

ר"ח

# Rosh Hashana Home with Kids

By Leah Greenbaum

A Project of L'Chaim Chabad Kingston & Moorabbin HC  
as part of Project High Holydays 5781/2020

## Contents

- Introduction pg 2
- About this resource folder (plus more resources) pg 2
- Worldwide Kids Program pg 2
- In Advance pg 3
- Suggestions for Structure of the Day of Rosh Hashana pg 3
- Prayer at Home with Children pg 4
- Shofar pg 4
- General Holiday & Story Files pg 5
- Game Ideas for Young Children pg 6-7
- Game ideas for Older Children pg 8-9-10
- Fun Food Ideas for kids pg 11
- Songs for Young Children pg 11
- Puppet Ideas for Holidays pg 12

**\*If printing this booklet, leave out the last page and it will print on 3 double-sided A4s, forming an A5 booklet.**

**\*This booklet may be shared, without changes and with credits still attached.**

## Introduction:

*I have created these files mimicking some of the activities we do at our children's service at Moorabbin shul, keeping it fun, light and also relevant to the holiday. These games and activities are for a range of ages and can be played with the whole family. All errors are mine alone and I apologise in advance. I sincerely hope that this helps make the upcoming chag (holiday) in these unusual times a better one for all.*

*Many thanks to my colleagues and friends who shared their resources with me.*

*May we all soon usher in the era of universal peace with Moshiach when all illnesses and suffering will be banished forever.*

*–Leah Greenbaum, Co-director of L'Chaim Chabad-Kingston, Director of JAE*

*Week of Rosh Hashana 5781/2020*

*Comments: leah@jewishmelbourne.com.au*

## About this Resource Folder (plus more resources)

DISCLAIMER: These are resources I have collected, purchased, adapted and created over many years. Some were shared with me by others though today I no longer know by whom. Please respect that and these files are **ONLY** for home and personal use.

Sources include chinuch.org, waldereducation.org, jednet.org, as well as internal email groups and in more recent times facebook groups. Another recommended link with many other printables, activity sheets and more is <http://jewishhomeschool.blogspot.com/p/printables-and-activity-packs.html> and <https://www.teacherspayteachers.com/Store/Chaims-Corner> has some printable games, other activities that can be used before the holyday.

**How to Use :** Every Game and File is Hyperlinked in the charts below. Find the things that interest you, click on it, print, cut out and prepare before the holiday.

## WorldWide Kids Program

Sign up your child at [www.ckids.net/th](http://www.ckids.net/th).

Create a parent profile and add kids or just create the children's profile.

Select a base in Australia. Your child can then fill in their [mitzva missions](#) after the holiday and earn points, ranks and prizes. They will be joining in and connecting with children across the world.

## In Advance:

### Get the kids involved!

- Have them design a menu for Rosh Hashana, (you can even hang up a paper, or use a whiteboard with different categories, savoury, sweet, entrée, dessert)
- Create and send notes to family and friends.
- Decorate the table together.
- Allow them to choose games and suggest ideas of how they would want to spend the time together.
- Use colouring sheets, fun sheets before Rosh Hashana to get them into the holiday mode!

### The Adults

- Create a loose schedule that allows time for you personally to do things you usually do on Rosh Hashana, whether it is time for formal prayer, to read inspiring thoughts, to go for a walk past a friend's house (in a way permitted by restrictions).
- Schedule time for meals, structured play, conversation with the kids, and of course time to hear the SHOFAR.
- **Print out in advance the games** you would like to use with your children, as well as any reading material for yourself.

## Suggestions for Structure of the Day of Rosh Hashana

- Make the day a special one. Even if this year we are not attending shul, let your child wear some new or special clothing normally reserved for that occasion. Have special treats, including ones that you may have prepared together with your child in advance. Have special Rosh Hashana dinners and lunches together as a family.
- **Think of how you usually celebrate the holiday**  
 If it's usually a special meal with the extended family; still have the special meal and since you cannot Zoom on Yomtov, maybe prepare a recipe in advance together with family members. Create a shared menu. Send each other cards, or sayings to read out during your own personal family meal.  
  
