

# Sefirat Ha'Omer

Supplemental Guide to Counting the Omer

Leviticus 23:9-16; Deuteronomy 16:9-10  
Katan Aleph/Katan Bet/Gadol



---

# Table of Contents

---

Parsha Pearls is a comprehensive resource that allows for complete customization by the parent. We understand that if you were to strive to accomplish all aspects of each lesson in one day it would be unrealistic and also overload for the child. It is our intention that this be used 'a la carte' so that it suits your specific needs. Our site caters to printing only the pieces you choose.

This page will provide quick links to get to the portion of the document for which you are looking. When you hover over the title a finger will appear. Click on it and you will be taken directly to that page.

If you are new to Parsha Pearls, we have created an [Introduction](#) document outlining how to use our lessons, as well as a [Scriptural Inspiration](#) document, which explains our titles and the Scriptural inspiration for them. We pray that Parsha Pearls blesses your home and that your children will grow to love the Word and to never depart from keeping Torah. As always, feel free to email us at [parshapearls@mtoi.org](mailto:parshapearls@mtoi.org) if you have any questions.

<b>Gem Seeking</b> (The Main Lesson) . . . . .	<b>3</b>
➤ Little Gems Story (Story for Younger Children)	3
➤ Little Gems Story Characters	5
<b>Pearl Seeking</b> (The Main Lesson) . . . . .	<b>9</b>
➤ Counting of the Omer Guide	9
<b>Counting What You Gained</b> (Worksheets) . . . . .	<b>12</b>
➤ Storing Up Treasure in My Heart (Memory Verse)	12
» KA Verse	12
» KB Verse	13
➤ Seeking Treasure (Questions from the Lesson)	15
» KA Questions	15
» KB Questions	16
➤ Cryptogram	18
» KA Cryptogram	18
» KA Cryptogram Answer Key	19
» KB Cryptogram	20
» KB Cryptogram Answer Key	21
<b>Precious Possessions</b> (Arts & Crafts) . . . . .	<b>22</b>
➤ Craft	22
» KA Omer Count Keepsake	22
» KB Omer Count Keepsake	27
» Counting with a Bead Torah Scroll Keepsake	34
➤ Coloring Page	37
» KA Counting the Omer Squares	37
» KA Counting the Omer Vine	38
» KB Counting the Omer Squares	39
» KB Counting the Omer Mountain	40



# Gem Seeking

## LITTLE GEMS STORY

### Parent/Teacher Preparation:

Please see the [Instructions for the Little Gems Story](#) on the YMTOI website. This will help you to understand how to prepare for the story.

### Let the Counting Begin!

Shalom children! In our last Little Gems story, we learned all about the first Passover that the children of Yisra'el participated in. **(Place Passover scene on board.)** Today we are going to learn about another instruction Yahweh gave to them regarding counting. Yes, you heard right! Yahweh wanted them to do some counting. Who here likes math? Well, you can help your friends with the counting.

He told Mosheh that when they entered the Promised Land of Kena'an **(place land of Kena'an on board)** that they were to remember Yahweh for all His provisions by always bringing the very first of their crops to him as first-fruits. In Hebrew this is called 'bikkurim.'

Yahweh said that He wanted the children of Yisra'el to bring a 'sheaf' of the first barley grain from their harvest to the priest to be waved at the Dwelling Place. The priest would take a bundle of sheaves and then wave them before Yahweh. **(Place priest waving barley sheaves on board.)** That was his job and no one else's. This waving of the barley sheaf was to be done the day after the first day of Unleavened Bread.

Now here is where the counting comes in. The day that the sheaf was waved was Day 1. **(Place #1 on board.)** Then they were to count up to day 50 the next Holy day of Shavuot. **(Place #50 on board.)** Does anyone remember what happened on the day of Shavuot? **(Allow children to answer.)** That was when they received the 10 Commandments. **(Place 2 tablets on board.)**

Receiving the Commandments was a wonderful experience and we will learn more about that on Shavuot, but for the next 7 weeks we will count as Yahweh instructed us to do.

Yahweh wanted them to do a few other things besides counting when they go to the land. Because we aren't in the land we can't do those things that Yahweh wanted them to do, but it's always good to know what they did as reminders of their experience and journey.



Besides bringing their wave sheaf, they were also to bring a perfect lamb, a year old to be offered as a burnt offering. **(Place lamb on board.)** We will learn all about burnt offerings when we get to the book of Leviticus. They were also to bring a grain offering of flour mixed with oil **(place grain offering on board)** as well as a drink offering of wine **(place wine on board.)**

It was only after they brought these offerings that they could then eat from their harvest. But first they had to bring Yahweh their first-fruits to the priest. **(Place man bringing first-fruits on board.)** Now you may be thinking that barley isn't a fruit, but it was the first 'fruit' of their labor. This is the reward or benefit of all their hard work.

Ok, so we know that we are supposed to count from 1 to 50. As part of the counting, we should take time to thank Yahweh for all His goodness in our lives and maybe think of one thing a day to be thankful for. **(Place thankful emoji on board.)** I'll start first. I'm thankful for all you wonderful children!

Well children we have come to the end of our story for today. We will see you next time for another exciting Little Gems story.



