

### Match the Shape to its Shadow



### Wordsearch

Y Q W U U S Z N E W Y E A R T Z L W  
 M S H O F A R G U P S E C Z S D L E  
 A J M D L L W P H H H Q I W W A M C  
 C T E O P G P P P H Z U W Q E U M L  
 H P F P S K T S N H G S A P E J Q P  
 Z B N A A L J L C V K N O P T N D X  
 O I Z P O M E G R A N A T E P X X P  
 R E C Q H O N E Y R T X V A T L H P  
 Q H M Y H V M L M Y R G S Y O V E X  
 X K O J X V W T Z E D A K A H F J S  
 T E S H U V A H J Z Q T D F U H T Q  
 G X Z F T E F I L L A H A O E W E Z

#### WORDS TO FIND

APPLES  
 HONEY  
 MACHZOR  
 POMEGRANATE  
 SHOFAR

SWEET  
 NEW YEAR  
 TESHUVAH  
 TEFILLAH  
 TZEDAKAH

## FAMILY DISCUSSION

# Four Stages of Teshuva

During the *Yamim Noraim*, we talk about *teshuva*, or repentance. But what is it exactly? *Teshuva* means “return,” and it is our effort to return to Hashem by righting the wrongs that we have committed. *Teshuva* is a process, with different stages: recognizing when we’ve hurt others, righting our wrongs by saying “sorry” or forgiving, and resolving to do better the next time. The *Yamim Noraim* present an opportunity to discuss concepts like forgiveness, empathy, and reevaluating priorities together with our children.

Here are the stages of *teshuva* to discuss with your family:

**1 Regret.** The beginning of *teshuva* is a recognition that

we have done something wrong, and genuinely feeling remorse for our sins.

**Ask your child:** Have you done anything lately that you regret?

**2 Leaving the sin behind.**

After we feel regret, we must stop acting the way that we did, and leave the sin behind.

**Ask your child:** How can we make sure you don’t do that again?

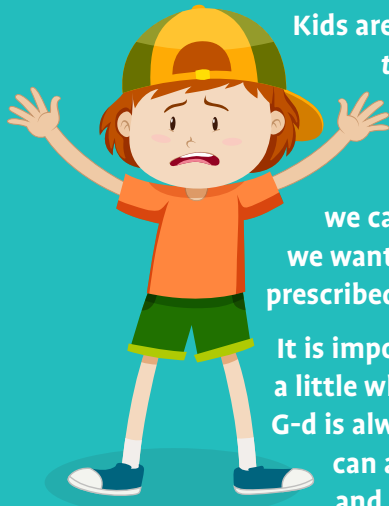
**3 Verbalization.** Next, we verbally express the sin that we have committed through *Vidui*.

**Say with your child:** “I have done such and such; I deeply regret my actions, and I declare before G-d, Who knows my innermost thoughts, that I will try to never do this again.”

**4 Resolution for the future.**

Finally, we gather our determination and resolve to not let the transgression happen again.

**Tell your child:** I’m here to help you. I believe you can do it!



Kids are often surprised that *teshuva* is possible by taking these steps in whatever language you are most comfortable with, and that we can talk to G-d whenever we want to – not just during the prescribed times for *davening*.

It is important to dwell on this for a little while because the idea that G-d is always accessible and that we can always speak to Him, even and especially when we’ve done something wrong, is a foundational principle of our relationship with G-d.

Make sure your children are aware that *teshuva* is an ongoing process that cannot be accomplished overnight. No matter how many times they may stumble in the *teshuva* process, they can and must simply pick themselves up and keep trying to stay on the right path.

G-d loves each of us more deeply than we can express in words. All He wants is for us to try as hard as we can!

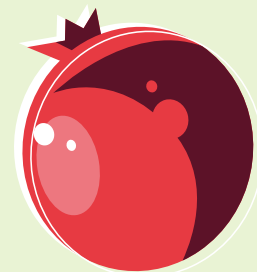




# Yamim Noraim Trivia

WITH DANIELLE KRIEGER

1. What are some different greetings that we use during the Yamim Noraim?
2. How many days is Rosh Hashanah? Do the number of days change depending on where you are in the world?
3. How many names does Rosh Hashanah have? What are they? Why do you think it has so many names?
4. How many shofar blasts do we blow each day of Rosh Hashanah?
5. What special day comes just ten days after Rosh Hashanah?
6. What is the date of Yom Kippur?
7. What do we call the ten days from Rosh Hashanah until Yom Kippur?
8. Which fast day falls between Rosh Hashanah and Yom Kippur?
9. Why do we fast on Yom Kippur?
10. Which minhag do many people do right after Yom Kippur? Why?



## Maze

HELP THE BEE GET TO THE HIVE

