

E-Nrichment Packet for Chabad Hebrew School

Rosh Hashanah/Yom Kippur Edition

We've prepared a packet of fun and learning for you to share with your family! While there is no requirement for you to complete or do any of the projects or activities, we will be giving extra tickets for those who participate. Of course, the learning you will do as a family together is priceless... Enjoy the E-Nrichment Packet!

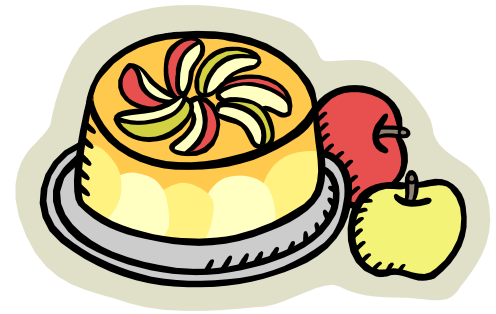
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- Sounds of the Shofar
- The Steps of Teshuva

It's a tradition to eat apples and honey on Rosh Hashana. Here's a yummy cake that combines both! Talk to your kids about why we dip apples in honey on Rosh Hashana: to have a sweet new year.

Recipe for Honey Apple Cake

1 c. sugar
1 c. vegetable oil
2 eggs
1 tsp. vanilla
3/4 c. honey
2 1/2 c. flour
1 tsp. salt
1 tsp. soda
1 tsp. baking powder
3 c. apples, peeled and coarsely grated
1 tsp. cinnamon
1/4 tsp. allspice
3/4 c. chopped walnuts



Mix sugar and oil. Add eggs and beat until creamy. Slowly pour in honey and add vanilla. Combine salt, soda, baking powder, and spices with the flour and add a little at a time, beating continuously. By hand, stir in apples and nuts. Pour batter into greased and floured bundt pan (or 2 small bundt pans) or large loaf pan. Bake at 325 degrees for 45 to 60 minutes. Makes a delicious, moist cake. Perfect for Rosh Hashana and Succot.

CRAFT IDEA: Make Rosh Hashana Cards or Place Cards!

Wine cork stamps are super simple to make and a great way to make some quick and sweet Rosh HaShana cards. With the Jewish New Year just around the corner in three weeks, now is the perfect time to make cards so that one can even send them to friends and relatives near and far. The apple is one of the traditional symbols for the Jewish New Year, and the perfect shape for making a wine cork stamp!

You'll Need: a wine cork, a sharp knife, a red stamp pad, a black pen, some card stock.

How To: Using a sharp knife or a craft knife, simply remove from the cork two notches, one for the indentation at the top of the apple and one for the indentation for the bottom of the apple. That's it! Stamp carefully, with a towel under the cardstock to enable a better print, and set aside to dry before adding details.

And of course you can certainly use your little stamp to make gift tags, napkin rings, treat bags, you name it! (*from the creativejewishmom.com blog*)



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(3rd - 4th grade)

TEFILLAH ENRICHMENT: PRACTICE READING with RABBI CHAYIM!

Avinu Malkeinu

Read the text (see the worksheets) and sing along with Rabbi Chayim:

http://beta.chabad.org/multimedia/media_cdo/aid/977005/jewish/Avinu-Malkeinu-selected-stanzas.htm

http://beta.chabad.org/multimedia/media_cdo/aid/977007/jewish/Avinu-Malkeinu-Song-1.htm

http://beta.chabad.org/multimedia/media_cdo/aid/977010/jewish/Avinu-Malkeinu-Song-2.htm

DINNER TABLE GAME

Babbleon... Say these phrases quickly and clearly, and see who can guess the real wording?

Shabby itch Alum

Beer cot Amazon

Sea ule Waiter

Disguise gray Sea

Fork hit Mean hot

Doll arson since

Lick add Dotty

Aisle oh View

Hike ant Than cue When huff

Maize hilt Of

High moan Leak hidden

Than cue Fork Hummin

Say fort Aura

Roe Shush Hannah

ROSH HASHANA

ראש השנה

A Living Story



Once upon a time, when the fields were dry, the water supply was low, and our People were hungry, thirsty and desperate, they came to Rabbi Eliezer and Rabbi Akiva, begging them to pray for rain.