Priest waving  
barley sheaves



Man bringing  
first-fruits



Land of Kena'an





Lamb



Wine



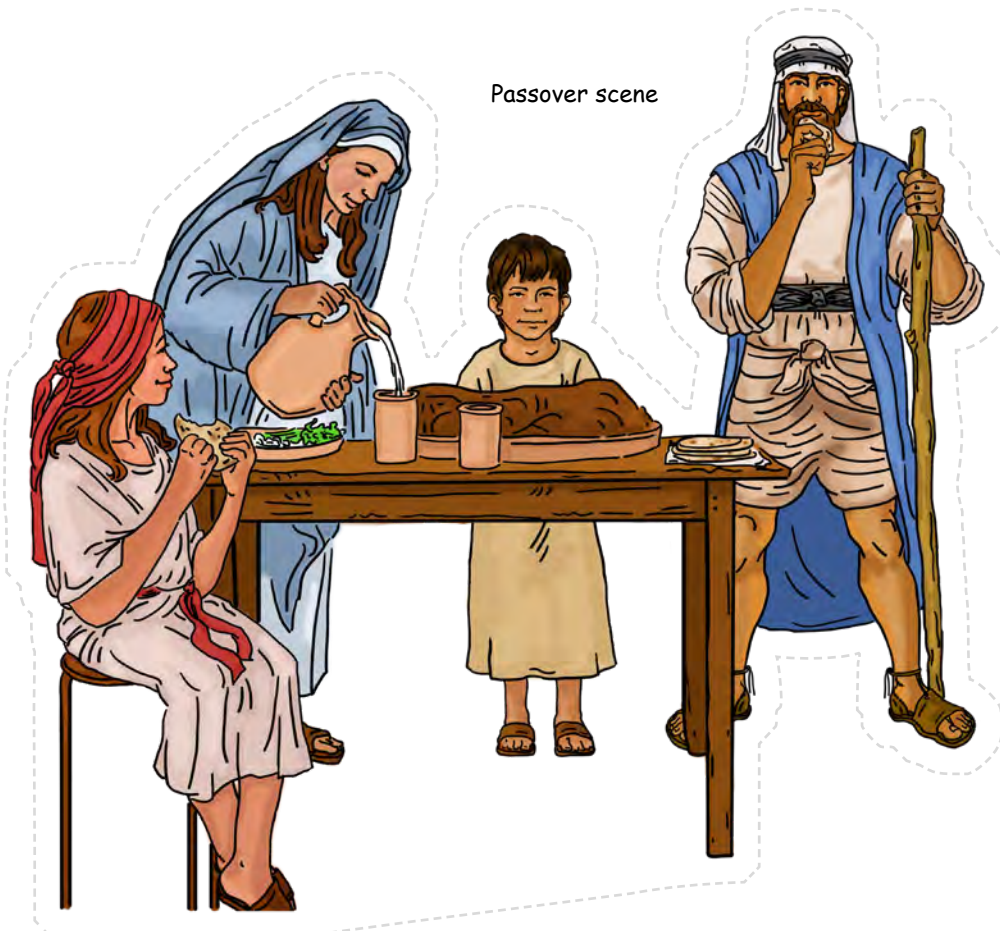
Grain offering



2 Tablets



Thankful emoji



Passover scene

Priest waving  
barley sheaves



Man bringing  
first-fruits

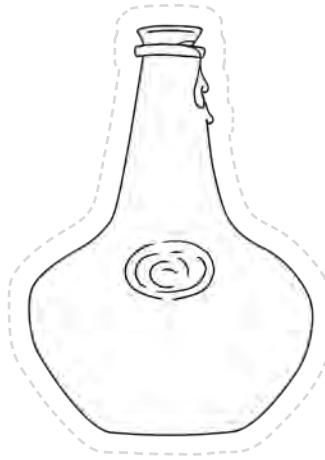


Land of Kena'an





Lamb



Wine



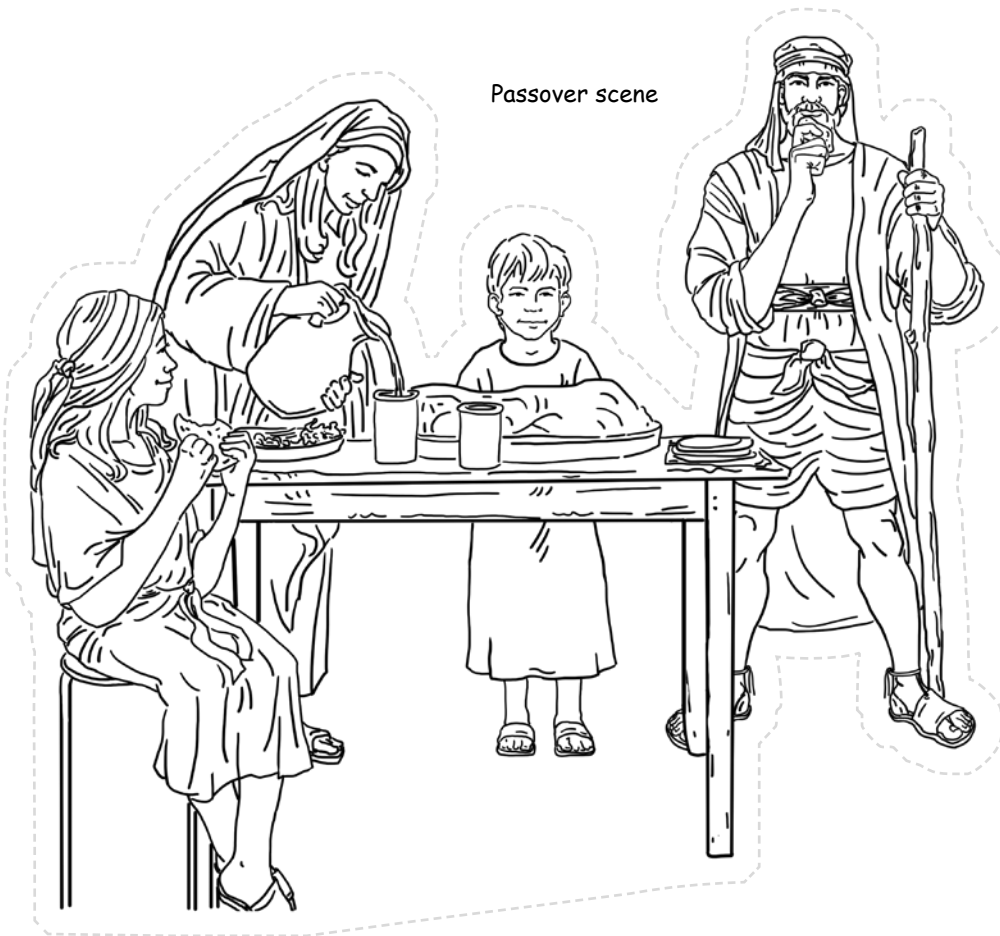
Grain offering



2 Tablets



Thankful emoji



Passover scene

---

# Pearl Seeking

---

## COUNTING OF THE OMER GUIDE

### Counting of the Omer (Sefirat Ha'Omer) to Feast of Weeks (Shavuot)

**First of all, WHAT EVEN IS AN OMER?** An omer is an ancient measure of grain, but also the special sheaf of grain that was to be offered as first-fruits and waved by the priest before Yahweh.

Exodus 16:16 tells us that each day the children of Yisra'el were given an omer of manna to gather and eat. And at the end of the chapter it says, "And an omer is one tenth of an ephah!" Which begs another question..... **WHAT'S AN EPHAH?** In U.S. measurements an omer is about 3-4 cups and an ephah is about 6 gallons.

However, it doesn't really matter that we know the precise measurement. What matters is that the omer was just enough (**dayenu**). It was all any one person needed for the day. No more...and no less! Yahweh knows what we need and He always provides it. That is all we really need to know.



Barley was the very first grain to be harvested in the spring harvest. It was called the first fruit. No, it's not a fruit, but it was the 'first fruit' of one's labors. When the children of Yisra'el lived in the land of Kena'an, an omer of the first sheaves of the harvest barley were cut down and brought to the Dwelling Place or Temple to be presented by the priest as a wave sheaf before Yahweh as a means of thanking Yahweh for the harvest. This wave sheaf offering event marked the beginning of the barley harvest. In Hebrew this is called **Bikkurim (first-fruits)**, a one day event.



**Leviticus 23:9-14** tells us:

And Yahweh spoke to Mosheh, saying,

- "Speak to the children of Yisra'el, and you shall say to them, 'When you come into the land which I give you, and shall reap its harvest, then you shall bring a sheaf of the first-fruits of your harvest to the priest (bikkurim).'
- 'And he shall wave the sheaf before Yahweh, for your acceptance. On the morrow after the Sabbath the priest waves it.'
- 'And on that day when you wave the sheaf, you shall prepare a male lamb a year old, a perfect one, as a burnt offering to Yahweh,
- And its grain offering: two-tenths of an ephah of fine flour mixed with oil, an offering made by fire to Yahweh, a sweet fragrance, and its drink offering: one-fourth of a hin of wine.'
- 'And you do not eat bread or roasted grain or fresh grain until the same day that you have brought an offering to your Elohim - a law forever throughout your generations in all your dwellings.'



Right after these verses we are then told to count the days to Shavuot.

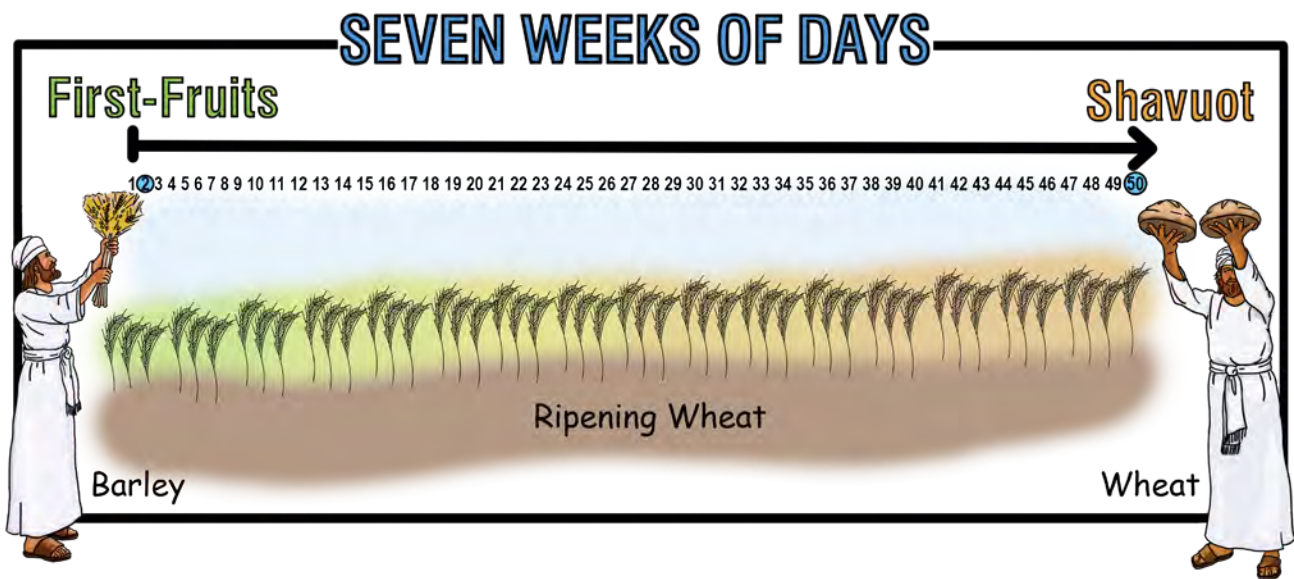
- "And from the morrow (the following day) after the Sabbath, from the day that you brought the sheaf of the wave offering (**first-fruits/bikkurim**); you shall count for yourselves 7 completed Sabbaths. Until the morrow after the 7<sup>th</sup> Sabbath, you count 50 days, and you shall offer a new grain offering unto Yahweh." - Lev. 23:15-16

We like our brother Yehudah using the Hillel II calendar, start the counting of the omer at sundown after the 1<sup>st</sup> Day of Unleavened Bread has ended. The omer is then counted each evening after sundown until 7 weeks are complete or a total of 50 days. This is known as **Sefirat Ha'omer**, the 'Counting of the Omer.'

As a 2<sup>nd</sup> witness, Deut. 16:9-10 says,

- "Count 7 weeks for yourselves. Begin to count 7 weeks from the time you begin to put the sickle to the grain. Then you will observe the Festival of Shavuot (**Feast of Weeks**) to Yahweh your Elohim."

Then a new offering of wheat (2 loaves of bread) was to be presented to the priest to be waved 50 days after Passover. This is the next spring Holy Day commanded to be observed, Shavuot (**Feast of Weeks**).



The counting of the omer reminds us of the link between the exodus from Mitsrayim when the children of Yisra'el left hurriedly on the first day of Unleavened Bread, to the giving of the Torah at Mt. Sinai on Shavuot 50 days later.

The journey from Pesach to Shavuot, reminds us of the Yisra'elites' journey from slavery in Mitsrayim to becoming Yahweh's people.

