



## **Nitzanim Tefillah (pre-K to 2nd Grade)**

**Siddur Mah Tov: A Family Shabbat Prayer Book (Behrman House, 2010, Conservative Edition, ed. Rabbi Lauren Kurland and Julie Schwartz Wohl)**

*We typically do nearly everything in the Siddur. Start with whatever your kids know best and are drawn to. Let it be fun! Try adding more from week to week.*

1. **Modeh(ah) Ani**; page 4
2. **Ma Tov**; page 6
3. **Birkot Hashachar**, *also take some time to say something you are grateful for*; page 8
4. **Halleluyah**; page 10
5. **Venomar Lefanav**; page 12
6. **Hallelu/ Hodu Lashem**; page 12
7. **Barchu**; page 14
8. **Yotzer Or**; page 16
9. **Ahavah Rabah**; page 18
10. **Veha'er Einenu**; page 20
11. **Shema**, *before Shema, close your eyes and listen as hard as you can for all the sounds you don't notice with your eyes open. Share the sounds. Close your eyes again with the same amount of focus and say the Shema*; page 22
12. **V'ahavta**, *make your own hand motions that go along with the words of V'ahavta. You can add a few signs each week*; page 24
13. **Mi Chamochah**; page 26 through to end of page, "ga'al yisrael"
14. **Amidah (first three blessings including Kedushah)**; page 28-31
15. **Silent Prayer**; *whisper our personal prayers to God or just be in silence*; page 32
16. **Oseh Shalom**; page 32
17. **Torah Service**, *a great time to read or talk about the Parsha or read a story*; page 34-38
18. **Aleinu**; page 40
19. **Adon Olam**; page 44