The Gemara relates:

Rabbi Eliezer Davened to Hashem, reciting 24 special ברכות (said on fast days,) but his תפילות were not answered.

Rabbi Akiva then exclaimed,

"Our Father, our King,
we have no king but you;

Our Father, our King,
have mercy upon us for Your own sake!"
and rain fell"

(Ta'anit 25b)

מעשה בר' אליעזר שירד לפני התיבה
ואמר עשרים וארבע ברכות
ולא נענה
ירד רבי עקיבא אחריו ואמר
אבינו מלכנו אין לנו מלך אלא אתה
אבינו מלכנו למענך רחם עלינו
וירדו גשמים
תענית כה:



MISSION:

HERE ARE SOME "SAMPLE" אבינו מלכנו's.
CIRCLE THE WORDS YOU RECOGNIZE, AND TRY TO FIND THE
ONES (SIMILAR TO WHAT) RABBI AKIVA SAID.

אבינו מלכנו! הרם קרן משיחך.
אבינו מלכנו! שמע קולנו חוס ורחם עלינו.
אבינו מלכנו! קבל ברחמים ובכבוד את תפלתנו.
אבינו מלכנו! פתח שערי שמים לתפלתנו.
אבינו מלכנו! עשה למענך אם לא למעננו.
אבינו מלכנו! עשה למענך והושיענו.
אבינו מלכנו! עשה למען רחמיך הרבים.
אבינו מלכנו! חננו ועננו, כי אין בנו מעשים,
עשה עמנו צדקה וחסד והושיענו.

אבינו מלכנו! אין לנו מלך אלא אתה.
אבינו מלכנו! חדש עלינו שנה טובה.
אבינו מלכנו! סלח ומחל לכל עונותינו.
אבינו מלכנו! החזירנו בתשובה שלמה לפניך.
אבינו מלכנו! שלח רפואה שלמה לחולי עמך.
אבינו מלכנו! זכרנו בזכרון טוב לפניך.
אבינו מלכנו! כתבנו בספר חיים טובים.
אבינו מלכנו! כתבנו בספר גאולה וישועה.
אבינו מלכנו! כתבנו בספר פרנסה וכלכלה.
אבינו מלכנו! כתבנו בספר סליחה ומחילה.

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I Like the New Year

I like new sounds:

A Shofar I can blow loud and clear
like a trumpet declaring the King is here
The whispers of prayers, so soft in my ears
Special tunes and songs I hear only once a year
The crash of the waves at the river's edge
Where we throw our mistakes, and make a pledge
I like new sounds.

I like new food:

fresh apples, bright red and green
dipped in honey, so sticky and sweet,
Round challah with fat raisins inside,
and pomegranate seeds bursting with juice
(they make staying neat a real feat!)
I like new food.

I like new people:

New neighbors I meet
In my synagogue down the street,
New cousins visiting
From far away,
New friends we find at the river
where we play and pray.
I like new people.

I like new clothes:

A Kipah, soft and blue,
A bright bow for my hair
And a pretty new dress I can wear
A new white shirt, crisp and cool
I like new clothes.

I like new beginnings:

The chance to start fresh,
To think about how
I want the year ahead
To be for me
And my friends and family.
I like new beginnings.

I like the New Year.

By Sarah Alevsky

Read the following poem with your kids and then have them draw pictures of what they like about the new year! They can illustrate something from the poem, or come up with their own special Rosh Hashanah favorite.

ELUL ACRONYMS ראשי תבות של אלול

The word "אלול" is an acronym to a few phrases that show the message and theme of this month.