# Tradition!

*How does one count?* Our brother Yehudah has given us traditions they follow that you can choose to do, or you can simply just acknowledge each day by marking it off on your calendar or have fun with the various crafts we provide in this special Counting the Omer supplemental lesson.

## Counting the Omer - A step-by-step guide (Remember its TRADITION!)

1. Wait for nighttime (sundown) to begin
  - All days begin at sunset the evening before.
  - As long as it's dark, you can begin to count.

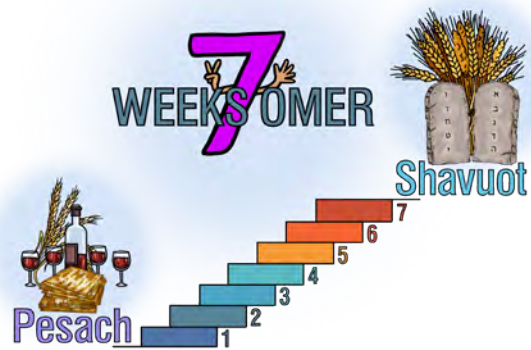
2. Recite the Blessing

*Baruch atah Yahweh, Eloheinu Melech ha'olam  
Asher kid'shanu b'mitzvotav  
V'tzivanu al sefirat ha'omer*

*Blessed are you Yahweh Our Elohim, King of the universe  
Who has sanctified us by His commandments  
And has commanded us to count the omer*

3. Count the days and weeks UP

- Count the days up from 1 to 50, not backwards.
- Recite the number of the day and then how many weeks and days that calculates to.
  - For example:
    - The 6<sup>th</sup> day would be, 'Today is 6 days of the Omer'—as no weeks have passed.
    - The 8<sup>th</sup> day would be, 'Today is 8 days, 1 week and 1 day of the Omer.'



In conclusion, counting the omer is a daily mitzvah wherein we should focus on spiritual growth during the 49 days between our liberation from slavery on Passover and the giving of the Torah on Shavuot.

**Blessings from all of us at YMTOI/MTOI**

# Counting What You Gained

This next section is intended to be reinforcement of the lessons learned during this lesson. Choose the activities that best fit your child.

## STORING UP TREASURE IN MY HEART

The Katan Aleph memory verse for this Torah portion is Deut. 16:9-10. If they have not already done so, begin to help them to memorize the verse. Be creative and try acting it out, or putting it to music.



Count 7 weeks for yourselves.  
Begin to count 7 weeks  
from the time you begin  
to put the sickle to the  
grain. Then you will observe  
the Festival of Shavuot  
to Yahweh your Elohim.


MEMORY VERSE

# Counting What You Gained

This next section is intended to be reinforcement of the lessons learned during this lesson. Choose the activities that best fit your child.

## STORING UP TREASURE IN MY HEART

The Katan Bet and Gadol memory verse is Lev. 23:15-16. You can review the verse with them by reciting it out loud, acting it out, putting it to music...whatever works for you.



Lev.  
23:15-16

And from the morrow after the Sabbath, from the day that you brought the sheaf of the wave offering; you shall count for yourselves 7 completed Sabbaths. Until the morrow after the 7th Sabbath, you count 50 days, and you shall offer a new grain offering unto Yahweh.

MEMORY VERSE



# SEEKING TREASURE

Circle the correct choices.

1. What was the first grain harvested in the spring?



barley



oats



rice



wheat

2. Who did the Yisra'elites bring their first-fruits to?



3. What animal was given as a burnt offering the day of waving the barley sheaf?



4. How many days do we count to Shavuot?



5. How many weeks do we count to Shavuot?



# SEEKING TREASURE

1.



Write down the Hebrew transliteration  
for 'counting the omer.'

\_\_\_\_\_

2.



How much manna were the  
Yisra'elites to gather every day  
except for Friday and Shabbat?

a hin    a cup    an ephah

a liter    an omer

(Ex. 16:16)

3.



What was the first grain  
harvested in the spring?

barley    wheat

oats    rice

4.

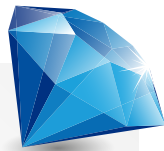


What is the Hebrew word for first-fruits?

seorah    chittah

p'ri    bikkurim

5.



Who do you bring your first-fruits to?

Aharon    Mosheh

priest    Lewites

6.



What animal was given as a burnt offering  
the day of the waving of the barley sheaf?

cow    lamb

bull    ram



7.



What offerings were brought the day of the waving of the barley sheaf?

Circle the correct choices.

peace    burnt  
grain    sin    drink

8.



How many days are we commanded to count to Shavuot?

7    49  
50    51

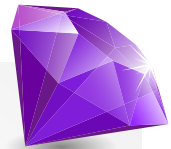
9.



How many weeks are we commanded to count to Shavuot?

4    5  
6    7

10.



What is offered on Shavuot?

Circle the correct choices.

barley    wheat  
unleavened bread    2 loaves of bread



# KA CRYPTOGRAM








Using the code below, match the letters with the symbols to reveal the mystery phrase.


A		G		L		Q		V	
B		H		M		R		W	
C		I		N		S		X	
D		J		O		T		Y	
E		K		P		U		Z	
F									



# KA CRYPTOGRAM ANSWER KEY

Using the code below, match the letters with the symbols to reveal the mystery phrase.

T  H  E  I  L  D  R  E  N  O  F   
 Y  I  S  R  A  E  L  K  E  P  T   
 Y  A  H  W  E  H  S  M  O  A  D  I  M 

A - 	G - 	L - 	Q - 	V - 
B - 	H - 	M - 	R - 	W - 
C - 	I - 	N - 	S - 	X - 
D - 	J - 	O - 	T - 	Y - 
E - 	K - 	P - 	U - 	Z - 
F - 				





# KB CRYPTOGRAM ANSWER KEY

Using the code below, match the letters with the symbols to reveal the mystery phrase.

SPEAK TO THE CHILDREN OF YISRA'EL,  
 AND YOU SHALL SAY TO THEM,  
 WHEN YOU COME INTO THE LAND  
 WHICH I GIVE YOU, AND SHALL REAP  
 ITS HARVEST, THEN YOU SHALL BRING  
 A SHEAF OF THE FIRST-FRUITS  
 OF YOUR HARVEST TO THE PRIEST.  
 LEVITICUS 23:10

A -	↗	Q -	✱	V -	♥	6 -	✱
B -	+	R -	☑	W -	⊘	7 -	↖
C -	☺	S -	☒	X -	✱	8 -	⊙
D -	↔	T -	♥	Y -	☺	9 -	✱
E -	↕	U -	⊗	Z -	↔	0 -	↕
F -	✱	L -	☹	G -	↕		
		M -	↕	H -	★		
		N -	☺	I -	☺		
		O -	↖	J -	☺		
		P -	↕	K -	☹		



# Precious Possessions

## CRAFT

### KA Omer Count Keepsake

Leviticus 23:15-16; Deuteronomy 16:9-10

#### Materials:

- Cardstock - white
- X-acto knife
- Puncturing tool
- Brad
- Scissors
- Coloring pencils, crayons or makers
- Craft Templates: A & B (BW) or C & D (color)



#### Parent/Teacher Preparation:

- Print Craft Templates of choice on white cardstock.

#### Instructions for the Craft:

- If using BW Templates, color using medium of choice.
- Cut out all Template pieces. (P1)
- Using an X-acto knife, cut out the window on Craft Template A or C. (P2)
- Using a puncturing tool, poke a hole through the center circles on the Craft Templates. (P3)
- Insert the brad through the holes. (P4)

*You now have a keepsake to count the days leading to Shavuot after the 1<sup>st</sup> day of Unleavened Bread.*



