



HIGH HOLIDAY YOUTH ACTIVITY PACKET

Created by Leila Balter at B'nai David-Judea

Rosh Hashanah

1. Oven baked apples recipe (before or on Yom Tov)
2. Honey cookies recipe (before or on Yom Tov)
3. Shofar blast song (before or on Yom Tov)
4. Our Rosh Hashanah feast song (before or on Yom Tov)
5. Decorate a wooden honey stick (before Yom Tov)
6. Busy Bee interactive game (before or on Yom Tov)
7. Match it up interactive game (part before and on Yom Tov)

Recipe 1: Oven baked apples with cinnamon



What you will need:

Apples



Honey



Cinnamon



Baking sheet with
parchment paper



Cutting board and
knife



Oven



Instructions:

1. Wash your hands with soap and water.
2. Prepare your baking sheet with parchment paper.
3. Preheat your oven to 350°F
4. Wash your apples
5. With adult supervision, cut your apples into slices.
6. Line them up on your baking sheet.
7. Sprinkle as much cinnamon as you'd like on the apples.
8. You can also add a little bit of honey. (The apples will already be sweet when they cook)
9. Have an adult help you put your apples in the oven.
10. Cook for 20 min and let cool.
11. Enjoy your easy and delicious treat!



Recipe 2: Honey Cookies



What you will need:

Sugar



Honey



Margarine



Ground ginger



Baking soda



Vanilla extract



Eggs



Baking sheets with parchment paper



Oven



Saucepan



Mixing bowl



Flour



Wooden spoon



Stovetop



Instructions:

1. Wash your hands with soap and water.
2. Preheat your oven to 350°F
3. With adult supervision, put a saucepan on low heat.
4. In the saucepan melt together 1 cup of margarine, 3/4 cup of sugar, and 1 cup of honey. Once melted, set it aside to cool.
5. In a separate bowl, mix together 2 eggs, 1 teaspoon of vanilla extract, 1 teaspoon of baking soda, and 1 teaspoon of ground ginger.
6. Slowly add the melted mixture to the mixture in the bowl and mix.
7. Slowly add 4 cups of flour to the mixture, mix well to combine.
8. Use a teaspoon of your dough and roll it into a ball to put on your baking sheet with parchment paper. Each ball of dough should be 2 inches apart.
9. Have an adult help you put the pans in the oven. Bake for 12-15 min and turn off the oven once you are done.
10. Enjoy your yummy homemade honey cookies!



Rosh Hashanah Songs:

Shofar Blast (to the tune of London Bridge is falling down)

Do you hear the shofar blast, shofar blast, shofar blast?

Do you hear the shofar blast? On Rosh Hashanah.

How many sounds does it make, does it make, does it make?

How many sounds does it make? On Rosh Hashanah.

The shofar makes three sounds, three sounds, three sounds.

The shofar makes three sounds on Rosh Hashanah!



What are the three sounds that the shofar make?

- 1. Tekiah*
- 2. Shevarim*
- 3. Teruah*

Rosh Hashanah Songs:

Our Rosh Hashanah Feast (to the tune of Three Blind Mice)

*On Rosh Hashanah, on Rosh Hashanah
What do we eat, what do we eat?*

We dip apples in honey

We eat pomegranate seeds

We bake round challahs and lots of treats

Our Rosh Hashanah feast, our Rosh Hashanah feast.

*We cook the head of the fish, we cook the head of the fish
And eat new fruits, and eat new fruits*

We dip apples in honey

We eat pomegranate seeds

We bake round challahs and lots of treats

Our Rosh Hashanah feast, our Rosh Hashanah feast.



*Q: What bracha do we make on
eating a new fruit?*

A: Shehecheyanu

שהחיינו

Hands On Activity: Decorate your own wooden honey stick

Directions: (Items with * are not included)

1. Take out your wooden honey stick.
2. Decorate the handle of your wooden honey stick with paint*, colored tape*, or markers*, paint*, or other art supplies that you may have at home.
3. Once you've finished, you can add it to your Rosh Hashanah table!



