

High Holidays for Children: A machzor and handbook

The following are a few of the 48 pages of the book. This should give you an idea of the professionalism and scope of content in the booklet.

You will notice that some illustrations are still missing and others are not yet colored. These will all be completed before Shabbos.

Page numbers will be added as well. Final graphics adjustments will still be made.

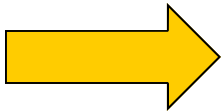
On the bottom of most of these pages to review are comments (beneath the gold line.)

This booklet can be used by children of many ages. The words of most basic information is in a larger size. For the youngest children, this may be enough. Details and other interesting tidbits are a bit smaller and are meant for those who want to know even more about the holiday or prayer.

The front cover will be full color. The back will be mostly blank. This is done intentionally so that you can customize the book by putting a sticker on the back. The inside back cover is also blank.

If you would like to see particular pages, please email me at HebrewSchool@shluchim.org

Devora Krasnianski



About this book

Introduction

Hashem Loves Us.....	1
We All Make Mis-takes	2
How Do We Love Hashem Back?.....	3
Fixing Mis-takes with Teshuva.....	4

Rosh Hashanah

Getting ready for Rosh Hashana	5
Rosh Hashana Greetings	6
Rosh Hashana – How to Celebrate	7
Rosh Hashana at Home	8
Candle Lighting.....	10
Kiddush	11
Rosh Hashana in the Synagogue	12
The Shofar	14
Prayer – 13 Attributes of Mercy	17
Prayer – Avinu Malkeinu.....	18
Prayer – Unetaneh Tokef.....	20
Reading from the Torah	21
Prayer – Priestly Blessings.....	24
Prayer – Kaddish.....	25
Tashlich at the water	26

Yom Kippur

10 Days of Teshuva	28
The Day Before Yom Kippur	29
Adults Don't Eat on Yom Kippur.....	30
Act Like the Angels.....	31
Prayer – Kol Nidrei	32
Saying Shema Out Loud.....	34
Regretting our Mis-takes	34
Yom Kippur in Temple Times.....	36
Prayer – Yizkor	37
Jonah: On the High Seas	37
Last service: Neilah	38

Sukkot

Happy Holiday of Sukkot	39
The Sukkah	40
Arba Minim: The 4 Kinds	42
Simchat Torah	44

Are you ready?	46
----------------------	----

Dear Readers,

The High Holidays - Rosh Hashana, Yom Kippur and Sukkot - are an exciting time. There are so many new experiences. And as with most things in life, you appreciate it even more when you know what is going on. So we present you with this booklet that has answers to many questions about the High Holidays.

For some, this is one of the first times to have been in a synagogue. So we include pictures and explanations of the many Jewish objects found in the synagogue. (see page 12).

On Rosh Hashanah and Yom Kippur, many Jews spend much time in the synagogue praying for a happy and healthy new year. Many of these prayers may be new to some. We have included the more famous ones in this booklet. Instructions about how to say the prayer are also in this booklet.

How to use this booklet

This booklet can be used by children of many ages. The words of most basic information is in a larger size. For the youngest children, this may be enough. Details and other interesting tidbits are a bit smaller and are meant for those who want to know even more about the holiday or prayer.

So read through this booklet, find out a bit more about these exciting holidays, and celebrate the Jewish New Year.

Since this is a Jewish book that contains prayers, we have designed it like a Holy Hebrew book, such as a siddur. This booklet should be read from right to left.

When reading throughout his booklet, you may find words that are new to you. These are explained in the Words to Know boxes. In this booklet, we use the word Hashem when referring to G-d.

From the introduction page. Notice the different colors for the holidays and introduction page.





When the Torah is being read

The Baal Koreh stands at the Bimah when he reads the Torah. The congregants remain quietly in their seats as he reads. During the reading, everyone follows along in the Chumash.

