

אמר רבי מאיר: חייב אדם לברך מאה ברכות  
בכל יום.  
שנאמר, ועתה ישראל מה ה' אלקיך שואל מעמך  
אל תקרי מה אלף מאה

Rabbi Meir says: A person is obligated to say 100  
Brachot everyday.

As the verse says, "And now, what is it that  
Hashem your G-d asks of you?" Don't read it  
"what" "מה", rather 100 "מאה".

# BRACHOT CAMPAIGN

NEW JERSEY  
YOUTH DEPARTMENTS

## JOIN THE ENTIRE NEW JERSEY COMMUNITY TO ACCOMPLISH THE BIGGEST BRACHOT CAMPAIGN EVER IN NJ!

Keep track of the Brachot you say. Take  
a picture and send your completed chart  
to your Shul's Youth Director to be  
entered into your Shul's Raffle.



Post on Facebook,  
Instagram and Twitter with  
the hashtag  
#BrachotCampaign sharing  
your favorite Brachot with  
your chart!

We hope everyone is adjusting smoothly during this challenging time. While we are told we must practice social distancing that does not mean we need to be distant. Rather we can all come together and do mitzvot in the zechut of a refua shelaima for all who need it and in the zechut that the virus be quickly contained.

As Youth Directors, we wanted to enhance the shabbat tables since most of us won't be together this week. Collaboratively, we came up with the Brachot Campaign. The power of one person saying Brachot everyday has a big impact and if we can come together to 'count our blessings' hopefully we can get through this together. We have therefore included a chart with 100 boxes to keep track of all of your brachot.

Why 100 you may ask? A long time ago during the days of Dovid Hamelech (King David) a sickness was going around making many people sick just like the virus is doing today. So Dovid thought long and hard and decided that in order to make the plague go away everyone should say 100 brachot a day... and it worked! Are you up for Dovid Hamelech's challenge? Lets do this together!

For Shabbos, we have compiled a printable 'Me'ah Brachot The Game" for you to enjoy with your families. Over the next week we hope to share more Brachot Challenges and other surprises to connect to each other and to Hashem even while we're apart.

Shabbat Shalom!

# ברכות ברכות

Check off each box with each Bracha you say!

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	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

**Some suggestions to help you reach 100:**

Make Brachot on foods before and after,  
after going to the bathroom, in the  
morning, afternoon and night during  
Davening, and Kriyas Shema Al Hamittah!

Each completed chart is a separate entry in the raffle.

# מַעַח בְּרַחוֹת The Game!

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A collaboration with all NJ Youth Directors

We are happy to share with you Me'ah Brachot The Game as part of the Brachot Campaign during this difficult time. As your Youth Directors, we enjoy spending our Shabbos mornings with you and wanted to give you a little something to light up your Shabbos. (We recommend printing an extra copy or two of the board just in case there is a spill).

The goal of this game is to get 100 points or the most points first!

You will need to borrow a few things from other games:

2 pieces per player - one to travel around the board and one to keep track of points

2 dice

A siddur

How to play:

Everyone starts at the beginning. The youngest player goes first. The player rolls the dice and if they land on a store, the player can choose any category of bracha questions. If they land on a specific category, the player will have to answer one of those specific questions. If answered correctly, the player gets to move their point piece up the amount of points as directed. (Different questions are valued at different points so make sure to check!) If you land on a Bracha Achrona space, the player will need to recite that Bracha Achrona by heart. The player may choose to recite the Bracha Achrona from the siddur for one less point instead of saying it by heart. If a player lands on "Tefilah Break", the player must immediately go to the Makom Tefilah spot and loses a turn in order to have extra kavana. If a player lands on the "Makom Tefilah" spot, they also lose a turn, to make sure it's quiet in the Makom Tefilah area!

Let the games begin!

Categories:

- 1) Name that Bracha!
- 2) Hilchot Brachot
- 3) Birchot HaShachar
- 4) Shemona Esrei
- 5) Mystery Brachot



Say Al HaMichya by heart! 4 points



GRAND & ESSEX MARKET



Say Asher Yatzar by heart! 3 points



61 60 59 58 57 56 55 54 53 52 51 50

62

63

64

65

66

67

68

69

70

71

72

73

74

97 96 95 94 93

98

99

100

הרכות

The

75 76 77 78 79

1 2 3 4 5 6 7 8 9 10 11 12

Shemona Esraei



Mystery Brachot



Birchot HaShachar



Hilchot Brachot



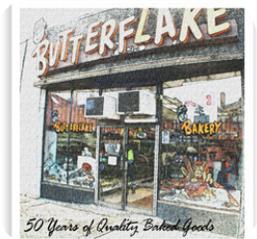
**Mystery Brachot**



**Name that Bracha!**



**Hilchot Brachot**



**Shemona Esraei**



**Birchot HaShachar**



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49 48 47 46 45 44 43 42 41 40 39 38