Interactive Game: Busy Bee (2 year olds-1st graders)

Instructions:

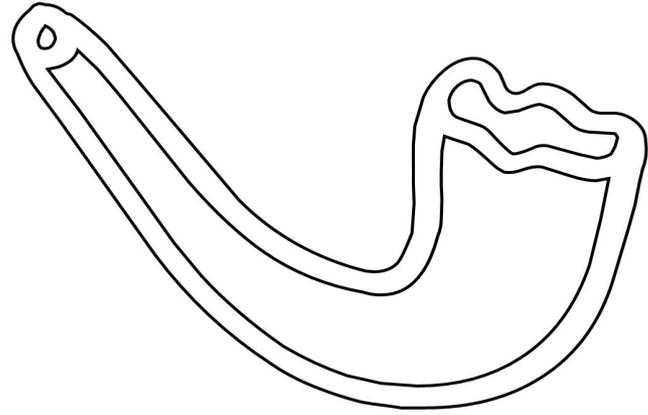
- ❖ *Gather 5 or more similar items around the house (ex. stuffed animals, bouncy balls, blocks, etc.)*
- ❖ *Object of the game: find all of the hidden items (pollen) around the house guided by the Hider (Butterfly) to make honey for Rosh Hashanah.*
- ❖ *The Busy Bee closes their eyes and counts to 30 while the Butterfly hides all of the items, spreads the pollen around. (The Butterfly can hide one or more items in the same spot.)*
- ❖ *Once the Butterfly is done hiding the items or the Busy Bee has finished counting, the Butterfly will direct the Busy Bee to find the pollen by saying hot when the Busy Bee gets close to the hidden objects and cold when they are far from the objects.*
- ❖ *Once the Busy Bee has found all of the pollen to make honey, switch!*

Interactive Game: Speed Rounds (2 year olds-1st graders)

Instructions:

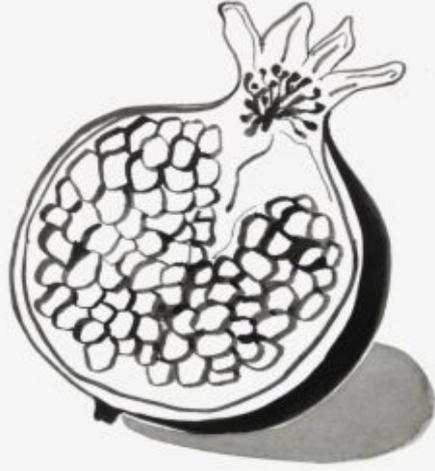
- ❖ *Before Yom Tov, cut out and color in each of the squares on the following page and paper clip all of the cards together.*
- ❖ *Object of the game: How fast can you pair up all of the matching cards.*
- ❖ *Each person takes turns pairing up all of the matching cards while the rest of the players count how long it takes to correctly pair up all of the cards.*
- ❖ *Whichever player is the fastest wins!*

