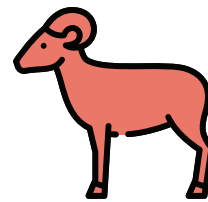


THE GIVING OF THE TORAH

When God gave the Torah to the Jewish people at Mount Sinai, there were sounds of thunder, flashes of lightning, and the blowing of the shofar. Hearing the shofar reminds us of God's incredible gift of the Torah.

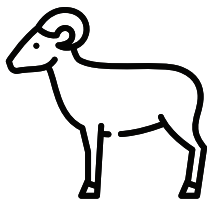
Shofar – שופרות



A MASTER OF THE BLAST

The shofar is usually made of a ram's horn. It is an honor to be chosen to be the person who sounds the shofar on the holiday; that person is called "The Master of the Blast" (or in Hebrew, *ba'al tekiah*).

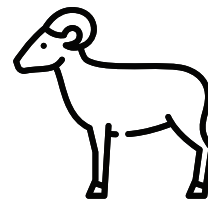
Shofar – שופרות



OUR WAKE-UP CALL

A shofar is like a wake-up call to remind us of being our best selves. These days it's blown on services for Rosh Hashanah, at the end of Yom Kippur, and during every weekday of the full month (called *Elul*) leading up to Rosh Hashanah.

Shofar – שופרות



BLOWING OF THE SHOFAR

On Rosh Hashanah, the Jewish people have one special *mitzvah* (commandment): to hear the blowing of the shofar. That's why the holiday is also called *Yom Teruah*, the Day of the Blowing of the Shofar.

Shofar – שופרות





MAGNIFYING WONDER AND AWE

Many regular things look wonderfully awesome when we look at them up close. Use a magnifying glass to look at leaves, bark, or your skin. It's grand!

Majesty - מלכויות



BREATH: THE SPIRIT OF GOD WITHIN US

Rosh Hashanah celebrates God creating people. God breathed life into the first person. Nowadays, taking a deep breath is a way to relax a bit and feel closer to God at the same time.

Majesty - מלכויות



GOD'S GARDEN

Which place in nature do you love to play in or visit? Where do you feel most wonderful - by the ocean, in a forest, at a stream, next to flowers? The good feeling we get when we're in nature is a gift from God, who created it all.

Majesty - מלכויות



IN THE FIELD

During the month before Rosh Hashanah, and during the High Holidays between Rosh Hashanah and Yom Kippur, we say that God is "in the field," because God can be especially close. If God were to hide close to your home, in what places would you tell God to hide?

Majesty - מלכויות

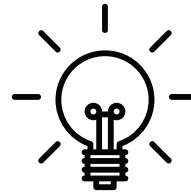




NEW & GOOD

What is something new and good? Consider something you found, made, or learned. Rosh Hashanah is a time to celebrate new things and to be happy about good new things in the new year.

Renewal – התחדשות



NEW MOON

In the Hebrew calendar, each new month begins with a new moon, when the sky is dark and only a sliver of light appears. Rosh Hashanah is celebrated on the new moon of the month called Tishrei.

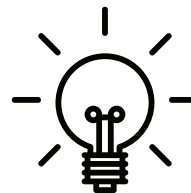
Renewal – התחדשות



CREATIVITY

Being creative is one way we are like God. What are 3 or more ways you have been creative this year?

Renewal – התחדשות



NEW WAYS OF LOOKING

We are all loving and kind people, but sometimes we get angry and frustrated. This can hide our positive ways of behaving. During the High Holidays, we can take time to feel our feelings. That will help us find new ways of looking, and of seeing the goodness in our hearts and in the hearts of others.

Renewal – התחדשות





BETTER CHOICES

When we feel sorry about something hurtful that we did and figure out where we went wrong, we can make better choices next time.

Forgiveness – תחילה



SELF-CARE

What is one thing you can start, one thing you can stop, and one thing you can keep doing in order to love and care for yourself?