P1



P2



P3

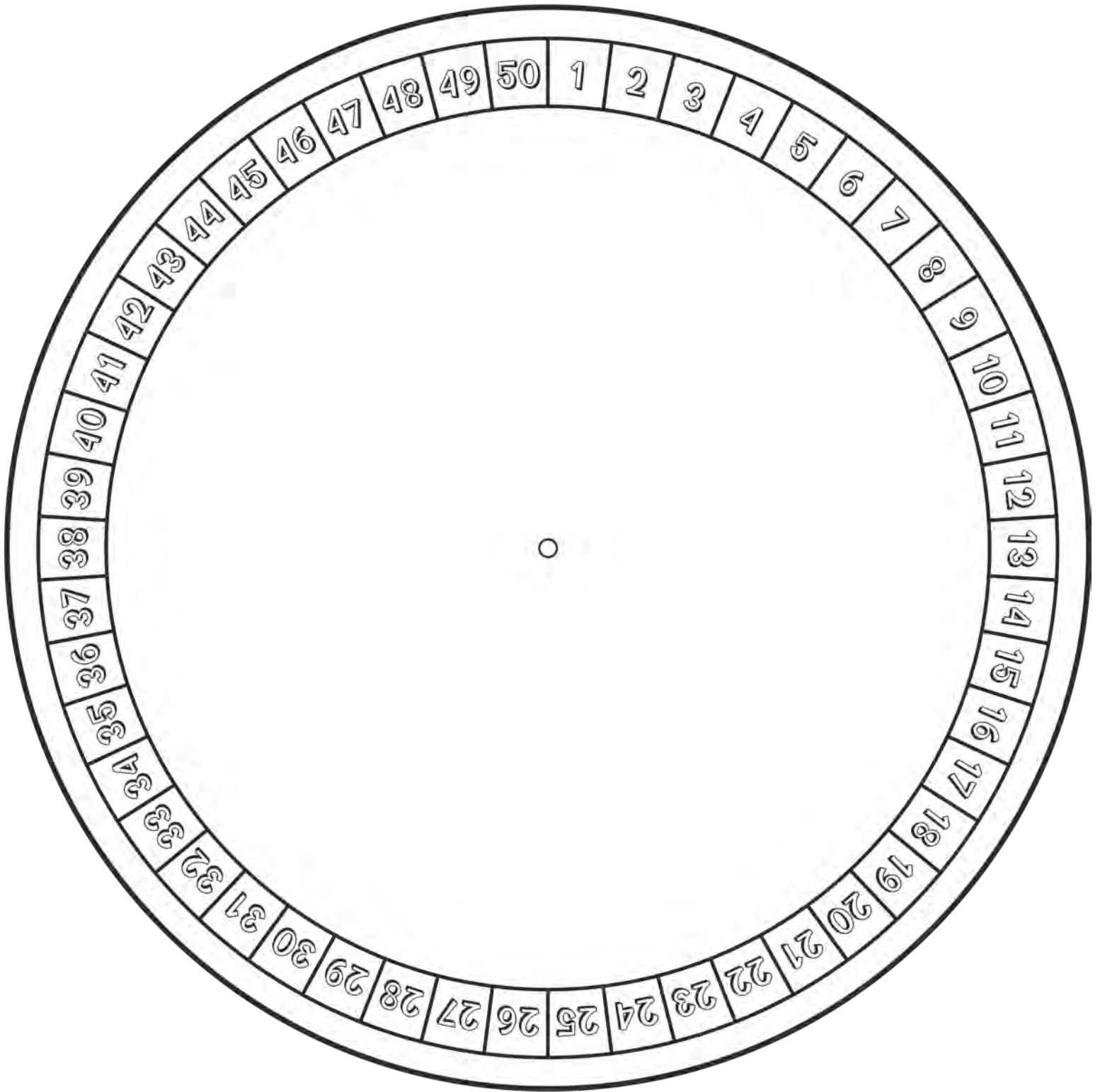


P4

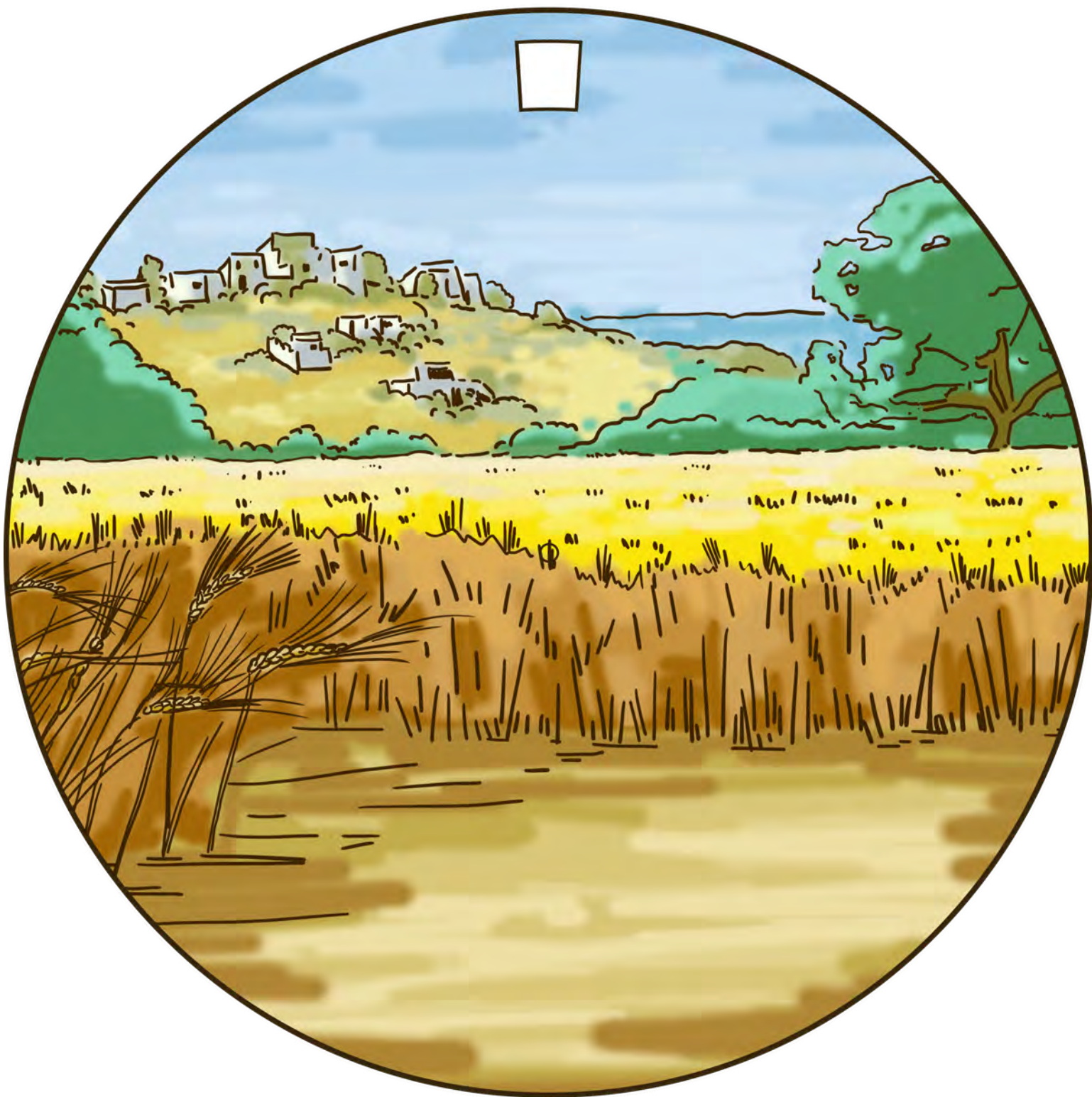
Craft Template A (BW)



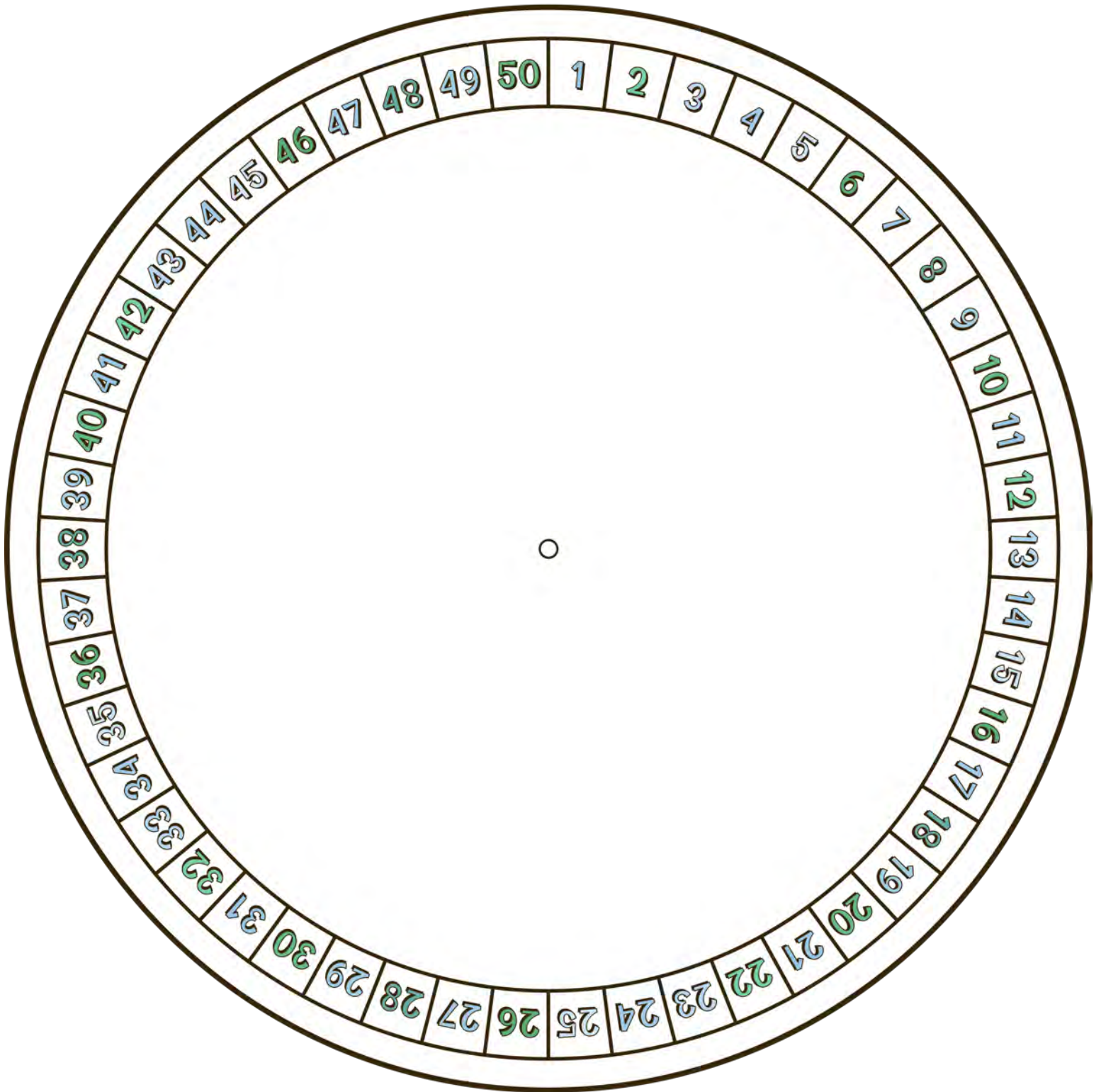
Craft Template B (BW)



Craft Template C (color)



Craft Template D (color)



# CRAFT

## KB Omer Count Keepsake

Leviticus 23:15-16; Deuteronomy 16:9-10

### Materials:

- Cardstock - white
- X-acto knife
- Puncturing tool
- Brad
- Scissors
- Coloring pencils, crayons or markers
- Craft Templates: A-C (BW) or D-F (color)



### Parent/Teacher Preparation:

- Print Craft Templates of choice on white cardstock.