 If it usually includes some time at the synagogue; make sure to designate some time to pray with your children at home. Even if normally you don't attend shule, consider setting aside Tefila time with them this year.
- Play some games on the themes related to Rosh Hashana together with your children. At a meal, in the afternoon, or after saying some Tefilot with them. Consider including storytime with stories and books related to the themes of the day.

## Prayer at Home with Children.

Whether you are using a machzor,\* a siddur, or just some prayers your children know, insert these discussion points to make it more meaningful.

\*The [CKids Children's Machzor](#) is included here.

*Before starting, explain that on Rosh Hashana we are praying/talking to/conversing with Hashem. Hashem understands all languages, including English, but the words that are in the Machzor are there to help us.*

- *Modeh Ani, Be grateful for waking up in the morning: ask, what are you grateful for?*
- *Asher Yatzar: Thank you hashem that my body works...*
- *Blessings on the torah, and torah tziva*  
*We have a special gift that belongs to all of us equally that helps us lead our lives: the torah it gives us guidance, inspiration and rules that help us live. (discuss: how do rules help us?) We thank hashem for giving it to us to learn and understand.*
- *Hareini mekabel: First need to get along if we want something. When we want from our parents we first make sure to be nice to our siblings, we are asking Hashem for things but first get along with other people because in Hashem's eyes we are all Hashem's children. (How are you going to get along with your brother/sister/friend?)*
- *Adon Olam: Saying different praises about G-d, he is the ruler of the world*
- *Shema Yisrael, Veahavta eit: Close your eyes and imagine the beautiful world we live in, trees, flowers, the amazing things we can do, breathe, eat, walk, talk and think that all of this is from Hashem who created US for a special reason.*  
*Think about this while saying: Shema Yisrael, veahavta eit,*
- *Avinu Malkeinu Hashem is both our father (Avinu) and our king (malkeinu) and we make special requests on Rosh Hashana.*
- *Sheyibaneh Beit Hamikdash: We always pray for the rebuilding of the Temple in Jersuallem which will be a time of complete peace.*

## Shofar

Due to current restrictions, this year we will hear it differently.

Book online at [www.phh.org.au](http://www.phh.org.au) and check back to see when someone will be coming by your area. If your area is not marked, contact your local synagogue.

### Before hearing the shofar, make it meaningful by discussing with your children:

*What's the job of the shofar? How do we feel when we hear it? What do we think when we hear it?*

*Sounds like 1) an alarm waking us up to fix ourselves, 2) a child crying-we are Hashem's children and a parent always answers their kid, Hashem always answers us. 3) a trumpet-as we crown Hashem as king over the world on Rosh Hashana.*

*Feel: Ask them*

*Think: Making decisions to do more mitzvos.*

## General Holiday & Story Files

File Name	Use
<a href="#">Holidays of <u>Tishrei</u> Match it</a>	Uses images for all of the holidays in this month.
<a href="#">Rosh Hashana Yom Kippur Funtime book</a>	For pre-holiday colouring, puzzles and more.
<a href="#">Rosh Hashana Acrostic Puzzle</a>	For older children: to review Rosh Hashana customs and traditions BEFORE the holiday.
<a href="#">Shofar Stories 1</a>	Read, act out, enjoy.
<a href="#">Shofar Story -The lost prince</a>	
<a href="#">Mitzvah Missions</a>	Print and have your child fill it in after the holiday. Alternately, view with your child before the holiday and complete online after Rosh Hashana ends on <a href="http://ckids.net/th">ckids.net/th</a> (See instructions on page 2)
<a href="#">CKIDS Children's Machzor</a>	Enjoy this machzor with transliterations and child-friendly translations
<a href="#">Trivia Game</a>	For the whole family! Thanks to Chabad Glen Eira