Here are five ראשי תבות – acronyms of the name אלול

HINTS THAT	REFERS TO	ראשי תבות - ACRONYM	
During this month we set aside extra time for studying תורה.	תורה	אָנָּה לִידּוֹ וְשִׁמְתִּי לָךְ (שְׁמוֹת כ"א: יג)	①
We show our love for 'ה through Davening, to which He listens.	תפילה	אָנִי לְדוֹדִי וְדוֹדִי לִי (שִׁיר הַשִּׁירִים ו: ג)	②
We should act kindly to each other and give צדקה to the poor.	צדקה	אִישׁ לְרֵעֵהוּ וּמִתְנּוֹת לְאֲבִיוָנִים (מְגִילַת אֶסְתֵּר ט: כב)	③
'ה will cut off our יצר הרע, through our תשובה.	תשובה	אֶת לִבְבְּךָ וְאֶת לִבִּי (דְּבָרִים ל: ו)	④
We await the final גאולה - redemption with צדקנו!	גאולה	וַיֹּאמְרוּ לֵאמֹר אֲשִׁירָה לָּהּ (שְׁמוֹת טו: א)	⑤

TISHREI CALENDAR – לוח חודש תשרי

This is a standard תשרי calendar, with all the יום טוב dates included.

The *dates* are correct for every year, while the days of the week *can* be correct, depending on the year.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBOS
ELUL 29 כט אלול ערב ראש השנה EVEY ROSH HASHANAH	TISHREI 1 א תשרי ראש השנה ROSH HASHANAH - DAY 1 START OF עשרת ימי תשובה TEN DAYS OF TESHUVAH	TISHREI 2 ב תשרי ראש השנה ROSH HASHANAH - DAY 2 עשרת ימי תשובה TEN DAYS OF TESHUVAH	TISHREI 3 ג תשרי צום גדליה FAST OF GEDALIA עשרת ימי תשובה TEN DAYS OF TESHUVAH	TISHREI 4 ד תשרי עשרת ימי תשובה TEN DAYS OF TESHUVAH	TISHREI 5 ה תשרי עשרת ימי תשובה TEN DAYS OF TESHUVAH	TISHREI 6 ו תשרי עשרת ימי תשובה TEN DAYS OF TESHUVAH
TISHREI 7 ז תשרי עשרת ימי תשובה TEN DAYS OF TESHUVAH	TISHREI 8 ח תשרי עשרת ימי תשובה TEN DAYS OF TESHUVAH	TISHREI 9 ט תשרי עשרת ימי תשובה TEN DAYS OF TESHUVAH	TISHREI 10 י תשרי יום כיפור YOM KIPPUR FINAL DAY OF TEN DAYS OF TESHUVAH	TISHREI 11 יא תשרי	TISHREI 12 יב תשרי	TISHREI 13 יג תשרי
TISHREI 14 יד תשרי	TISHREI 15 טו תשרי סכות SUKKOS DAY 1	TISHREI 16 טז תשרי סכות SUKKOS DAY 2	TISHREI 17 יז תשרי סכות SUKKOS DAY 3 CHOL HAMOED DAY 1	TISHREI 18 חי תשרי סכות SUKKOS DAY 4 CHOL HAMOED DAY 2	TISHREI 19 יט תשרי סכות SUKKOS DAY 5 CHOL HAMOED DAY 3	TISHREI 20 כ תשרי סכות SUKKOS DAY 6 CHOL HAMOED DAY 4
TISHREI 21 כא תשרי סכות SUKKOS DAY 7 הושענא רבה HOSHANAH RABBA	TISHREI 22 כב תשרי שמיני עצרת SHEMINI ATZERES	TISHREI 23 כג תשרי שמחת תורה SIMCHAS TORAH	TISHREI 24 כד תשרי	TISHREI 25 כה תשרי	TISHREI 26 כו תשרי	TISHREI 27 כז תשרי
TISHREI 28 כח תשרי	TISHREI 29 כט תשרי	TISHREI 30 ל תשרי				

YOM KIPPUR

יום כיפור

On יום כיפור we are not allowed to do certain things that are pleasurable:

WHAT

HOW

1

No Food or Drink



We do not eat or drink from before sunset of the ninth day of תשעה, until after nightfall of the tenth night, men and women over מצוה, are not allowed to eat or drink, even the smallest amount. Not even one drop of food or drink can enter one's mouth. Even if one does not intend to swallow the food or drink, it is forbidden to put it in one's mouth, and then spit it out. It is also forbidden to rinse one's mouth with any kind of liquid. If one is ill, (חס ושלום - G-d Forbid) and must eat for health reasons, s/he must ask a qualified רב for advice.