### Instructions for the Craft:

- If using BW Templates, color using medium of choice.
- Cut out all Craft Template pieces. (P1)
- Using an X-acto knife, cut out the windows on Craft Template A or D. (P2a, P2b)
- Using a puncturing tool, poke a hole through the center circles on the Craft Templates. (P3a, P3b, P3c, P3d)
- Insert the brad through the holes in the Templates in the following order:
  - A or D - Cover (P4a)
  - Then B or E - Days (P4b, P4c)
  - Then B or E - Weeks (P4b, P4d)
  - Then C or F - Days Total (P4b, P4e)



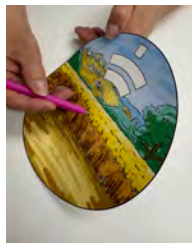
P1



P2a



P2b



P3a



P3b



P3c



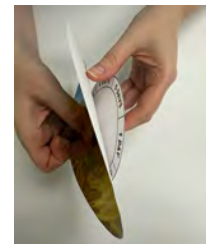
P3d



P4a



P4b



P4c

You now have a keepsake to count the days and weeks leading to Shavuot after the 1<sup>st</sup> day of Unleavened Bread.

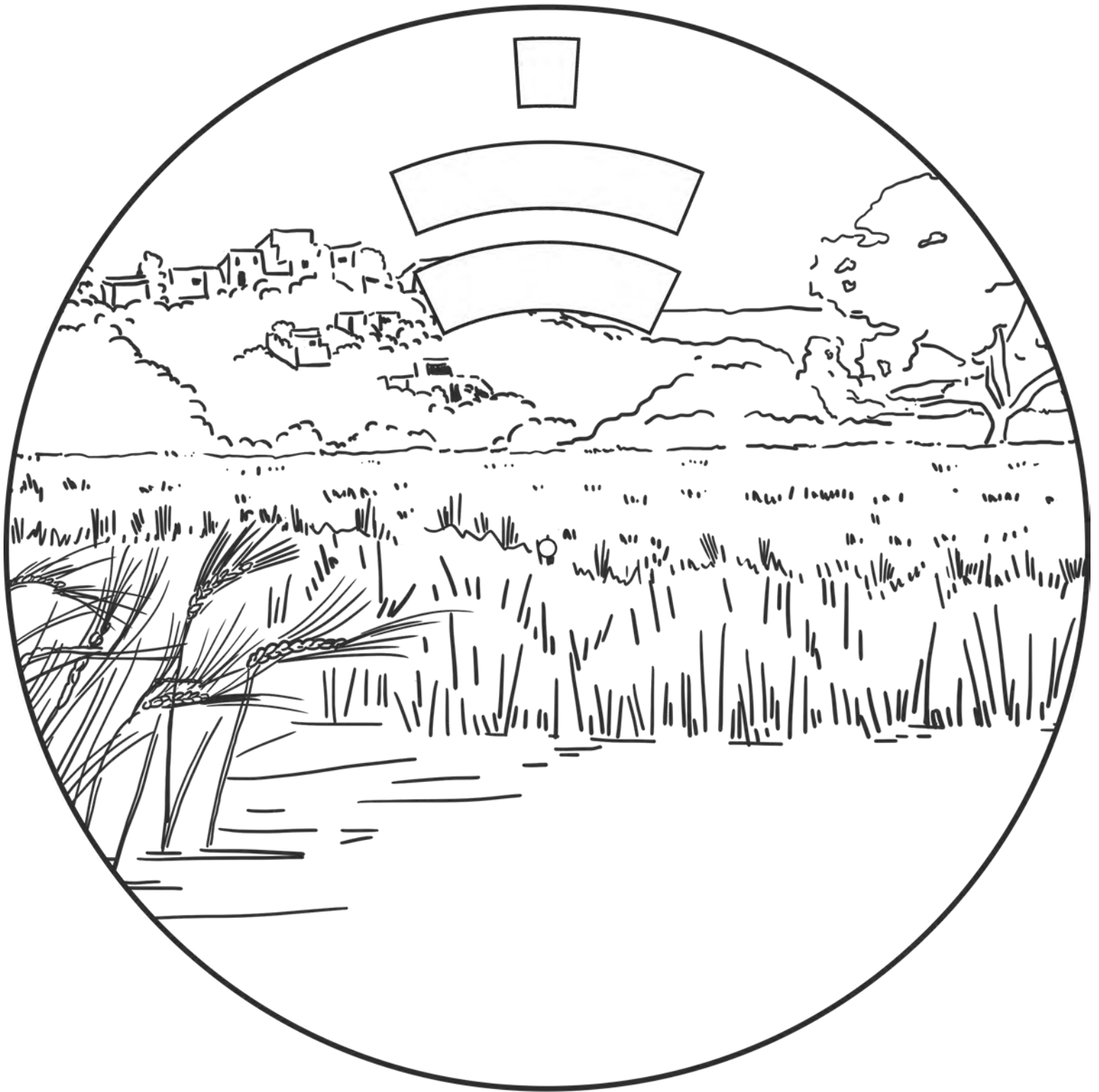


P4d

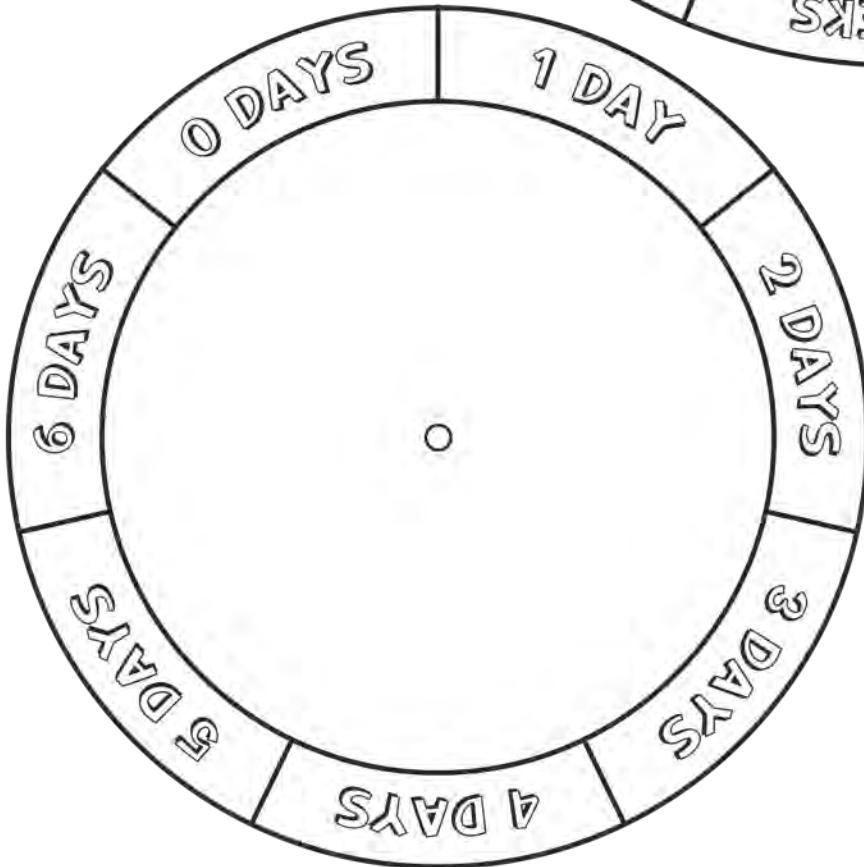
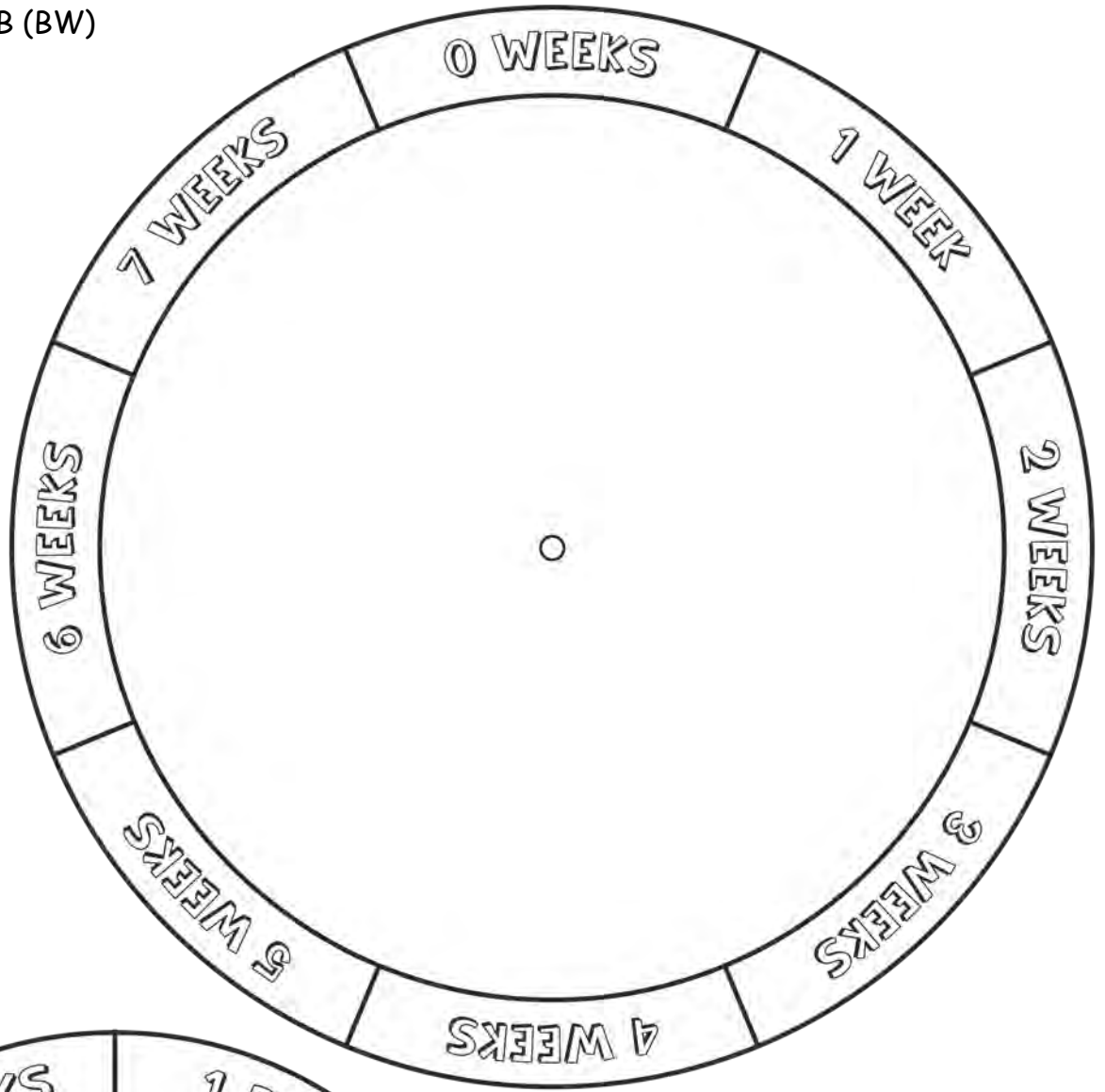


P4e

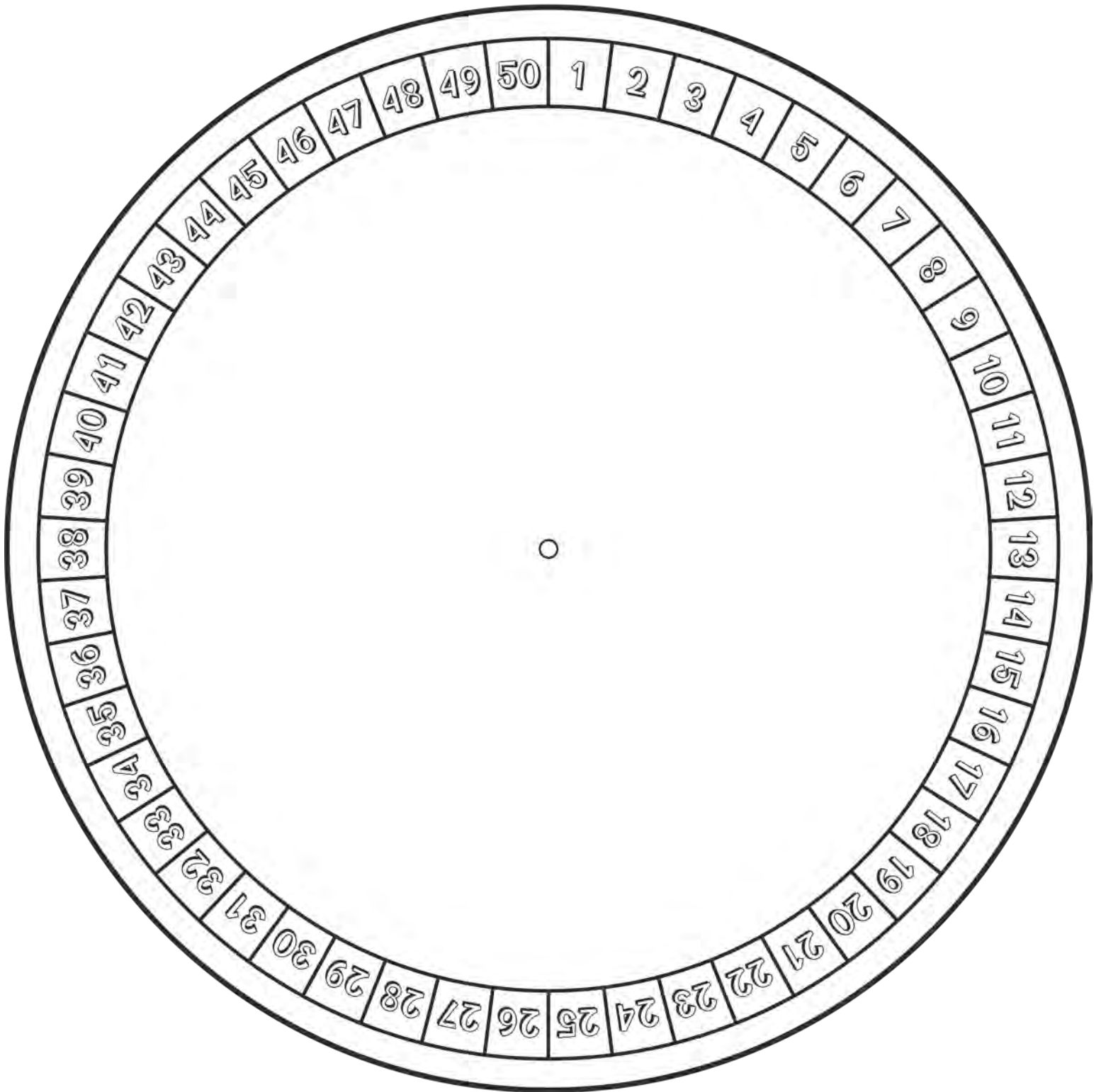
Craft Template A (BW)



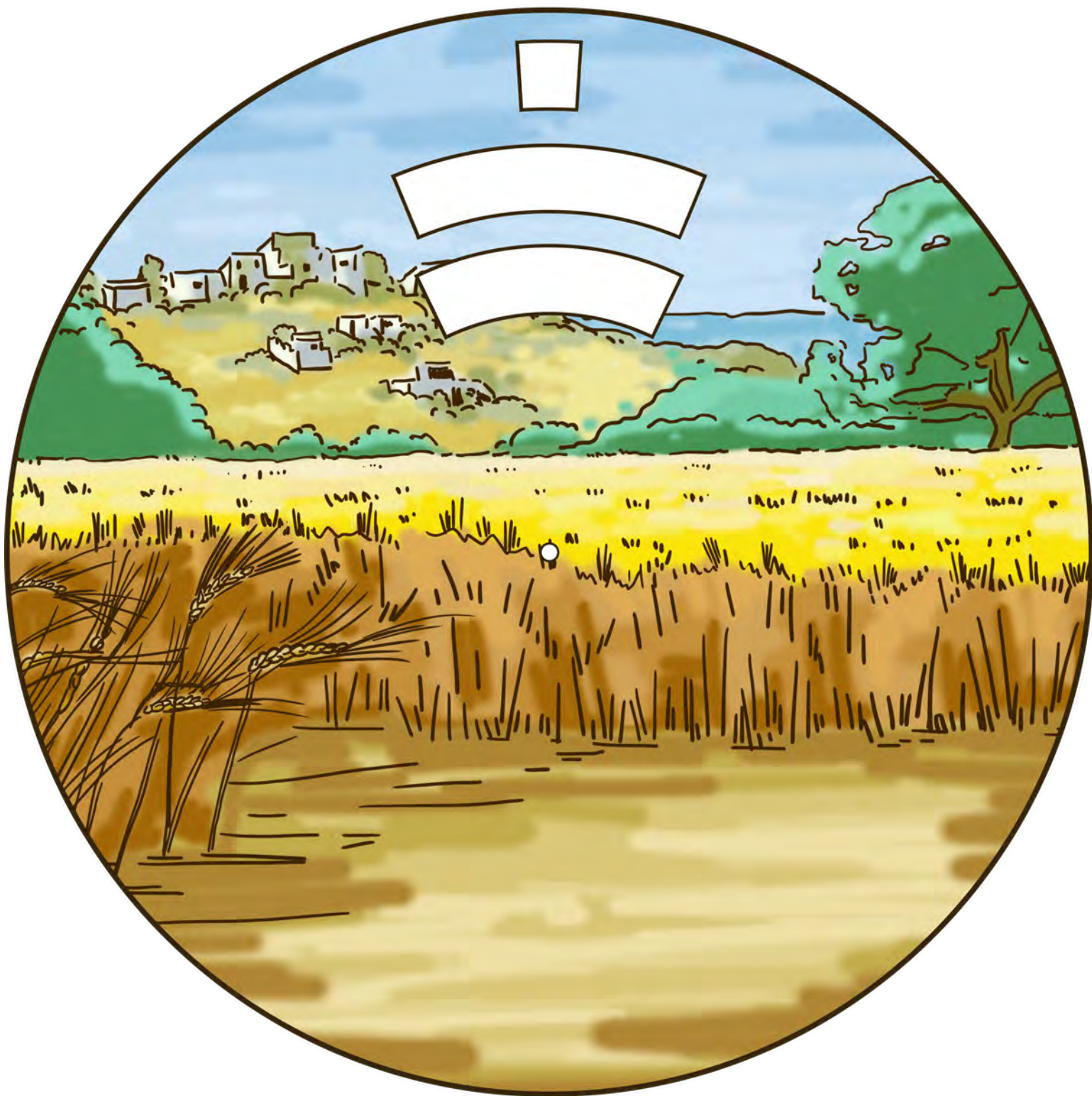
Craft Template B (BW)