Forgiveness – תחילה



OUR BEST SELVES

On the High Holidays, we can take a step to becoming the best we can be. (1) Notice a behavior that is not your best self and stop doing it. (2) Think about the hard feelings and pain that go with this behavior. (3) Use your words, say sorry, take responsibility for your behavior. (4) Make a plan for sticking with a new way of behaving in similar situations.

Forgiveness – תחילה

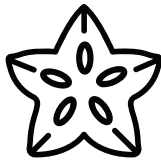


A GENEROUS APOLOGY

Sometimes you can be generous with an apology. Even if something is not all your fault, you can apologize for your part. It doesn't mean that you're wrong and the other person is right. It means that you care more about the other person than about being right.

Forgiveness – תחילה

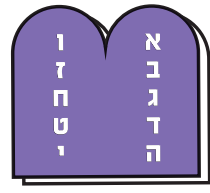
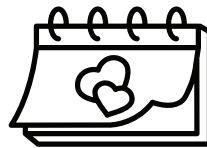




REMEMBERING BIRTHDAYS

Rosh Hashanah is the birthday of the world and the birthday of people! It celebrates God creating the world and people. How can we remember birthdays of the people we love?

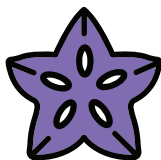
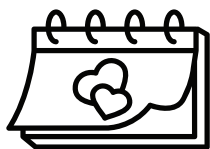
Being Remembered - זיכרונות



THE GIVING OF THE TORAH

Jewish tradition invites us to remember that each person, each soul, in the Jewish family was at Mount Sinai when God gave us the Torah. Why do you think this helps us live our best lives?

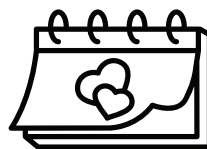
Being Remembered - זיכרונות



YOU ARE A STAR!

On Rosh Hashanah we eat an apple dipped in honey, with a wish for a sweet new year. Why apple? If you cut an apple widthwise (against the core), you get to see a star inside the apple. When you have apples in honey, it can remind you that you are a star. God makes each person a star! The trick is to know how to find and be that star, and to help others see that they're stars, too.

Being Remembered - זיכרונות

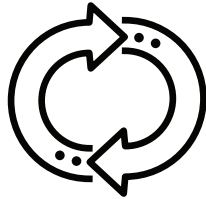
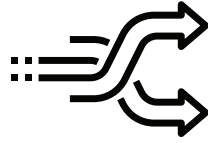


YOM HAZIKARON

One of the names for Rosh Hashanah is Yom HaZikaron, "the day of remembrance." God remembers each and every one of us every day, but takes special care on Rosh Hashanah. It's a time we are especially invited to speak to God and ask what we need and want for ourselves, our family, our community, and the world.

Being Remembered - זיכרונות

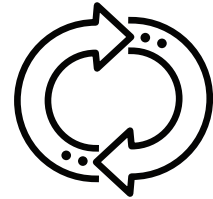




ROSH HASHANAH

Rosh Hashanah means “the head of the year” because it’s the first day of the year. Just as our head is in charge of our body and decides what we should do, the decisions we make on Rosh Hashanah can help us go in the direction we want, too.

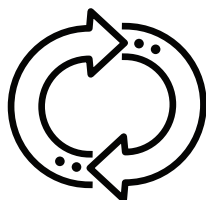
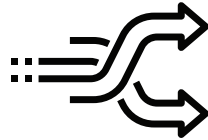
Rosh Hashanah - ראש השנה



CHANGE

The Hebrew words for “year” (*shanah*) and for “made change” (*shinah*) have the same root. A new year is a good time to think about changes you made in the past year and the changes you want to make in the new year.

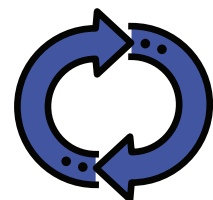
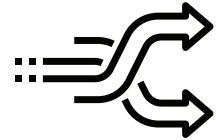
Rosh Hashanah - ראש השנה



YOM HADIN

On Rosh Hashanah, God takes an extra-good look at the world to see if we are working on the goals God’s given us: to brighten the world with good deeds and get closer to God and to each other.