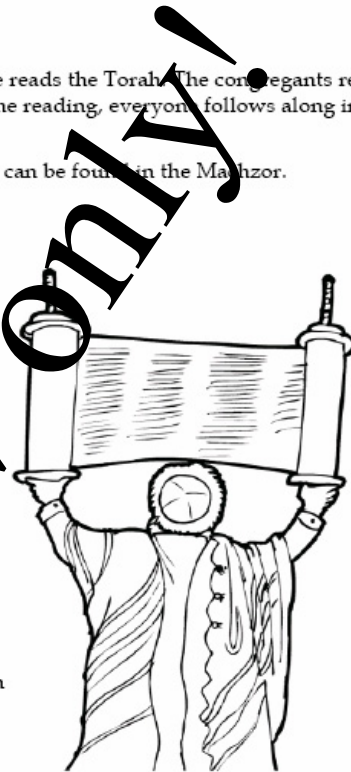
The Rosh Hashanah and Yom Kippur readings can be found in the Mahzor.

WORDS TO KNOW

Chumash. The Chumash has the same words as the Torah, although it also contains vowels.

Lifting the Torah for all to see

Once we finish reading from the Torah scroll, it is opened wide and lifted up high so everyone can see it. At least three columns of words and one seam should be visible. (This requires a lot of strength; the Torah is very heavy.) The Torah is turned a bit towards each side, so that everyone can see the words.



As the Torah is raised, the congregation stands up, looks at the Torah and say:

- | | |
|--|---|
| 1. This is the Torah that was placed by Moshe before the Children of Israel. | זֶה הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה לְפָנֵי בְנֵי יִשְׂרָאֵל. |
| 2. The Torah is a tree of life to those that hold it dear. And those that support the Torah are happy. | עֵץ חַיִּים הִיא לַמְחַזְּקִים בָּהּ, וְתוֹמְכֶיהָ מְאֻשֵּׁר. |
| 3. The Torah's ways are pleasant and peaceful. | דְּרָכֶיהָ דְּרָכֵי נֵעַם, וְכָל נְחִיבוֹתֶיהָ שְׁלוֹם. |

© Hebrew School - Chabad

For review only!

WORDS TO KNOW

Chumash. The Chumash has the same words as the Torah, although it also contains vowels.

Throughout the booklet are several Words to Know. These are words that the students will encounter several times throughout their Hebrew School experience and beyond. Notice the word Chumash is in purple in the text, so that the reader knows that it is a word described in the Words to Know box.



Shemini Atzeret / Simchat Torah

Rejoicing with the Torah. A great way to end the month of holidays!

On Simchat Torah evening and again in the morning, we take all the Torah scrolls out of the Ark, parade with them around the Bimah and dance and sing with them.

On Rosh Hashanah and Yom Kippur, we connect with Hashem through seriousness - we pray and we fast. On Simchat Torah we connect with Hashem and the Torah through joy - we dance and sing with the Torah.



Flags—for a real celebration

Children carry flags or even little Torahs to make this an especially festive celebration. So carry your flag, sing some songs, dance a little, dance a lot. This is a true celebration!

When Hashem gave us the Torah, He wanted to make sure that it would be learned in every generation. The children are the ones that make sure that the Torah is learned and will be passed on to the next generation. So it is especially important that children have lots of excitement on this holiday.

In Israel, this holiday is celebrated as 1 day. Ask your Rabbi about this.

Just One More Day
After a month full of exciting holidays and closeness to G-d and our families, we want just one more day of celebration—we can't let go so easily.

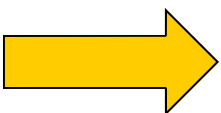
WORDS TO KNOW

Torah. Torah includes all of Hashem's teaching to man. All Jewish beliefs and laws are part of the Torah.
Sefer Torah. The scroll that the Torah was written on.

© Hebrew School - Chabad

Many pages have little anecdotes in the margins.

The different holidays have different color accents (lines and the font color for the most basic information).





On Rosh Hashanah, men and boys make Kiddush at the start of the holiday meal.