## Game Ideas for Young Children

Game	Instructions	Materials	Connection to Rosh Hashana
<b>Apple, apple honey</b>	Play similarly to "Duck Duck Goose"	none	Rosh Hashana symbols
<a href="#">Rosh Hashana Bingo</a>	Play as per any bingo game <i>When preparing, cut in strips or groups of pictures to make it simpler.</i>	prepare in advance, raisins, choc chips or similar as bingo chips	Rosh Hashana symbols, themes, mitzvot depicted on the images.
<a href="#">I Spy</a>	Print file to find the list of items in the Rosh Hashana scene	File in folder <i>thanks to R Karnowsky</i>	Rosh Hashana scene with Rosh Hashana items
<b>Rosh Hashana Match it</b> <a href="#">Giant cards</a> <a href="#">Regular</a>	Play as per any Match it game	prepare in advance	Rosh Hashana symbols, themes, mitzvot depicted on the images.
<b>Mitzvah Hunt</b>	Hide mitzvah cards around the house, give each child 10 secs to find a card, then perform/act out the mitzva	<a href="#">Mitzvah cards</a> -file in folder	Increasing in Mitzvot and good deeds is a strong theme of Rosh Hashana
<b>Pin Honey on the jar</b>	Print out the honey and the jar and take turns getting it into the right place.	<a href="#">File</a> , blutak or similar Blindfold or eye mask	Honey for a sweet new year
<b>Shana Tova</b>	One person leaves the room or turns their back while another member of the family disguises their voice to say "Shana Tova". Person who left has to guess who is the speaker.	none	Reinforces the traditional Hebrew greeting
<b>Showfy &amp; Blowfy</b>	A classic whimsical children's book about two shofars. Prepare the puppets suggested before the holiday or just read it, as is.	<a href="#">Link to file in folder.</a> 2 Papers	Shofar is the mitzvah of Rosh Hashana.
<b>Shofar Red Light Green Light</b>	The participants line up. Leader calls out the different shofar calls ("Tekiah!") For each shofar call, the children take a certain number of small steps forward. For Tekiah – 1 step. For Shevarim – 3 steps. For Teruah – 9 baby steps forward. For	None	Shofar sounds, reinforces the names and what they're like.

	Tekiah G'dolah – Run for it! First one to reach the leader wins.		
<b>Do the SHOFAR WALK</b>	Similar to above: Do the Shofar walk - 9 baby steps- Teruah, one big step-Tekia, 3 medium steps -Shevarim -- make it fun by quickly changing steps to see who could keep up! Also can switch up to different types of actions based on the sound of the shofar	None	Shofar sounds, reinforces the names and what they're like
<b>STEP ON IT Version 1</b>	Played like musical chairs except using the Rosh Hashanah/Yom Kippur/Sukkot images instead of chairs. The children dance around while singing a Rosh Hashanah song and when you say stop they step on a picture, if they are not stepping on a picture they can help you shout stop and be the judge. Make sure there's one less picture than the amount of people and keep taking one away.	Pictures-file in folder <a href="#">Tishrei Images</a>	Rosh Hashana and other holidays of the month of Tishrei, their symbols, themes, mitzvot depicted on the images.
<b>STEP ON IT Version 2</b>	The children dance around while singing a Rosh Hashanah song and when you say stop they step on a picture, you quickly call out a certain 'type of picture' and if they are standing on that one, they are 'in' or 'out'.	Pictures-file in folder	Rosh Hashana symbols, themes, mitzvot depicted on the images.
<a href="#">Zoom Pictures</a>	(also suitable for older) Series of Zoomed-in pictures of a part of a Rosh Hashana object.	<a href="#">Pictures</a> -file in folder	Rosh Hashana symbols, themes, mitzvot depicted on the images.