Rosh Hashanah - ראש השנה

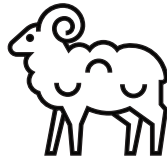
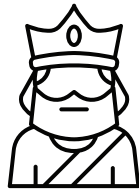
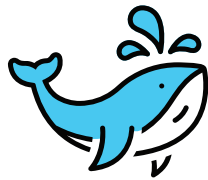


REPEAT

Rabbi Abraham Joshua Heschel said, “A good person is not one who does the right thing, but one who is in the habit of doing the right thing.” The Hebrew words for “year” (*shanah*) and for “repeat” (*shanen*) are connected. What behavior, positive or negative, did you repeat so regularly in the past year that it became a habit? What new action do you want to repeat this year so it becomes a new habit?

Rosh Hashanah - ראש השנה

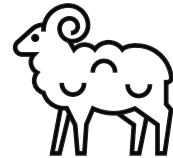
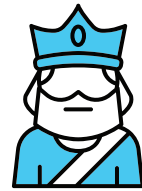
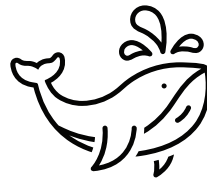




JONAH

What helps you be your best self?
On Yom Kippur we read about Jonah, a prophet who ran away from a job God gave him to do. Jonah ran onto a ship. God caused a storm at sea, and Jonah got tossed out from his ship and swallowed by a giant whale. God did this so that Jonah would return to his best self. Jonah did, and then helped save a whole city!

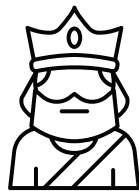
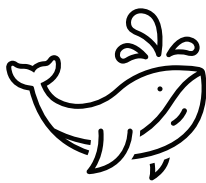
Freedom to Redirect Ourselves – תשובה –



KING MENASHE

When King Menashe, the leader of the Kingdom of Israel, was captured by his enemies, he asked his idols for help, but they didn't answer. Then he turned to God for help. The angels didn't want God to help King Menashe, but God saw that he returned to his best self, and so God saved him. If you were to ask God for help, what would you want help with?

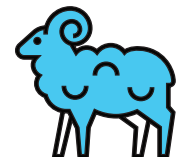
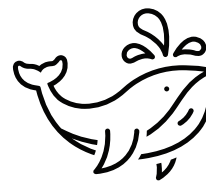
Freedom to Redirect Ourselves – תשובה –



BATH TIME FOR THE SOUL

The part of us that's most like God is our soul. The High Holidays are bath time for the soul. We can take time to remember that even if we make mistakes, our soul is still shining. When we say sorry for past mistakes, hear the shofar, and celebrate Rosh Hashanah, it helps bring the shininess back to our soul.

Freedom to Redirect Ourselves – תשובה –

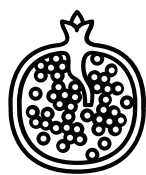
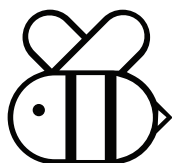


THE JEWISH PEOPLE

The Jewish people have made many mistakes. Two of the mistakes were worshipping an idol only 40 days after God gave us the Torah and complaining about the *manna* that God fed us in the desert. Yet each time, we learned from our mistakes, apologized, and went on to become close with God.

Freedom to Redirect Ourselves – תשובה –

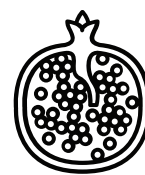




APPLES IN HONEY

On Rosh Hashanah, we dip apples in honey. This reminds us to ask God for a sweet new year.

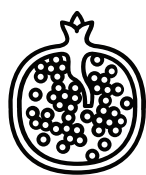
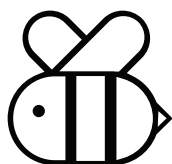
Honey – דבש



HONEY FROM A BEE

Food from animals is kosher only if the animal is kosher. But honey is different from the kosher food rules because it's from the bee – a non-kosher animal! We eat honey on Rosh Hashanah to help turn things around. We make what seems impossible become a sweet reality.