*The following pages are separated to
be cut out for projects and
activities!*



Shofar

שופר



Pomegranate

רִמּוֹן

Rimon

The Machzor



www.jewishkids.org

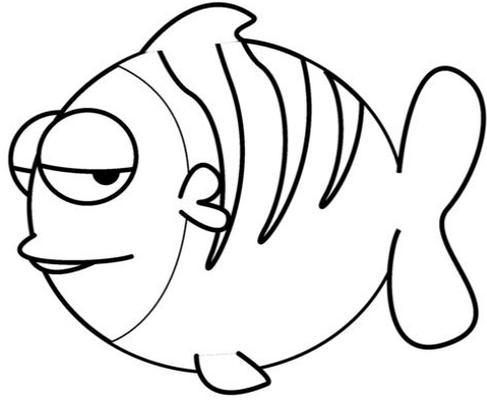
Machzor

מחזור



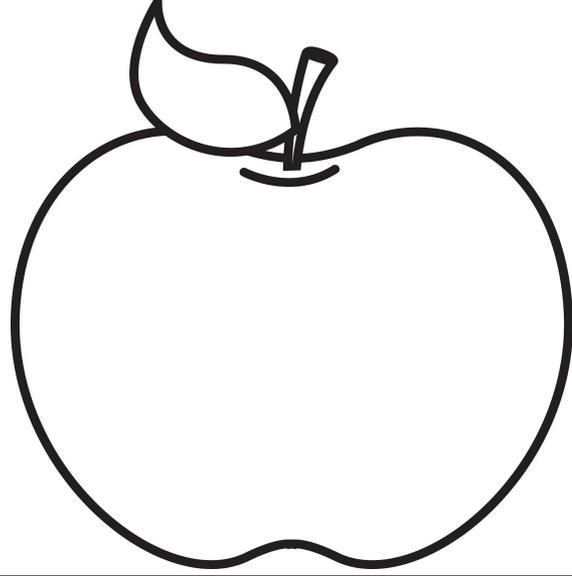
Honey

דבש
Dvash



Fish

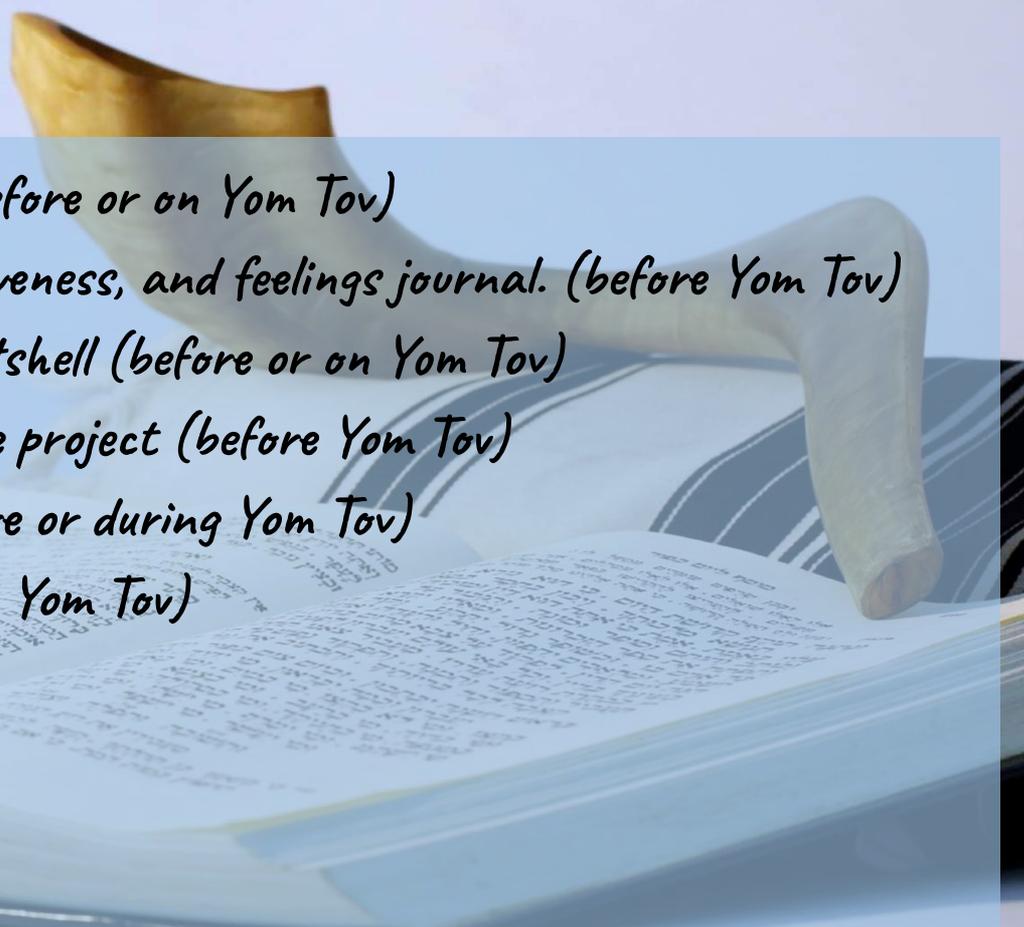
Apple



אג
Dag

אפול
Tapuach

Yom Kippur

A white slipper with a yellow sole is positioned on top of an open book. The book's pages are filled with Hebrew text, likely a prayer book or Torah. The background is a light blue gradient.

1. *Learning how to apologize (before or on Yom Tov)*
2. *Make your own apology, forgiveness, and feelings journal. (before Yom Tov)*
3. *Jonah and the whale-in a nutshell (before or on Yom Tov)*
4. *Jonah and the spouting whale project (before Yom Tov)*
5. *Learning Signs in ASL (before or during Yom Tov)*
6. *Make your own puzzle (before Yom Tov)*

Apology and Forgiveness on Yom Kippur:

Yom Kippur is a time when we apologize for anything wrong that we may have done in the past year.

We also ask for forgiveness from family, friends, and Hashem.

We then use our actions to show that we will work hard not to do the things that we apologize for again in the coming year.

I'm sorry.

Will you please forgive me?