37

36

35

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26

25

24

92 91 90 89 88

**דין  
Game**

87

86

85

80 81 82 83 84

13 14 15 16 17 18 19 20 21 22 23 24

**Davening Break!**



**Name that Bracha!**

**Say Borei Nefashos by heart! 2 points**

# Questions

## Name That Bracha!

1. We just finished Purim and ate lots of delicious treats, but the most important ones were hamantaschen! What bracha did we say before eating them?
2. Name a nut that you would say **האדמה** on.
3. What bracha do you say on bananas?
4. How many brachot would you say before eating chicken soup with matzoh balls, and what are they?
5. What bracha do you say on gefilte fish?
6. What bracha do you say before gobbling up a yummy Dunkin Donuts doughnut?
7. What bracha do you say before taking a bite of delicious potato kugel at shabbos kiddush?
8. Summer is coming, and that means cherries! What bracha do you say on this delicious treat?
9. Who doesn't like chocolate pudding as a scrumptious treat? Before you take that first bite, what do you say?
10. What bracha do you say on melon?
11. Oatmeal can make a delicious breakfast! What bracha do you say before taking the first spoonful?
12. "I Scream, You Scream, We All Scream for Ice Cream!"
13. Before taking a big bite of your bagel with cream cheese, what bracha should you say?
14. Shabbos means grape juice! What bracha do you say before taking that first refreshing sip?
15. Scrambled eggs are delicious as breakfast, lunch or dinner...but the bracha is always the same. What is it?
16. "On top of spaghetti, all covered with cheese..." What bracha do we say on Mac & Cheese?
17. Have you ever tried a pickle on a stick from Pickle Licious in Teaneck? What bracha do you say first?
18. When you take a nice refreshing drink of water, what bracha do you say?

# Questions

## Name That Bracha!

19. As the weather gets warmer, we can look forward to BBQs! Baked Beans are a delicious addition - what bracha do we say on beans?
20. In just a few weeks, Pesach will be here...what bracha will we say on matzah?
21. Next time you go to a birthday party, what bracha will you say on your cupcake?
22. Imagine you just finished playing in the snow, building an awesome snowman and having a huge snowball fight...you're about to end the day with a nice cup of hot chocolate, but stop - what bracha should you say first?
23. "An apple a day keeps the doctor away"...but before you can take a bit of that apple, what bracha will you say?
24. What bracha do you say on a strawberry?
25. Is gum really food? Do we say a bracha on it, and if so, which one?
26. What's the correct bracha for apple sauce?
27. Who loves cheesecake on Shavuot? What bracha should you say before enjoying this delicious treat?
28. Garlic knots are a yummy food to eat at a pizza store - what bracha should be said before enjoying them?
29. Saying brachot can be as easy as pie! Speaking of which, what bracha would you say on pie?
30. Orange juice can be a delicious and refreshing morning (or anytime!) drink. But before you take that first sweet sip, what bracha should you say?
31. "Shabbos is coming, we're so happy!" - when we light candles to welcome Shabbos, what bracha do we say on the candles?

# Questions

## Hilchot Brachot

1. How much of a food must one eat in order to make a bracha rishona on it (mezonot, ha'adama, etc.)?
2. How much of a cookie must one eat in order to make an Al HaMichya after-blessing?
3. How much orange juice must one drink in order to make a borei nefashot after-blessing?
4. Oh no! I forgot to make a beracha on my banana, but I want to continue eating it- what do I do?
5. Sarah made a gorgeous shehakol bracha on her Fruit by the Foot candy. As she looked out the window, she saw her friend Rivka across the street, so Sarah ran out of her house to greet her. Does Sarah need to make a new bracha on the Fruit by the Foot when she comes back into her house?
6. I finished eating challah at 6pm. When is the last time I can bentch?
7. Oy vey! I accidentally made the bracha "ha'adama" on an apple (I should have made a "ha'etz!"). What should I do??
8. Sarah sees a strange food in the supermarket with a kosher symbol. The ingredients aren't listed, so she has no clue what bracha to make! What should she do?
9. I have a grape and a piece of lettuce in front of me, which one do I make a bracha on first?
10. Yummm... I have a whole apple and a whole peach in front of me and I want to eat both of them. Which fruit do I make a bracha on first?
11. During the Seder on Pesach, we wash our hands 2 times - how many times do we say al netilat yadain?
12. When we say the brachot on the lulav and etrog, in which hand should we hold the lulav?
13. When we light candles for shabbos, why do we cover our eyes while we say the bracha?
14. When you hear someone say a bracha, what should you respond?

