

# High Holy Day Checklist for Early Childhood Families

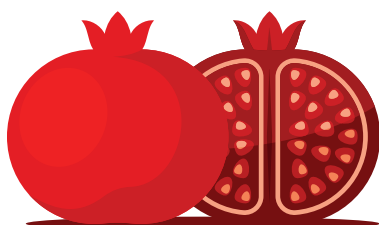
Are you ready for a High Holy Day challenge? How many of these super-special tasks can you complete before the High Holy Days wrap up?



## Rosh Hashanah—First Day

### At Home

- ☐ Say the Hamotzi blessing and eat round challah...maybe extra sweet with raisins or chocolate chips!
- ☐ Enjoy a big and yummy meal with your family
- ☐ Make Kiddush on some grape juice
- ☐ Try a new fruit
- ☐ Go to the river and do Tashlikh: We throw pieces of bread into the river as a way of “throwing away” the things we did wrong this past year that we will try not to do again



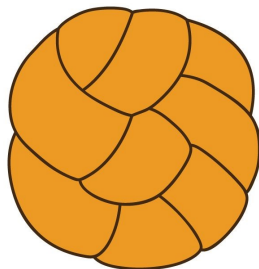
### At BJ

- ☐ Say “Shanah tovah” (“Have a good new year!”) to someone new
- ☐ Say “Modeh/Modah Ani” (thank you!) to God for this new day
- ☐ Hear the four different sounds of the shofar
- ☐ Bow all the way down to the ground for the Great Aleinu
- ☐ Tell your grown up/s something they do that makes you feel happy
- ☐ Dance as you pray
- ☐ Eat apples (or apple sauce) and honey
- ☐ Go under the big tallit for your blessing

## Rosh Hashanah—Second Day

### At Home

- ☐ Say the Hamotzi blessing and eat round challah...maybe even sweetened with raisins or chocolate chips!
- ☐ Make Kiddush on some grape juice
- ☐ Count the seeds in a pomegranate
- ☐ Try a new food
- ☐ Eat a big yummy meal with your family



### At BJ

- ☐ Say “Shanah tovah!” (“Have a good new year!”) to someone new
- ☐ Sing a new prayer with your BJ community
- ☐ Boop someone else’s “eḥad” after the Shema
- ☐ Listen to the shofar make a teki’aaaaahaaaaaah
- ☐ Listen to the shofar make a shevar-im-im-im
- ☐ Listen to the shofar make a teru’ah ah-ah-ah-ah
- ☐ Listen to the shofar make a teki’ah gedolaaaaa aaaaaaaaaaaaaaaaaaaaaaah
- ☐ Tell your grown up/s one thing you hope for them in the new year
- ☐ Go under the big tallit for your blessing

# Yom Kippur

## At Home

- ☐ Light candles
- ☐ Say sorry to your grown up/s or sibling/s for something you did to them that was not kind
- ☐ If you feel ready, forgive a grown up or sibling for something they did to you that was not kind



## At BJ

- ☐ Say "G'mar hatima tova" to someone new. This special Yom Kippur greeting is translated as "Have a good final sealing" and means that we hope God will give us a good new year
- ☐ Sing a niggun (a song without words)
- ☐ See someone wearing all white
- ☐ Learn the story of Jonah and the whale
- ☐ Tap on your heart as you pray
- ☐ Tell your grown up/s one thing you are sorry you did this year
- ☐ Go under the big tallit for your blessing

## Kiddush • קידוש

ברוך אתה ה' אלהינו מלך העולם בורא פרי הגפן.

Barukh atah Adonai Eloheinu Melekh ha'olam borei peri hagafen.

We bless You, our God, Ruler of time and space, who creates the fruit of the vine.

## Hamotzi • המוציא

ברוך אתה ה' אלהינו מלך העולם המוציא לחם מן הארץ.

Barukh atah Adonai Eloheinu Melekh ha'olam hamotzi lehem min ha-aretz.

We bless You, our God, Ruler of time and space, who brings bread from the earth.

## Blessing on apples dipped in honey:

ברוך אתה ה', אלהינו מלך העולם, בורא פרי העץ.

Barukh atah Adonai, Eloheinu melekh ha'olam, borei peri ha'etz.

We bless You, our God, Ruler of time and space, who creates the the fruit of the tree.

יהי רצון מלפניך, ה' אלהינו ואלהי אבותינו ואמותינו, שתחדש עלינו שנה טובה ומתוקה.

Yehi ratzon milfanecha, Adonai Eloheinu, vElohei avoteinu ve-imoteinu, shetehadesh aleinu shanah tova umetukah.

May it be Your will, Adonai our God, and God of our ancestors, to renew for us a good and sweet year.