Learning How to Apologize:



The 5 steps of apologizing:

- 1. Verbalize your apology "I am sorry for..."*
- 2. Take responsibility for your action "I shouldn't have done that because..."*
- 3. Tell the person that you will not do it again "Next time I will..."*
- 4. Ask for forgiveness from the person "Do you forgive me?"*
- 5. Through your actions, show that you will not do what you apologized for again.*

Learning How to Forgive:

Making connections with people and building trust is something that takes time and vulnerability for everyone in the relationship. That is why forgiving can be difficult sometimes.

When looking at a difficult situation, it is important to have the benefit of the doubt. This means that even if someone did something that was hurtful to us, we try to see the reasoning in why they did that. Maybe they had a bad day or maybe something sad or hard was happening in their life.

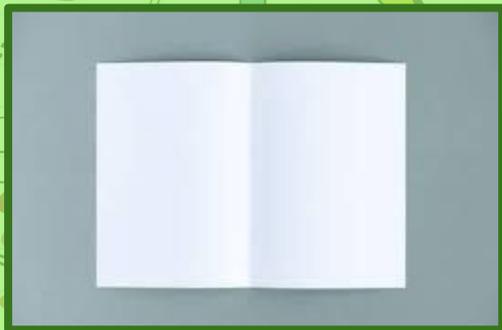
Just because something is happening in the person's life doesn't give them permission to do bad things. This just means that if they are important to you, it is worth taking the time to understand what they are going through and forgive them.

When we hold on to something that may be hurting our feelings and don't forgive, then we keep those bad feelings with us and our relationships. The real and best relationships will last and be stronger if you are able to talk about those feelings and forgive each other.

Hands On Activity: Make your own Apology, Forgiveness, and Feelings Journal

Directions:

1. Get 5-10 pieces of printer paper.
2. Fold each paper in half hamburger style and cut along the folded line so you now have 2 pieces of paper.
3. Create a stack of the cut paper and fold them all in half hamburger style again.



Hands On Activity: Make your own Apology, Forgiveness, and Feelings Journal

Directions:

4. Have an adult help you make a hole punch on the top of your paper stack and on the bottom.
5. Measure and cut a piece of string that is 5 inches long and run it through the holes you punched. Use both sides of the string and tie a knot with it on the inside of the pages. Cut off any extra string.
6. Decorate the front and back page of your journal however you'd like. You can use:

inspire Paint - Stickers - Glitter - Markers - Any other craft supplies



Hands On Activity: Make your own Apology, Forgiveness, and Feelings Journal

Directions:

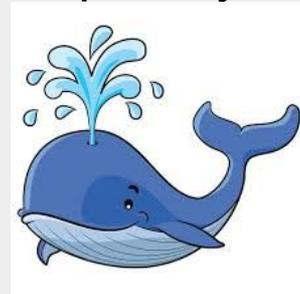
1. After you have finished decorating, open the first page and write out the names of people that you'd like to apologize to.
2. Write an apology letter to one of the people on your list using the format on the page about apology.
3. On a fresh page, write a list of people that you would like to forgive and write a forgiveness letter using the notes on the previous page.
4. This is now your journal to write apology letters, things to forgive, feelings that you have and anything else that you'd like!

The story of Jonah and the Whale-in a Nutshell

There once lived a man named Jonah. One day Hashem asks Jonah to deliver a message to the people of Ninveh that, because of their sins, they need to do Teshuva, realize their wrongdoings and feel regretful for their bad behaviour. If they didn't, then their city would be destroyed.

Jonah did not want to go to the city to deliver the message from God.

Jonah thought that he could hide from God and took a ship to try and sail away from the deed that God had asked of him.



The story of Jonah and the Whale-in a Nutshell

God made it so that the sea was very stormy. Jonah and the other passengers on the ship realize that this storm must be because of Jonah trying to hide from God and they decide for Jonah to jump into the sea.

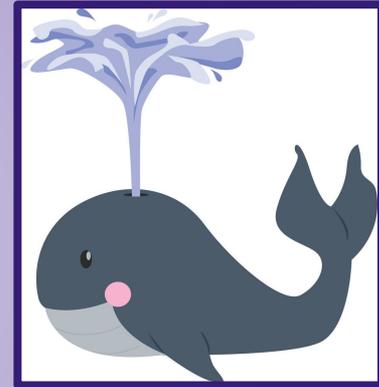
God then planed for a big fish to come and gulp the swimming Jonah down.