# Questions

## Birchot Hashachar

1. I'm really tired, can I say these Birchot HaShachar sitting down?
2. Should a blind person make the blessing of "pokeach ivrim," when we thank HaShem for giving sight to the blind?
3. In the times of the gemara, when would people say Birchot HaShachar?
4. If one slept in their clothing should they make the bracha in the morning "malbish arumim, who clothes those without clothing"?
5. If one remembered before Ahavah Rabba (before Shema) that they never said Birchot HaTorah, should they say Birchot HaTorah?
6. What is the first tefilla that you say in the morning when you wake up?
7. What is the bracha you say when washing your hands?
8. What bracha do boys make on a four cornered piece of clothing?
9. What comes first mah tovu or adon olam?
10. What come first in the siddur, adon olam or yigdal?
11. When do we say asher yatzar?
12. Before learning any Torah what must we say?
13. What 2 things do we say immediately after birchot hatorah?
14. During brachot what bracha is said only by girls?
15. What 2 brachot are only by said by boys?
16. How many Brachot are there?
17. Which Bracha do we say to thank Hashem for not making us slaves?
18. Which Bracha do we say to thank Hashem for not making us blind?
19. When do we say Birkot Hashachar?
20. What if we forget to say these Brachot?
21. Who should say Birkot Hashachar?
22. Do we have to stand while saying these Brachot?
23. Are adults allowed to eat before saying these Brachot?
24. Which Bracha is just for girls?
25. Can I just say Amen after all of the Brachot?

# Questions

## Shemona Esrei

1. How many brachot were in the original Shemona Esrei?
2. How many brachot are in today's Shemona Esrei?
- 3.? Which bracha in Shemona Esrei talks about Hashem being holy?
4. Which bracha in Shemona Esrei talks about the avot?
5. What are we asking for in the bracha of Sim Shalom?
6. Where in Shemoneh Esrei do we daven for rain and speak about Hashem's awesome power?
7. Which bracha in Shemona Esrei talks about Hashem taking care of our enemies?
8. Open ended question: Why do we dedicate a large portion of Shemoneh Esrei to thanking Hashem in the bracha of modim?
9. Which bracha can you connect to Rosh Hashana?
10. Which bracha do we ask Hashem to bless us with knowledge?
- 11.? What are we asking for in the bracha of Hashiveinu (5th bracha)?
12. In the bracha of Slach Lanu what do you do with your right hand?
13. Which bracha talks about bringing a refuah sheleima to all who need it?
14. Which bracha can we daven for anything?
15. What do we add on some holidays to shemona esrei?
16. Why are the first 3 brachot all about praising Hashem, shouldn't we be asking him for things?
17. If someone were to walk up to you and say hello while you are in the middle of Shemoneh Esrei should you answer?
18. How many times do we bow in Shemoneh Esrei?

# Questions

## Mystery Brachot

1. When do we say the bracha: "זוכר הברית ונאמן בבריתו וקים במאמרו"
2. What does the bracha on the rainbow remind us of?
3. During a storm if you hear thunder but don't see the lightning what bracha do you say?
4. We say "Oseh Maaseh Bereishit" when we see lightning can you name any other times you can say that bracha?
5. Do we recite the bracha if we viewed an amazing natural phenomenon on TV?
6. Do you know the bracha we can say when we hear good news?
7. What Brachot do we say when we smell something nice (4 possible answers)?
8. There is a special bracha said only once every 28 years! Do you know what it is?
9. Don't worry we have a special (more frequent) bracha related to the moon do you know what it is?
10. When do we say Kiddush Levana?
11. What do we say at the very end of Kiddush Levana?
12. Which bracha do we say each time we use the bathroom?
13. What bracha can we say when a miracle happened to us
14. Who are the four people who have to bentch gomel?
15. On fresh soft-stemmed herbs, such as mint, basil, lemon-balm, what bracha do we make?
16. On Fragrant tree branches, such as pine and cedar, what bracha do we make?
17. On a mixture of fragrant dried herbs and spices, what bracha?
18. On sweet smelling fruits, like an etrog, what bracha do we make?
19. What Bracha do we make when toveling new glasses?
20. What Bracha do you make when seeing a beautiful animal or tree?

# Answers

## Name That Bracha!

1. מזונות.
2. Peanut
3. האדמה
4. 2-מזונות and then שהכל
5. שהכל
6. מזונות
7. האדמה
8. העץ
9. שהכל
10. האדמה
11. מזונות
12. שהכל
13. המוציא
14. הגפן
15. שהכל
16. מזונות
17. האדמה
18. שהכל
19. האדמה
20. המוציא
21. מזונות
22. שהכל
23. העץ
24. האדמה
25. Yes - שהכל
26. שהכל
27. מזונות
28. המוציא
29. מזונות
30. שהכל
31. LiHadlik Ner Shel Shabbos