2

No Washing



We don't wash ourselves. No baths, showers or even washing our hands and face... all day long even if it's hot! We may wash a part of our body that is dirty. No other washing is permitted.

For נטילת ידים - (washing *Negel Vasser*) in the morning, we wash only until the knuckles, not further. In *Shul*, the כהנים are allowed to have their hands washed before they bless the congregation in ברכת כהנים, because it is not considered "washing for pleasure."

3

No Leather Shoes



Don't wear leather shoes. We may not wear shoes or sandals that have any leather, in any part of them. Leather is considered a comfortable and luxurious material, which is why we don't use it on this day.

4

No creams or lotions



We may not smear any kind of lotion, oil or perfume or any kind of cosmetics/make-up etc. on this day. This is because we are not allowed to "digest" anything – not even liquid that may be absorbed through our skin.

Children, who do not fast on יום כיפור, are still careful with the rest of these laws.

יום כיפור is the holiest day of the year. On this day, we keep the same הלכות that we keep on שבוע. This includes all the laws of מוקצה, fire and carrying etc.

We blow three types of "blasts" from the שופר:

WHAT	NAME	How
❶ Long simple sound.	תְּקִיעָה - TEKIAH	
❸ Medium sounds.	שְׁבָרִים - SHEVARIM	
❹ Short sounds.	תְּרוּעָה - TERUAH	

The ראשי תיבות – acronyms for these names make them easier to say and write them. They are:

תְּרוּעָה = ר

שְׁבָרִים = ש

תְּקִיעָה = ת

This means, that instead of saying תְּקִיעָה, שְׁבָרִים, תְּרוּעָה, we say תְּשַׁר"ת.

Say "תְּשַׁר" 5x fast! Now, write out the names of these blasts:

_____	_____	_____	תְּשַׁר"ת
_____	_____	_____	תְּשַׁ"ת
_____	_____	_____	תְּר"ת



Why do you think we use the ר for תְּרוּעָה instead of its first letter: "ת"? _____

תשובה לפי הרמב"ם TESHUYAH, THE RAMBAM WAY

...AND WHAT IS TESHUYAH? תשובה היא התשובה

רמב"ם הלכות תשובה פרקים א-ב



EXPLANATION

רמב"ם Color match the Explanation to their matching words in the

	EXPLANATION	תשובה	רמב"ם
1	I stop doing the wrong thing.	עזיבת החטא LEAVE THE SIN	שיעזוב החוטא חטאו ויסירו ממחשבתו
2	I regret what I did in the past.	חרטה ונחמה על העבר REGRET THE PAST	יתנחם על שעבר וייעיד עליו יודע תעלומות שלא ישוב לזה החטא לעולם
3	I firmly commit to never do it again.	קבלה על העתיד DECIDE THE FUTURE	ויגמור בלבו שלא יעשהו עוד
4	I say (verbally) "Hashem, I've sinned before you and I did this and that. I regret my actions and I'm embarrassed of them. I will never do them again". We need to verbalize these words. Thoughts and feelings are not enough.	וידוי CONFESS	ביצד מתודין? אומר אנא השם חטאתי עויתי פשעתי לפניך ועשיתי כך וכך והרי נחמתי ובושתתי במעשי ולעולם איני חוזר לדבר זה וצריך להתודות בשפתי ולומר עניינות אלו שגמר בלבו

Although it seems that these steps of תשובה are only for one who did something terrible – it is not so. Even if you did nothing wrong, you can use these same steps to committing to improving any area of your life.

The word חטא actually means "something missing." If I do not do as much good as I could, this too is a חטא. So, instead of "Leaving the Sin" – my תשובה would be to "begin doing/learning" what I could and should.