## Game & Fun Ideas for Older Children (and the whole family)

Game	Instructions	Materials	Connection to Rosh Hashana
<b>Actionary</b>	Played the same as Pictionary but instead of drawing, each person has to act out the words on the card to their partner	<a href="#">File online</a> , or write your own	Choose actions related to Mitzvot and Rosh Hashana traditions and observances
<b><a href="#">Babbleon</a></b>	Read the sentence of nonsense words quickly to decipher the true phrase hidden there.	<a href="#">File online with answer key</a>	Phrases related to the holiday
<b>Bag Game</b>	Collect a bunch of items from around the house. Divide up the family into 2 groups and each group has to make up a play about Rosh Hashana using those items.	Items from your home	
<b>Bob the Apple</b>	Fill up a bowl of water and put an apple in each one. Stand with hands behind backs, and give them a minute to eat as much of the apple as they can. Whoever can eat more of their apple is declared the winner	Apple, bowl, water	Apple is a traditional Rosh Hashana food
<b>Bowling Bad Things</b>	Use water bottles or plastic bowling pins. Write on them bad habits or negative character traits. See how many you can knock down!	water bottles paper & tape ball <a href="#">file</a>	Rosh Hashana time for reflection on what we have done and resolutions for new year.
<b>Captain Freeze</b>	With each command, the kids have to do something else. Kids who do the wrong thing is out. Make it harder with adding two together. Pray to G-d - praying position Dip the apple in the honey - lying flat on the floor Hear the shofar - lying on back legs in the air – shofar shape. Go to Tashlich and throw away your sins – jump forward Go to the Synagogue - run to the front of the room	None	Actions related to the holiday
<b>Celebrity heads</b>	Call up a couple kids at a time, and hold person/object over their head so they can't read it. Kids take turns asking everyone Yes or No questions to try to guess what their paper says. (Leader can give hints to direct questions.)	Print <a href="#">File</a> or write your own ideas on paper strips. Bobby pins to hold	Themes, Mitzvot & symbols of the holiday can be included in the choices
<b>Chopsticks Apple n Honey</b>	Have an apple cut in to small pieces. With chopsticks, need to dip the apples in honey and eat them.	Apple, honey, chopsticks	Apple in honey is a traditional food at the first night meal.

<b>Collect THE MITZVOT</b>	Use a straw to pass pomegranate seeds from the bowl to the "scales". "Collect the mitzvot represented by the seeds and show Hashem you deserve a good year	Pomegranate seeds, straws, bowls, pictures of scales	We eat pomegranates on Rosh Hashanah because they are full of hundreds of seeds, like every Jewish person is full of hundreds of mitzvot.
<b>Cookie fish on teaspoon</b>	Run a straight or obstacle course while balancing a jellyfish/cookie fish or similar in the concave of a teaspoon without dropping it. Players have to hold the teaspoon in their mouths. If a player drops the jelly fish they either have to restart the course or just stop pick up the fish and continue.	Teaspoons, Food looking like fish	Tashlich is recited on Rosh Hashana (or in the days after) at a body of water that has fish in it. Fish eyes never shut symbolizing that G-d is always awake and guarding over us.
<b>Hands Free Honey Cookies</b>	Put a honey cookie on everyone's foreheads. With hands behind their backs, see who can get the honey cookie into their mouth first (and without dropping it!)	Honey cookies (or any cookie with a flat bottom)	Traditional food! (and fun)
<a href="#">Lotto /Rosh Hashana Bingo</a>	As per usual For Lotto- see instructions in the file Bingo- see earlier chart	Files in folder raisins/choc chips as pieces	Rosh Hashana symbols, themes, mitzvot depicted on the images.
<b>X &amp; O</b>	Make a X & O chart by using shoes (or any other objects) to make the lines. Ask the first team a question, if they get it right, have the person Stand in that spot!	<a href="#">List of Questions &amp; answers</a> in file	Rosh Hashana themed questions
<a href="#">Spot the Difference</a>	Print files to find the differences in each scene	<a href="#">Files in folder</a>	Rosh Hashana scenes
<a href="#">Rosh Hashana Spot it Cards</a>	Goal is to be the quickest to find the matching item between two cards, state it aloud and then you keep the card.	<a href="#">File in folder thanks to R Karnowsky</a>	Rosh Hashana symbols, themes, mitzvot depicted on the images.
<a href="#">Tabboo</a>	Divide into teams, one person is trying to have their team work out what the TOP word is. They may not do the following: 1. use any taboo words (words below the top), including abbreviations and any part of the taboo word. 2. use sound effects or use gestures to indicate the clue word. On YomTov you cannot use an actual timer, so use a best guess as to how long the team gets to work out their card. If they can't they forfeit that turn.	<a href="#">File in folder</a> Covers Rosh Hashana & Yom Kippur themes. All ages!	Rosh Hashana themed words and ideas.