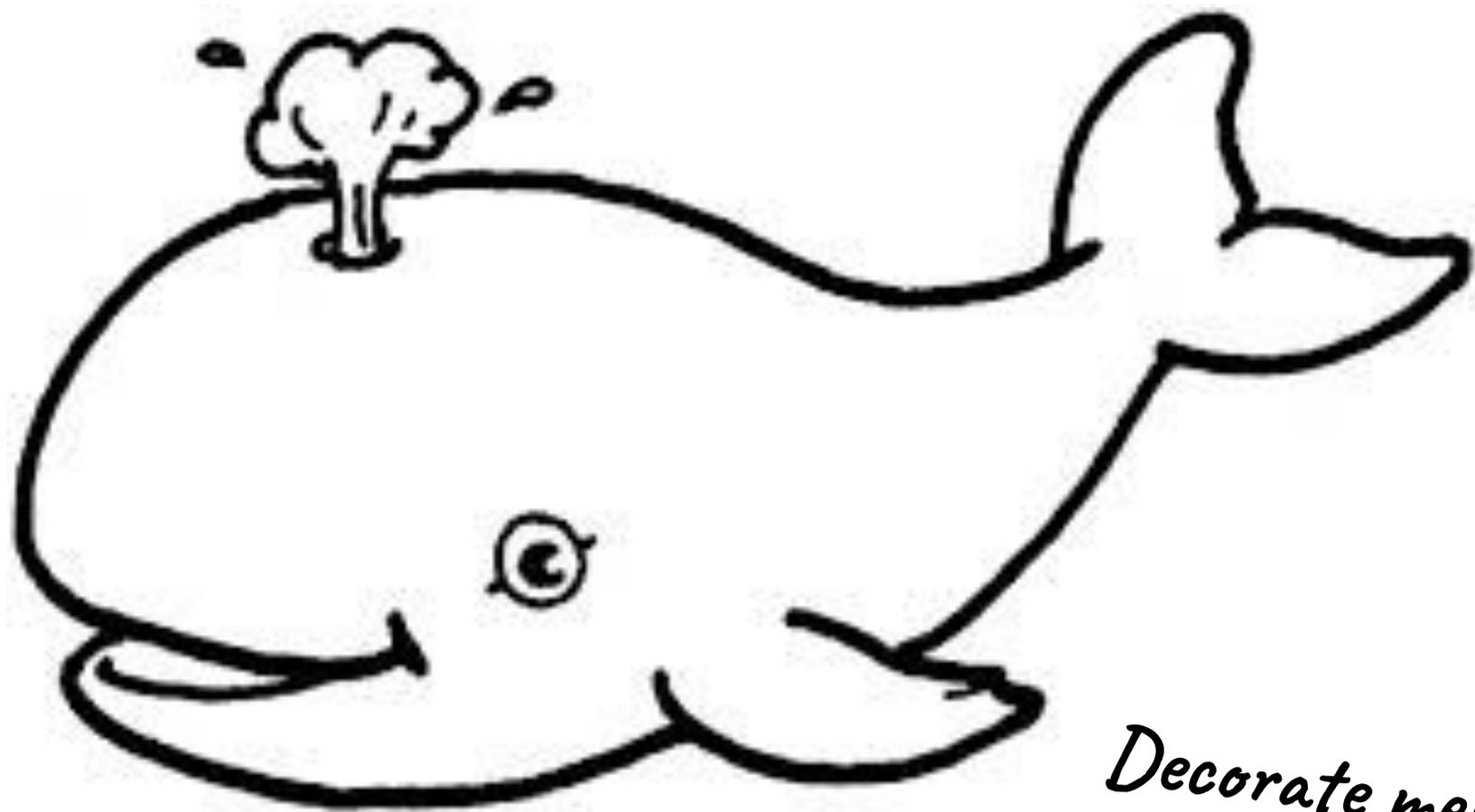
Jonah spends three days inside of the big fish/whale and prays to God from inside.

At the end of the three days, Jonah is spit out alive, well, and ready to do what God had asked of him.

Jonah and the Whale Science Experiment

1. Cut out and decorate your whale on the following page.
2. Decorate it using art materials at home. Don't forget to draw a little Jonah inside the whale.
3. Find a small cup or jar.
4. With the help of an adult add the following into the cup:
 - $\frac{1}{2}$ cup of water
 - $\frac{1}{4}$ cup of vinegar
 - $\frac{1}{4}$ cup of dish soap
5. Set up a tray to catch any spills and put your cup filled with everything on top.
6. Use tape to attach your decorated whale to the front of the cup.
7. Carefully add 2 tablespoons of baking soda to the cup and watch your whale spout erupt!