# Answers

## Hilchot Brachot

1. Any amount!
2. The amount of a Kzayit (about the size of an olive)
3. A Revi'it (between 3.3-5.3 oz.) in around a minute.
4. As long as there is still a little bit left, make the bracha on it (האדמה).
5. Yes, she does. Unless certain conditions are met, when people switch locations (shinoy makom), a new beracha is required.
6. By 7:12 pm. As long as one is still full, they may bentch, unless it has been 72 minutes since eating, in which case they can't bentch anymore 😞.
7. Eat the apple. Since apples also grow from the ground (the "adama"), you don't have to go back and correct yourself.
8. If there is no way to find out what the correct beracha is, she can make a "shehakol," since the bracha shehakol (which literally means "that everything") technically covers everything! As an aside, one can always call one's Rabbi or the certifying kashrut agency when dealing with these situations.
9. The grape, since it's part of the shivat haminim.
10. Whichever one I enjoy more!
11. Once
12. Right hand - \*unless you're a lefty
13. So that we don't enjoy the light before we say the bracha on it.
14. Amen

# Answers

## Birchot Hashachar

1. Sure! Ashkenazim should ideally stand, Sephardim may either stand or sit.
2. Of course! We are all so thankful that sight was given to people in the world, for they can help others see when they can't.
3. When they performed that act or experienced that event. For example, when they arose, they'd make the beracha of "mattir assurim, who unbinds the bound," etc.
4. Yes! We are so grateful that HaShem gave clothing to mankind!
5. No. Instead, they should have in mind during Ahava Rabba that HaShem showed us His love by giving us the most incredible gift ever, the Torah!
6. Modeh Ani
7. Al N'tilat Yadayim
8. Al Mitzvat Tzitzit
9. Ma Tovu
10. Adon Olam
11. After going to the bathroom.
12. Birchat Hatorah
13. Yivarechicha and Eilu D'varim
14. Sh'asani Kirtzono
15. Tzitzit and Sh'lo Asani Isha
16. 18
17. Sheloh Asani Aved
18. Pokayach Ivrim
19. In the morning, before Shacharit
20. Birkat Hashachar can be said anytime during the day.
21. Everyone!
22. No, we are allowed to sit.
23. No, they should say Shacharit before eating.
24. Sh'asani Kirtzono
25. No, each Bracha is separate, so Amen should be said after each one.

# Answers

## Shemona Esrei

1. 18
2. 19
3. The 3rd bracha- "Ata Kadosh"
4. The first bracha. (Food for thought: why do you think the first bracha talks about the avot and not HaShem's holiness?)
5. Peace (Food for thought: what does peace mean to you?)
6. The Second bracha- "Ata Gibbur"
7. The 12th bracha- "V'lamalshinim"
8. Freebie! Any thoughtful answer is a good answer!
9. "Tika Bishofar"
10. The 4th bracha, which is the first bracha that we request anything from Hashem. (Food for thought: Why do you think we ask for knowledge before anything else)?
11. We are asking Hashem to help return us to his torah and avoda, and to Him with teshuva
12. Make a fist and tap your heart twice (why do you think we do this?)
13. "Refaeinu"
14. "Shema koleinu" (Food for thought: what do you daven for in this bracha?)
15. "Ya'aleh V'Yavo"
16. Freebie! Any thoughtful answer is a good answer!
17. no
18. the first bracha (2), Modim(2) , and "Oseh Shalom" (3)= 7

# Answers

## Mystery Brachot

1. When a person sees a rainbow
2. The promise HaShem made to Noach
3. "Sh'kocho U'G'vurato Maaleh Olam"
4. When you see a shooting star, comet, an ocean and more amazing things
5. No, only if you see it in person (you do say a bracha if you view it through a telescope)
6. ברוך אתה ה' אלוקינו מלך העולם הטוב והמטיב
7. Borei atzei B'samim," "Borei Isbei B'samim ", "Hanoten Re'ach Tov Bapayrot" and during havdalah we say "Borei Minei B'samim"
8. Birchat Hachama. This bracha is said when the sun returns to the same position, at same time of the week that it was at the time of creation (at the beginning of the 4th day of creation). The next time we will say this bracha is April 8, 2037 (the last time was April 8, 2009)
9. Birkat HaLevana
10. When we see the moon at the beginning of the month
11. Aleinu (this is to emphasize that we are praying to hashem not to the moon. The moon is just another tool of Hashem's glory)
12. "Asher Yatzar"
13. Sh'assa Li Nes B'makom Hazeh"
14. Someone who goes on a plane, overcomes an illness, comes out of prison, or crosses an ocean
15. Borei Isvei Besamim
16. Borei Atzei Besamim
17. Borei Minei Besamim
18. Hanosein re'ach l'peirot
19. Asher Kidshanu B'Mitzvotav V'Tzivanu Al Tevilat Keilim
20. Sheca'cha Lo Be'Olamo