<p><a href="#">Rosh Hashana Tashlich Match</a></p>	<p>A game matching terms and their explanations in the shape of fish to relate to the Rosh Hashana theme. For extra fun, attach paper clips to each fish and use magnetic 'fishing rods' to catch the fish. Goal: Try to catch a matching set.</p>	<p><a href="#">Print file</a> Extras: paper clips, magnets Sticks</p>	<p>Fish are eaten on Rosh Hashana as well as we go to Tashlich where there are fish present. Terms and explanations relevant to the holiday.</p>
<p><b>Rosh Hashana Teshuva Game-ADVANCED</b></p>	<p>Take blindfold. Make a path with string on floor. Blindfolded person goes through the path directed by everyone else. Variation: Have one person assigned to them that gives good directions, they have to find that voice and follow. When they touch the string, they must start over.</p> <p><i>Discuss: We go through life, sometimes we make mistakes and go outside the line. Teshuva is a way to go back to where we started and start again. In life a lot of times, people are telling us to do different things. We need to decide which voice is the right one to follow, i.e. which one is what Hashem wants us to do.</i></p>	<p>Blindfold, 2 strings</p>	<p>Teshuvah- (commonly translated as repentance but more accurately RETURN) is a key theme of the month of Elul and the 10 days from Rosh Hashana until Yom Kippur</p>
<p><a href="#">Rosh Hashana Twister</a></p>	<p>1) Print the first page. Punch a hole through the centre of each circle. Use a paper fastener and a small piece of card/paper to create two spinners. 2) Print the image pages-page 2-5 5 times each. Attach to an existing twister mat or directly to your floor, a rug or a large tablecloth. Play as per twister rules. <i>Suggestions here:</i> <a href="https://howdoyouplayit.com/twister-rules-how-do-you-play-twister/">https://howdoyouplayit.com/twister-rules-how-do-you-play-twister/</a></p>	<p><a href="#">Files</a>, paper fastener, small pieces of card, Optional: rug or plastic tablecloth</p>	<p>Images drawn from Rosh Hashana symbols and observances</p>
<p><a href="#">Rosh Hashana Up-Down Story</a></p>	<p>Set up rods/ropes/ strings in a ladder format. As you tell the story, children move up (forward) or down (backwards) between the 'ladder' on the floor.</p>	<p>Rope or string or sticks or ribbons etc. <a href="#">Story in files</a></p>	<p>The story of Chana is read as the haftarah on the first day of Rosh Hashana</p>

## YomTov Friendly Food Fun Ideas (Popular at our MHC children's programs)

- **Apple Monsters:** Using either a half/whole apple on a skewer, add toothpicks with bits of dried fruit, coloured liquorice, small fruit (grapes etc.) mini marshmallows etc.
- **Apple Dipped:** use thick sliced apples on skewers and dip into chocolate spread/honey, and then into sprinkles, chocolate chips etc. You can make a series all different.
- **Apple Mocktails** (adapt quantities) 1 cup apple juice, 1 cup soda water, ½ tbs honey, ice, ½ apple, fresh mint, lime slices, blueberries/grapes, toothpicks or skewers. Add apple juice, carbonated water and honey to a large jug and stir. Pour into smaller cups. Add ice and then top with apple slices/cubes, slices of lime and fresh mint. Stack grapes and/or blueberries on toothpicks/ skewers to top off the mocktail. Serve immediately.

