made by inserting cloves into a piece of fruit. The pomander's spicy smell helped people to feel less tired on a day when they were fasting. Some people also use pomanders when it is time to smell spices on Havdallah

Making pomanders is wonderful opportunity to practice fine motor skills. Students use their thumbs and index fingers to pick up the cloves in a pincer grasp. Additionally, hand-eye coordination is needed to line up the clove to a target in the apple. Pushing the clove into the apple helps children strengthen the muscles in their hands.

**Caution:** The smell of cloves may tempt children to eat them. While cloves are safe to eat, the consumption of large quantities of cloves may be harmful. Use your judgement before beginning this craft and supervise your children to make sure they do not eat too many cloves. Additionally, cloves may cause mild skin irritation in children who have sensitive skin.

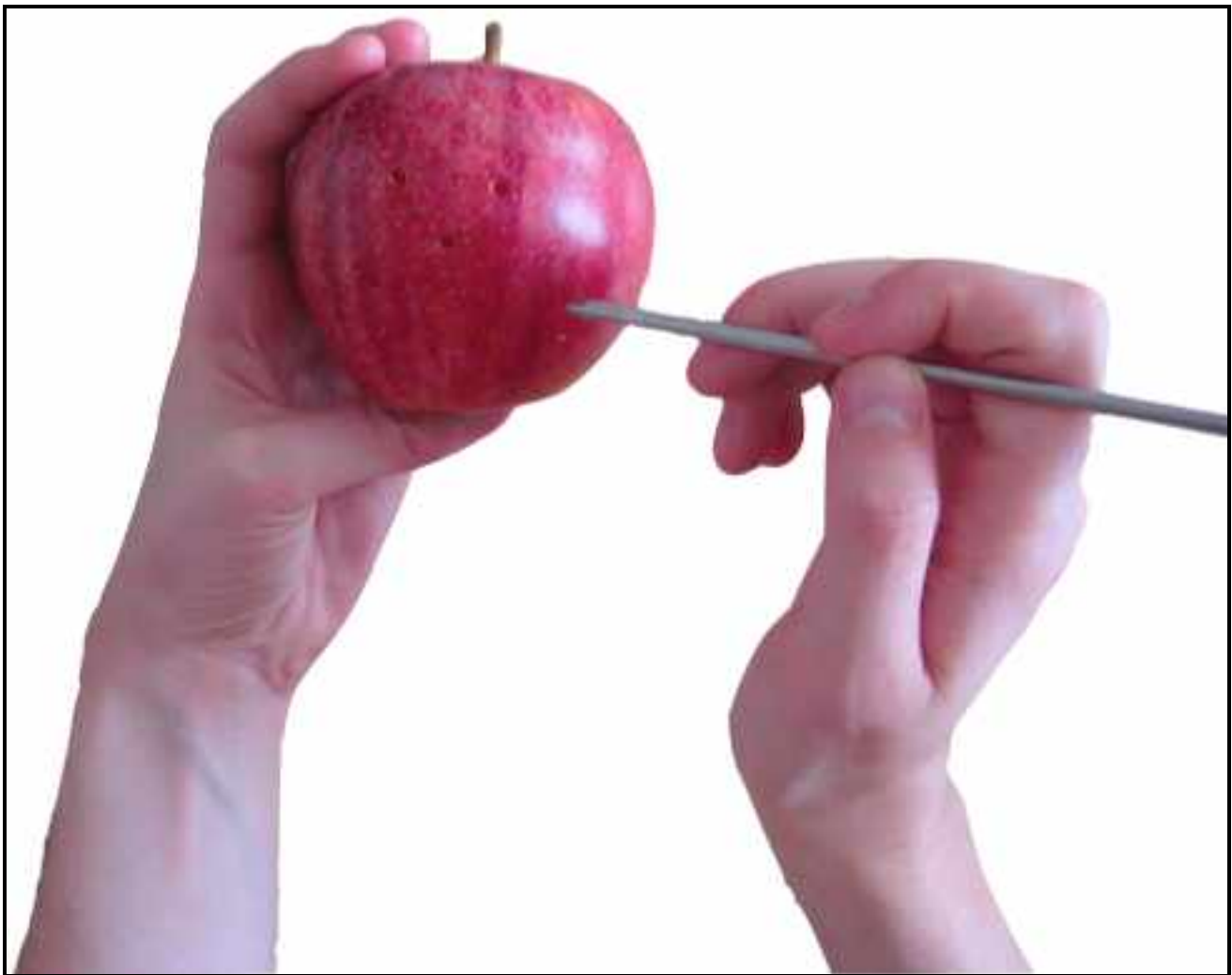
# Materials

1. Apples (oranges, lemons, or etrogs may be substituted)
2. Whole cloves
3. Toothpick (a pencil, knitting needle, or small skewer may be substituted)



# Instructions:

1. Use the toothpick to poke a design into the apple. If you have trouble thinking of a design, look at the design ideas on the next page.

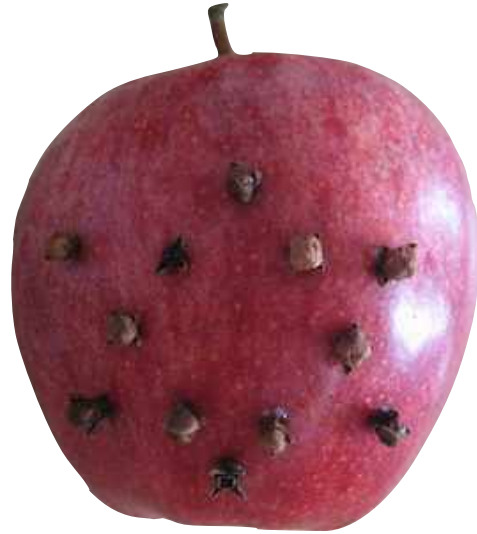


# Design Ideas

Smiley Face



Jewish Star



The First Letter of Your Name



Fill The Entire Apple!



2. Pick up one clove



3. Press the clove all the way in to one of the holes you just made. If it is too hard to press the clove in, use a bigger tool to make the hole a little bigger.



4. Add more cloves until you have finished filling in all of the holes.