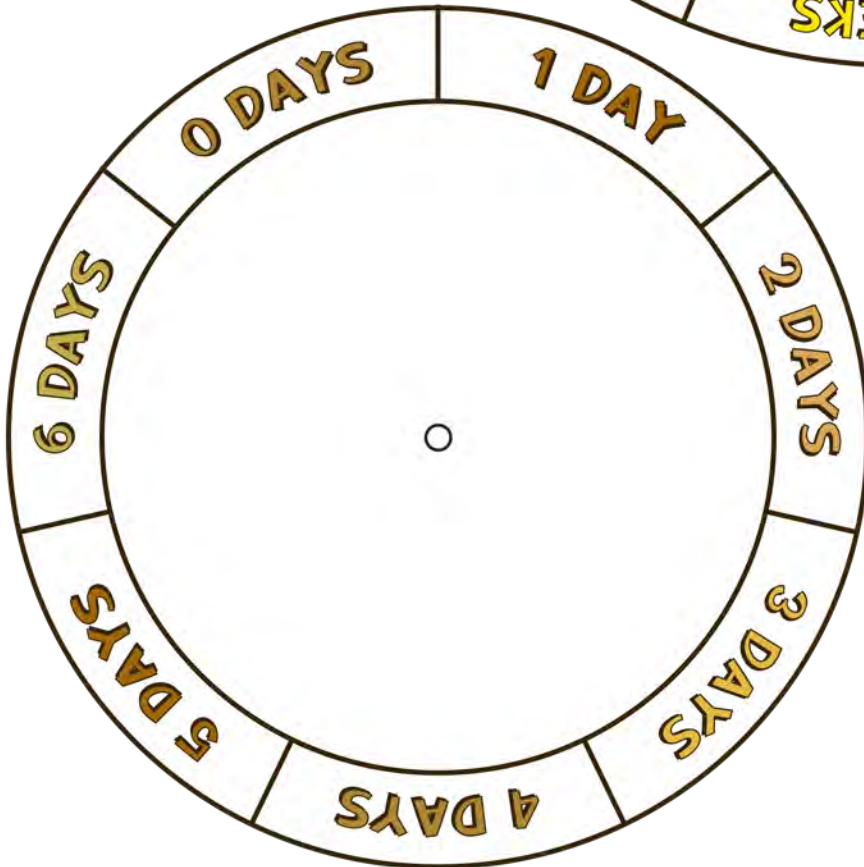
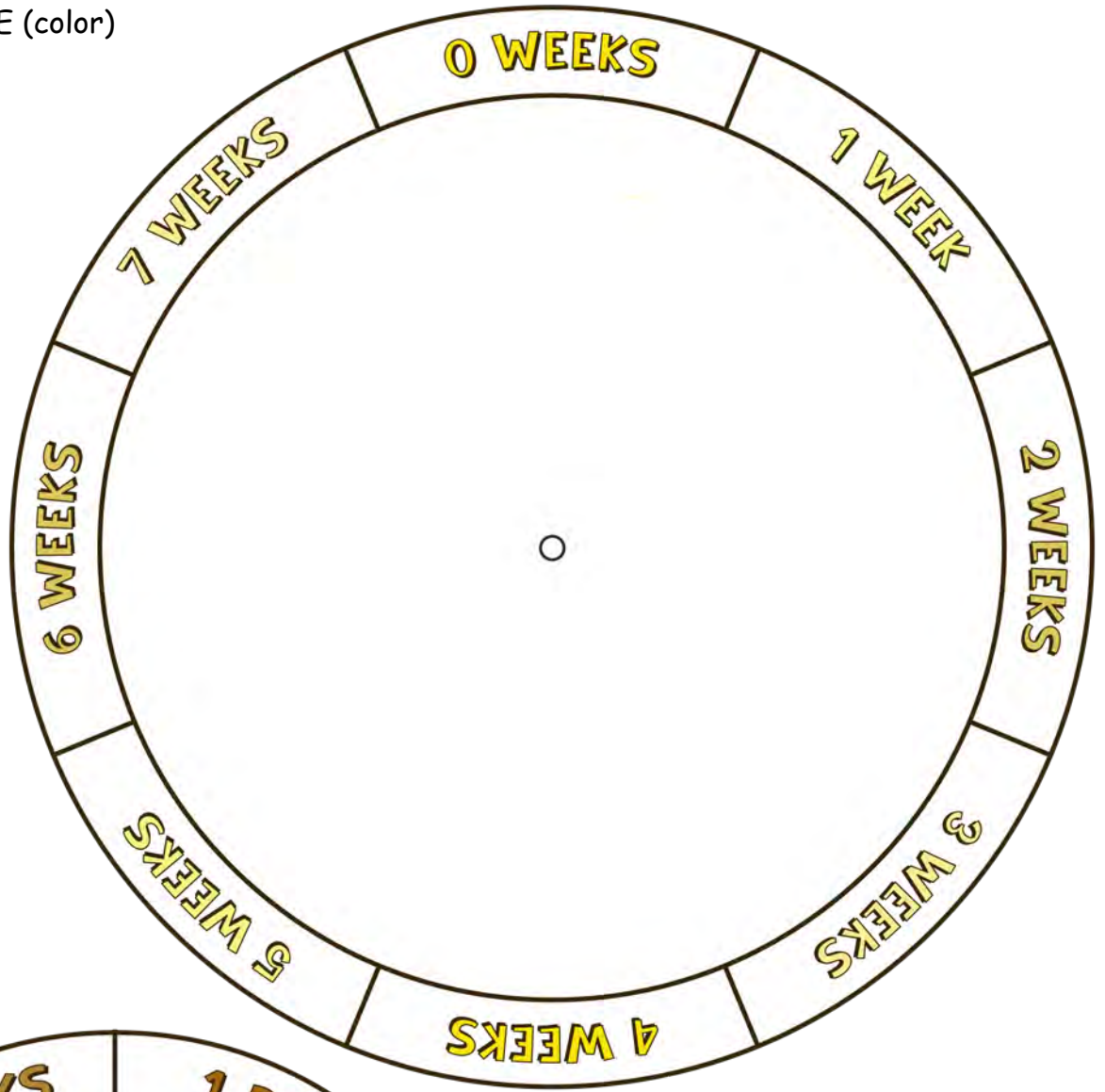
Craft Template C (BW)



