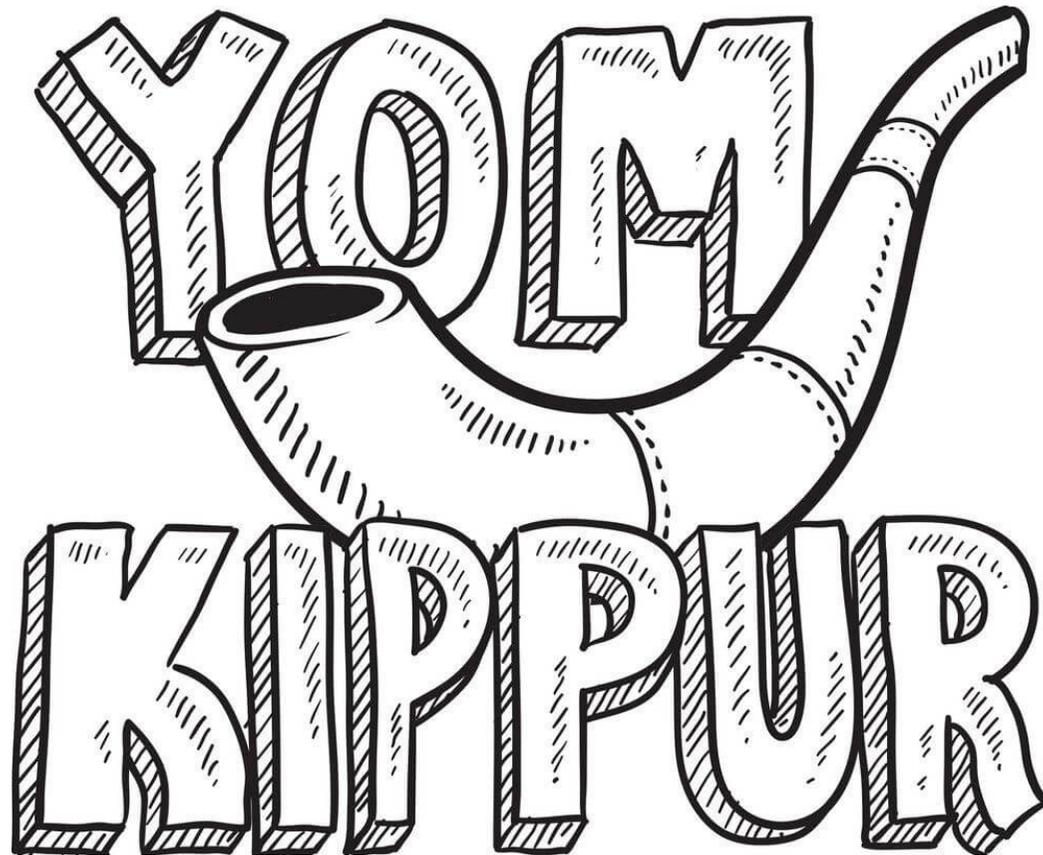


Yom Kippur Guide & Activity Book



What is Yom Kippur?

Rosh Hashanah is just the beginning of the new year festival. Ten days after Rosh Hashanah comes Yom Kippur, a day focused entirely on apologizing for our actions over the past year.

On Yom Kippur adults do not eat in order to focus on apologizing for past mistakes and preparing for the year ahead. Yom Kippur means the “day of covering over.”

The image is both covering over our bad actions from the previous year and planting seeds beneath the soil. With the rainy season coming, we plant our actions from the previous year and hope they will grow into nurturing fruits and plants.

Give Something Up

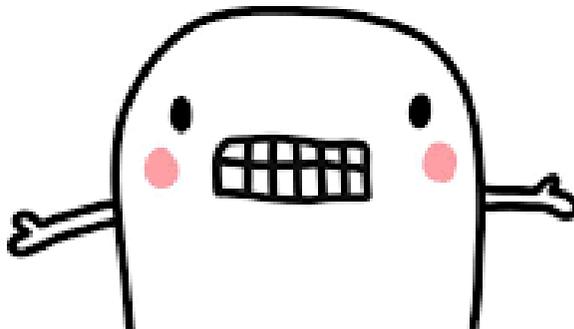
Encourage children who are old enough to consider giving something up for the day while the adults are fasting. This might be candy or sweets or something like fighting with a sibling. Use the idea of a “junk food fast” or a technology fast as a way to help children set goals and challenge themselves. Letting kids self regulate is also a fantastic opportunity for teaching self reliance and honesty. If your child promises to use the day to fast from technology, it’s on them to not sneak in screen time.



Say Sorry

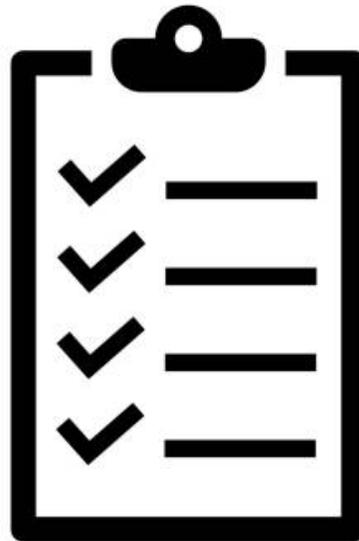
Families can start the day by saying sorry to each other or talking all together about moments or events that they wish they'd handled differently. You can sit and read a story about forgiveness, make a list of people to apologize to, or use puppets and stuffed animals to act out and model saying sorry. In addition to issuing apologies, practice and discuss the much more difficult act of accepting apologies and forgiving others.

sorry!



Make Plans

During the High Holidays we reflect on the past year and work on moving forward and doing better in the year ahead. We do teshuva to fix our actions and behaviors and do better in the coming year. One of the best ways to look forward to the coming year is to make resolutions. Kids may decide that they'll try to make sure to reach out to the child who is picked last for kickball or to sit with someone at lunch. Adults might resolve to not participate in gossip or to call friends more often.



Do Some Good

Part of celebrating the High Holidays is looking forward to improving ourselves and the world in the coming year. Start a family tzedakah practice, do some volunteer work, or make a donation to a favorite charity.

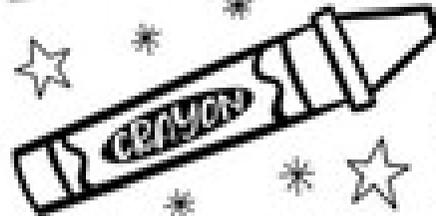






COLOR THE WORLD WITH

KINDNESS



©2011 Landburton