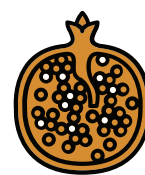
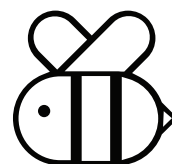
Honey – דבש



HEAD OF THE YEAR

Rosh Hashanah literally means “the head of the year.” So, we eat a head – of either a fish, a ram, cabbage, or garlic. We ask God to give us the courage to be a head and not a tail. We want to lead the way for ourselves and others by doing good.

Honey – דבש



BEANS

The Talmud's word for beans, *rubiya*, sounds a lot like *ribuy* – increase. We ask God to help us increase the good we do and the good around us.

Honey – דבש





CHERISH THE MOMENTUM!

Judaism is really good at beginnings and endings. We have a special blessing for doing something for the first time or for the first time in a long time. This blessing – which, let's own it, has a hard name – is called *Shehechyanu*. On Rosh Hashanah, we say this blessing at candle lighting, at the Kiddush blessing over wine or grape juice, and when first blowing the shofar. *Shehechyanu* is an invitation to gratitude, to wonder, to saying, "Wow. Imagine all the things, big and small, that had to happen in my life for me to arrive at this exact moment." This moment will never happen again. Let's cherish it.

Clarifying & Expressing
Our Yearning – תפילה



MODEH ANI

What better way to start your day than by thanking the One who gave it to you? *Modeh ani* – "Thankful am I" – is a prayer that jump-starts the day with an extra dose of gratitude. And it's also a reminder that God has faith and trust in YOU!

Clarifying & Expressing
Our Yearning – תפילה



SO COOL!

When you see something cool, tell God!
That is also a prayer.

Clarifying & Expressing
Our Yearning – תפילה

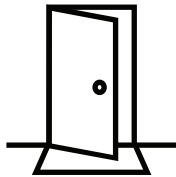


IN YOUR OWN WORDS

Prayer is taking a good look at what we want, why we want it, and why it would be good for us. As the beginning of a new year, Rosh Hashanah is a great opportunity to connect with the power of prayer and honestly say whatever we want to God.

Clarifying & Expressing
Our Yearning – תפילה

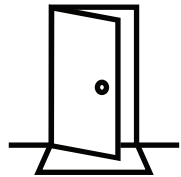




MANY WAYS TO GIVE

There are many ways we can give to make the world more fair. We can give food, clothing, money, or other things that people need. We can also give smiles, kind words, and friendship. All these make the world more fair. That's what God's *mitzvah* of *tzedakah* means.

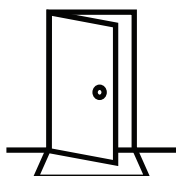
Just Generosity – צדקה



VISITING THE SICK

Generosity is about giving of ourselves – our time, our energy, and our smiles. *Bikur cholim* is the *mitzvah* of visiting the sick and doing what we can to help them feel better.

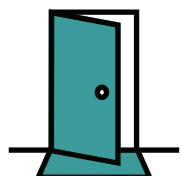
Just Generosity – צדקה



RETURNING LOST THINGS

If you find a lost item on the street or another place, you can follow God's call **to carry out** the *mitzvah* of returning lost things; (in Hebrew it's called *hashavat aveidah*). Look for the owner and do your best to get their lost property back to them. Be generous with your time and effort to help someone else.

Just Generosity – צדקה



WELCOMING GUESTS

The *mitzvah* of welcoming guests includes inviting people (not only your close friends) to spend time with you or enjoy a meal with your family. Help them to feel comfortable. Create a welcoming space for them in your home and in your heart. In Hebrew this *mitzvah* is called *hachnasat orchim*.

Just Generosity – צדקה



INSTRUCTIONS

Family Cards for the High Holidays

By Dr. Ronit Ziv-Kreger, Momentum's Director of Education and Leadership with Rosy Hollander

SUGGESTIONS FOR USE

Printing Instructions:

- The cards are formatted for printing at home.
- They can be printed on regular or thicker paper.
- Print the pages and cut out each card on the lines.
- There are 40 cards for adults (ages 17+), 10 for teens (ages 11-16), 40 for kids (ages 7-10), and 20 for young ones (ages 4-6).