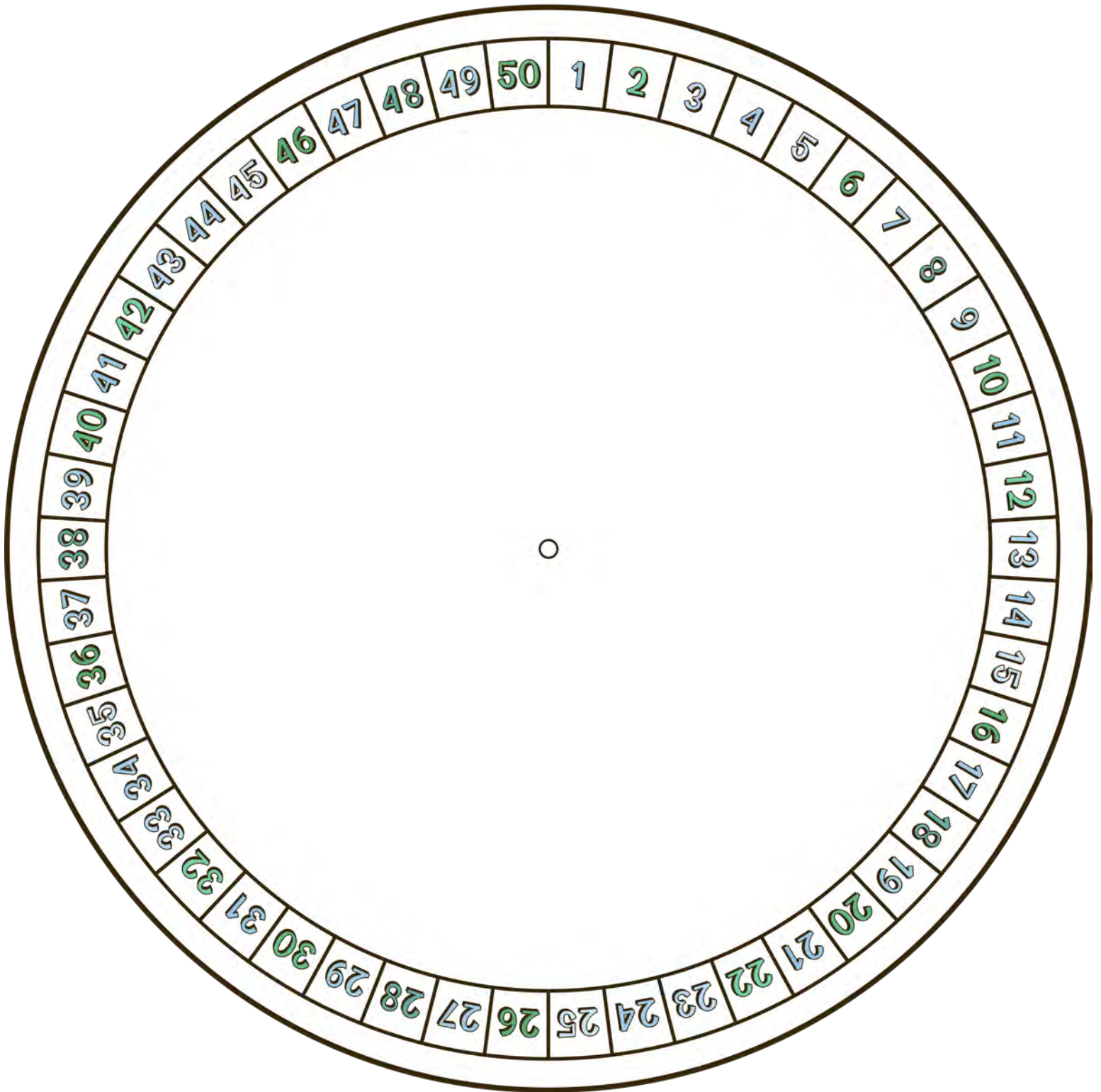
Craft Template D (color)



Craft Template E (color)



Craft Template F (color)



# CRAFT

## Materials:

- Cardstock - white
- Pipe cleaners (7) - colors of choice
- Pony beads (7) - colors of choice
- Puncturing tool
- Packing tape
- Scissors
- Coloring pencils, crayons or markers
- Craft Templates: Torah Scroll (BW) or Torah Scroll (color)

### Parent/Teacher Preparation:

- Print Torah Scroll BW or color on white cardstock.

## Counting with a Bead Torah Scroll Keepsake

Leviticus 23:15-16;  
Deuteronomy 16:9-10



## Instructions for the Craft:

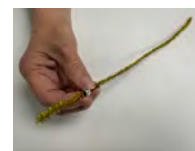
- If using BW Template, color using medium of choice.
- Cut out the Torah Scroll. (P1)
- Using a puncturing tool, poke a hole through each dot in the end squares on the 'klaft'. (P2)
- Slide a pony bead through each pipe cleaner. (P3a, P3b)
- Insert the end of one pipe cleaner through the left hole on the first row and then insert the other end of the pipe cleaner through the right hole on the first row. (P4a, P4b)
- Flip the page over and bend the pipe cleaners toward each other. (P5)
- Repeat the last 2 steps until all the rows are done. (P6a, P6b)
- Flip the page over and tape the pipe cleaners so that they are secure. (P7)
- You can move the beads daily to count the days and weeks to 'Shavuot.'



P1



P2



P3a



P3b



P4a



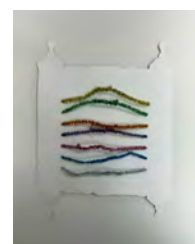
P4b



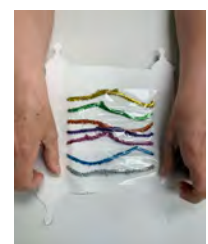
P5



P6a



P6b



P7

*You now have a visual keepsake to help you count the 49 days and 7 weeks to Shavuot.*

# SEFIRAT HA'OMER





Counting of the Omer to Feast of Weeks

1	2	3	4	5	6	7	S
8	9	10	11	12	13	14	H
15	16	17	18	19	20	21	A
22	23	24	25	26	27	28	V
29	30	31	32	33	34	35	U
36	37	38	39	40	41	42	O
43	44	45	46	47	48	49	T



# SEFIRAT HA'OMER

Counting of the Omer to Feast of Weeks

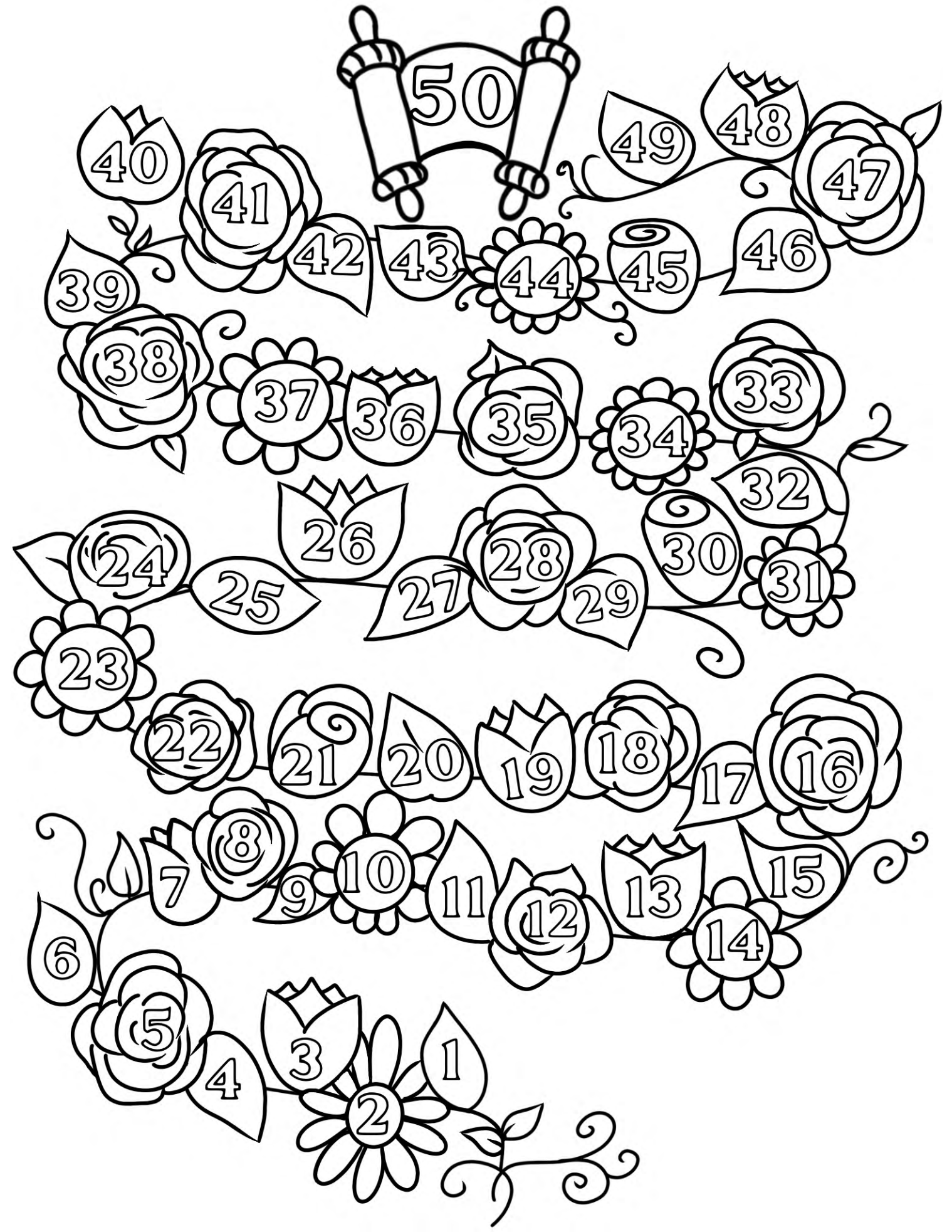
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31	32	33	34	35	
36	37	38	39	40	41	42	
43	44	45	46	47	48	49	



# Counting the Omer

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35
36	37	38	39	40	41	42
43	44	45	46	47	48	49





# Counting the Omer