Decorate me!

Interactive Yom Tov Activity: Learning signs

Sign language is a different kind of language used to communicate without using words. It is usually used to communicate with people who are deaf or hard of hearing, but anyone can learn and use it! Sign language changes based on the language of the place that you live and language that you speak. In this case, we will be using American Sign Language (ASL).

Using the pictures below, try and learn these Yom Kippur related signs.

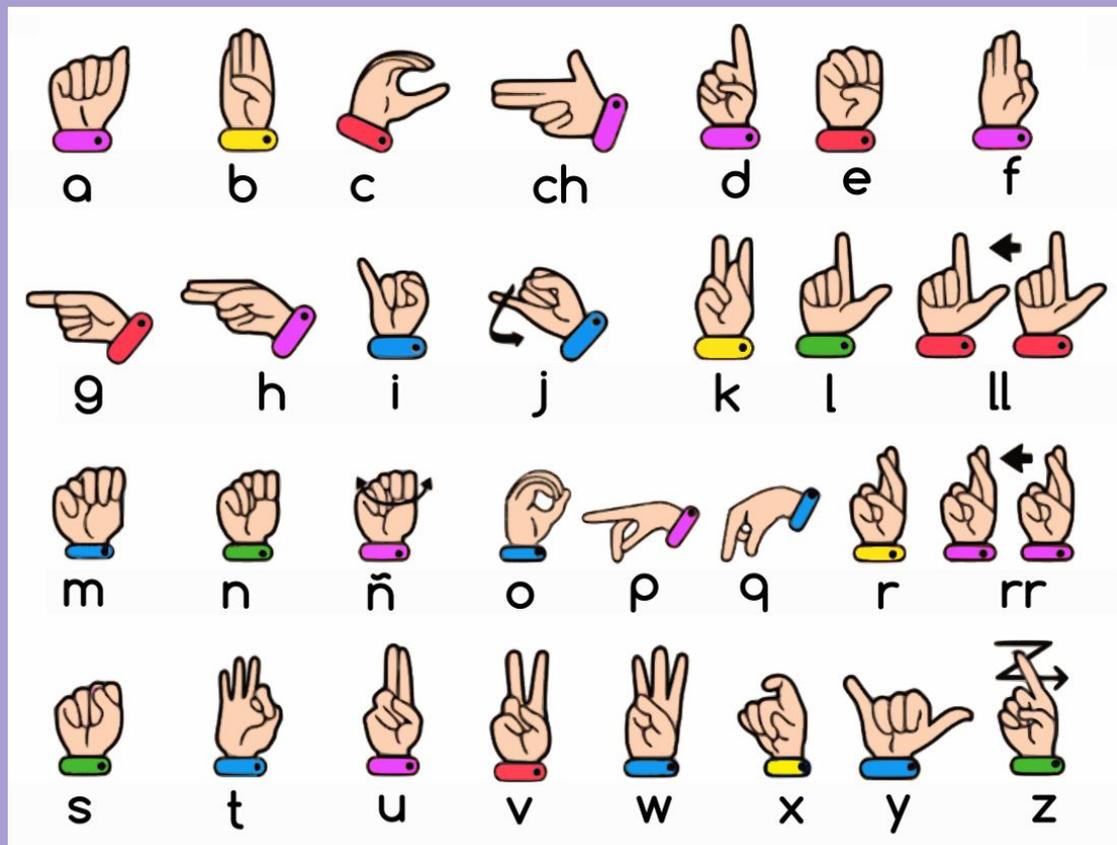
Sign for sorry:



Sign for hungry:



Interactive Yom Tov Activity: Learning signs



Can you spell these things using the letters in ASL?

1. Your first and last name.
2. The names of the people in your family.
3. Yom Kippur
4. Shofar
5. Forgive
6. Pray
7. Fast
8. Shul
9. Love
10. Whale

Hands On Activity: Make your own Puzzle

Directions:

1. Find the blank puzzle template in this packet.
2. Create any picture that you'd like on the template (make sure that you can still see the puzzle piece outline lines!)
3. Glue your puzzle piece template on a thicker piece of paper or cardboard and let it dry.
4. Take a picture of your puzzle so you know how it looks when it is put together.
5. Carefully cut out your puzzle pieces (make sure to cut exactly on the lines) and put them all in a box, bag, or clip them together so you don't lose any pieces.
6. Refer to your picture when putting together your puzzle and have fun!

*The following page is separated to
be cut out for projects and
activities!*