Games with the Kid Cards (ages 7-10)

There are 10 sets, each with four cards.

Below are direction for three games you can play with the cards, Spoons, Shofar and Go Fish.

Each game can be played with the added element of taking turns reading cards aloud, for example, at the end of a round of play.

SPOONS

Number of players: 3-6

Objective: Each player tries to collect four of a kind. Once one player does, all the players try to grab a spoon. However, there is one spoon less than the number of people playing. The player who ends up without a spoon loses that round and gets a letter. Once a player gets 5 letters, spelling S-P-O-O-N, they are out. The last player is the winner!

Materials:

- 1 pack of 40 High Holiday Cards
- The number of spoons equal to the number of players minus one e.g., with 4 players, use three spoons.

Dealing:

- Place the spoons in the middle of the circle of players.
- Deal 4 cards to each player.

Gameplay:

- Each player tries to make four of a kind. The dealer starts by picking up a card from the deck. They may choose to either discard that card, or keep the

card and discard a different card from their hand. They place the discarded card face down near the person on their left. Each player continues to pick up cards (one at a time) from their right, and discard cards (one at a time) face down to their left. The last player places their discarded cards in a "trash" pile.

- Each player must always have 4 cards in their hand. For every card picked up, they immediately discard a card before picking up another one.
- The game is played in rapid succession. There are no turns.
- Once one player gets 4 of a kind, they pick up a spoon. Then every other player must pick up a spoon as fast as they can. The last player will remain without a spoon and receive a letter.
- After each round, discuss the content of the cards of the player who received 4 of a kind.
- Then all players return their spoons and cards, shuffle the deck, and begin a new round.
- When a player receives 5 letters (spelling S-P-O-O-N), that player is out. The last player standing wins.

Shofar!

Number of players: 2-4

Objective: Collect all the cards in the deck using your fast reflexes.

Materials: 1 pack of High Holiday Cards

Dealing: Split the entire deck up evenly among all the players.

SLAPPING

- The following card sequences allow any player to SLAP the pile, and win all the card in the pile:
 - Two cards of the same type in a row are played e.g., Majesty, Majesty.
 - Two cards of the same type have one different card in between them, e.g. Renewal, Majesty, Renewal.
 - A shofar card is played.
- The first player to SLAP the pile when any of the above sequences are played, keeps the cards; placing the pile underneath their own deck.
- That player then places a new card face up in the middle, and gameplay continues.

Go Fish

Number of players: 2-6

Objective: Collect as many full sets as possible.

Materials: 1 pack of 40 High Holiday Cards

Dealing: Deal five cards to each player.

Gameplay:

- The youngest starts, and then the game moves in a clockwise direction.
- One player's turn begins by asking another player if they have any cards belonging to a specific set.

Gameplay:

- Each player holds their cards face down in their left hand.
- The first player places a card face up in the middle of the table. The next player on their left, then places a card (face up) on top of the first player's card. Gameplay continues like this around the circle until it is time to SLAP.

Penalty:

- If a player slaps the deck at an incorrect time, they must take a card from their deck, and place it underneath the middle pile. Then gameplay continues.

Keeping Score:

- If a player loses all their cards, they are out and can no longer place cards. However, once they are out, they can still try to slap the pile and get back in the game. If they slap incorrectly and have no cards in their deck, they are out of the game for good.
- The last player with cards in their deck is the winner!

- If the player does not have any cards from the requested set, s/he tells the person whose turn it is to "Go fish" or, if you'd like, "Go fish head" or "Go honey cake!"
- If the player does have a card from the set, s/he replies with a yes. The person whose turn it is then has to ask for a specific card within the set. If they ask for the right card, they receive it from the person they asked. If they ask for the wrong card, they are told to "Go fish."
- A turn ends only when a player is told to "Go fish" – and can no longer ask other players for different cards.

Acknowledgements

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