## Songs for Young Children

### 1. TTTO: *This Old Man*

**On Rosh Hashana every year,**  
We blow the Shofar loud and clear,  
With Tekiah – toot  
Shevarim – toot toot toot  
Teruah –tu–tu–tu-tu-tu-tu-tu-tu-tu-tu  
Leshana Tova Tikateivu!

### 2. TTTO: *The wheels on the bus*

**The Shofar in the shul goes**  
Tu Tu Tu - Tu Tu Tu – Tu Tu Tu  
The Shofar in the shul goes Tu Tu Tu  
On Rosh Hashana Morning  
**The shape of my Challah is**  
Round round round (x3)  
...Because it's Rosh Hashana!

### 3. TTTO:

**A Shofar is from an ayil, an ayil, an ayil**  
A shofar is from an ayil which is a ram  
There are fat ones, and skinny ones, short ones,  
and long ones, A shofar is from an ayil which is  
a ram!

### 4. TTTO: *Ki Besimcha*

**Yom Hazikaron – we are remembered**  
Rosh Hashana – starts the year  
Yom Teruah – the Shofar is blown for everyone  
to hear  
We daven for health and happiness on Yom  
Hadin

### 5. Dip the apple

In the honey  
Make a Bracha loud and clear  
Leshana Tova Umetuka  
Have a happy sweet new year!

### 6. TTTO: *Dayeinu*

**We dip the apple in the honey**  
And we eat it Yummy Yummy  
And we ask Hashem for a sweet new year!  
*Leshana Tova Umetuka*  
*Have a happy healthy sweet new year!*

### 7. TTTO: *Chassidic Melody – Utzu Eitza*

**On Rosh Hashana**  
**there are special foods we eat,**  
So that Hashem will give a year  
that's good and sweet,  
A Rimon has lots of seeds,  
For lots of Mitzvot – those are good deeds.  
We eat carrots, and dates, and a fish head too!  
We don't waste any time,  
We want to be the first in line!  
To do Mitzvot – many every day,  
And Leshana Tova to you is what I say!

8. אָנִי כִפִּי אֶרְיָמָה  
שָׁנָה טוֹבָה לְךָ אֲבָא  
שָׁנָה טוֹבָה לְךָ אֲמָא!  
שָׁנָה טוֹבָה, שָׁנָה טוֹבָה!  
שָׁנָה טוֹבָה לְדוֹד גְּבוּר  
אֲנִשְׁר עַל הַמְשַׁמְרֵת  
שָׁנָה טוֹבָה וּמְתוּקָה לְכֹל יְלֵדָה וְיֵלֵד

## Some Fun Pre-Holiday Puppet Ideas:

### Rosh Hashana Sock Puppet

Take White tube socks. Create a face on the heel part of the sock and a tongue at the tip where the toes would be (so when folding your fingers inside the sock, you see a face with a mouth opening and closing.) Stick Velcro dots in the mouth and also further up on the "leg" of the sock.

Create Rosh Hashana shapes that you can Velcro on to the leg and interact with your puppet by placing items into the puppets mouth. (so it looks as if the puppet is blowing shofar or eating an apple etc..).

Shapes to make: Shofar, round challah, apple, pomegranate,

### Yom Kippur Popsicle Stick Puppet

Make a face puppet on a popsicle stick: decorate face with eyes, hair, bows or kippah and a mouth fastened with paper fastener so it can be happy or sad: Description on label "Feeling sorry for any wrong I did".

### Sukkot Paper bag Puppet

Decorate the bag with wooden craft sticks so it looks like a sukkah, on top you can glue on leaves from outside. You can decorate the front of the bag with windows, doors and a sign "Welcome to my Sukkah".