



Shofar Sounds



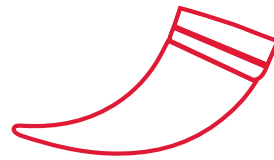
How can you show the three sounds of the shofar? Can you clap, jump, draw, or hoot to show the different sounds of the shofar?

1 long blast (*tekiah*), 3 short blasts (*shevarim*), and 9 very short blasts (*teruah*).

שופרות – Shofar



Hear the Shofar



What do we do with the shofar on Rosh Hashanah?

We can see a shofar, we can touch a shofar, but most important on Rosh Hashanah is to hear the shofar!

שופרות – Shofar



Magnifying for a Wow!



What can be good about a mistake?

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

מלכויות – Majesty



Finding God



Where Is God?

For a whole month before Rosh Hashanah, and until Yom Kippur, we say that God is "in the field," because God is closer to us than usual. If God would hide close to your home, in what places would you tell God to hide?

מלכויות – Majesty



Look for the Good



What is one good thing that happened today?

When we look for the good and say thank you for it, we enjoy the world so much more!

Renewal – התחדשות



The World's Birthday



How do you like celebrating birthdays?

Rosh Hashanah is the world's birthday. If Adam and Eve, the first people God created, were alive, it would be their birthday! Happy birthday to people!

Renewal – התחדשות



Love Yourself!



How can we love ourselves?

Make up a way to give yourself a hug, or to show that you love yourself.

Practice it a few times.

When you feel sad, even if it's because you did something that was not kind, give yourself that love that you practiced.

We can be our best self when we feel loved.

Forgiveness – תחילה



Mistake Art



What can be good about a mistake?

Draw a circle, square, or triangle – but make a mistake when you draw it!

Now use the mistake to turn it into something interesting and different.

Mistakes can lead to new things. If a mistake hurt someone, we can say we're sorry to show we care. This can bring a good feeling.

Forgiveness – תחילה





The Book of Life



What is a wonderful thing that happened to you in the past year?

On Rosh Hashanah, the Book of Life is opened. What would be good to put in your Book of Life from this past year?

Being Remembered - זיכרונות



Sharing a Story



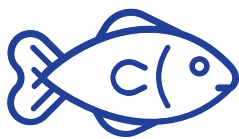
What is a story that you and one of your grandparents (or great-grandparents) both know?

Where could you find such a story?

Being Remembered - זיכרונות



Lots of Good Deeds



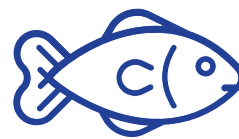
What is something you did today that you are proud of?

On Rosh Hashanah, we eat a fruit with lots of seeds, called a pomegranate, with a wish that we will do lots of good acts in the year that's just starting. Find a fruit with seeds and try to count them. At the same time, count the good deeds you and others have done this year.

Rosh Hashanah - ראש השנה



Shanah Tovah



What is a special way to say "hi" before Rosh Hashanah?

Before and during the high holidays, we can wish people a good new year using the Hebrew words *shanah tovah*. You can choose a family member or friend and make them a card with the words *shanah tovah*.

Rosh Hashanah - ראש השנה





Turn Around



Stand and look in front of you. Now can you turn around to look another way?

Teshuvah means leaving your old mistakes and turning around to start over in a new way.

Freedom to Redirect Ourselves – תשובה



Bath Time for the Soul



When you get all muddy and dirty, how do you clean your body?

The high holidays are bath time for the soul!

On Rosh Hashanah, we take the fluffy stuff from our pockets and throw it into a place that holds water, like a river or a pond. We watch as the water carries it away! This is called *tashlich*, which means to throw away. *Tashlich* helps us remember to throw away a bad habit from last year and get ready for a fresh, clean start.

Freedom to Redirect Ourselves – תשובה



A Sweet Year



Whose year can you make sweeter today by doing something nice for them? You can do it in person, on the phone, or by video.

Honey – דבש



A Thank-You Present



Who did something especially sweet for you this year? How can you thank them in a special way - with a card, a call, or a present you made for them?

Honey – דבש





Always Listening



What do you want most of all this year?

God is always listening! You can ask God for what you want - but remember that God might not always give you what you asked for.

Clarifying & Expressing
Our Yearning – תפילה



A Present from God



What was the best thing that happened to you this year?

Everything we have is a present from God. Saying thank you is part of prayer!

Clarifying & Expressing
Our Yearning – תפילה



Sharing



What do you share with your friends or your siblings?

Sharing is a kindness. We can do it in lots of ways - with our toys, our food, and our time - but most important, we share by seeing what the other needs and being helpful.

Just Generosity – צדקה



Helping Those in Need



Have you ever seen a person who needs food, clothes, or a friend?

Even if we don't have food, clothes, or money to help somebody, we can always give to another person, even just by smiling at them when they're feeling sad.

Just Generosity – צדקה



INSTRUCTIONS

Family Cards for the High Holidays

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

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).

How to Use the Young Ones Cards (Ages 4-6)

- There are two cards in each set, both represented by the same picture.
- Turn all the cards facedown on the table or floor.
- Each person has a turn to flip over two cards.
- If the two cards have the same picture, the player keeps the set.
- If the two cards are different, the cards are kept in the same place but flipped over again.
- The aim of the game is to remember where the sets are and to collect as many as possible.
- There are questions and fun facts on each card to start discussions about the themes of the holidays and to share Jewish wisdom.
- Have fun asking and answering the questions throughout the game!

Acknowledgements

Game directions by Rosy Hollander, young people cards with Rosy Hollander, graphic design by Ira Ginzburg, and copy editing by Deena Nataf. With gratitude to God; to the teachings of our sages in beloved books; and to teachers, colleagues, and friends.