WORDS TO KNOW

Kiddush Kiddush is from the word "Kodesh," holiness. The Kiddush is the prayer said at the beginning of a Shabbat or holiday meal – both in the evening and the following day. This prayer is said over a cup of wine and shows us how holy the day is.

Father making Kiddush

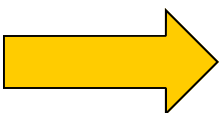
This is the Kiddush for the evening meals. The Kiddush for daytime meals is slightly different. Also, if Rosh Hashanah is on Shabbat, the Kiddush is different. See your machzor for the wording.

On most holidays and Shabbat, the men and boys make Kiddush.

1	Attention the gathered group!	סבְּרֵי מְרַנְּנִי:
2	Blessed are You Hashem, Ruler over all the earth Who creates life from the vine. (Amen)	בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בוֹרֵא פְּרִי הַגֶּפֶן: אָמֵן
3	Blessed are You Hashem, Ruler over all the earth	בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
4	Who has chosen us from among all nations	אֲשֶׁר בָּחַר בְּנוּ מִכָּל עַם
5	Raised us above all nations	וְרוֹמְמָנוּ מִכָּל לְשׁוֹן
6	And made us holy through His commandments.	וְקִדְּשָׁנוּ בְּמִצְוֹתָיו.
7	And You, Hashem – have given us in love	וַתַּחַן לָנוּ יְיָ אֱלֹהֵינוּ בְּאַהֲבָה
8	the Day of Remembrance (Rosh Hashanah)	אֶת יוֹם הַזְכָּרוֹן הַזֶּה
9	This holy day	אֶת יוֹם טוֹב מִקְרָא קֹדֶשׁ הַזֶּה
10	A day for the sounding of the shofar	יוֹם תְּרוּעָה
11	Holy	מִקְרָא קֹדֶשׁ
12	Remembering the exodus from Egypt.	זְכוֹר לִיציאת מצרים
13	For You have chosen us	כִּי בָנוּ בְּחַרְתָּ
14	and made us holy from among all the nations	וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים
15	And Your word, our King, is true and enduring forever.	וְדַבְּרְךָ מַלְכֵנוּ אֱמֶת וְקַיָּם לְעַד.
16	Blessed are You Hashem, Ruler over all the earth Who makes holy the Jewish nation and the Day of Remembrance. (Rosh Hashanah) Amen	בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מִקְדֵּשׁ יִשְׂרָאֵל וְיוֹם הַזְכָּרוֹן: אָמֵן
17	Blessed are You Hashem, Ruler over all the earth for keeping us well to reach this season.	בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהֵחֵינֵנוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזִמְנֵנוּ הַזֶּה:

For review only!

The prayers and Brachot are all in a clear font with nekudos. There are colored lines between each line to make reading easier. Translations are in child-friendly words.





Lightly tap your chest (over your heart) with your fist. Tap your chest for each sentence. This shows that we regret in our hearts the wrong things we have done. The congregation may sing some of the lines together.

In the Machzor (prayer book) there are several more lines; we have chosen one for you to say. If you feel that you are able to say more, read them from the Machzor. As you read these, think about which mis-take and how you can make changes for the future.

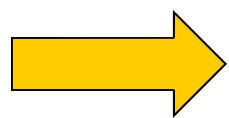
- | | | |
|---|---|---|
| 1 | For the mistake which we have made with a hard heart. | על חטא שחטאנו לפניך בְּאִמּוּץ הַלֵּב: |
| | <i>Do I feel the pain of others? How can I help those who need me?</i> | |
| 2 | For the mistake which we have made that we did not realize was wrong. | על חטא שחטאנו לפניך בְּבְלִי דַעַת: |
| | <i>Do I think carefully before acting? How can I weigh what is right and what is wrong?</i> | |
| 3 | And for the mistake which we have made with the mouth. | ועל חטא שחטאנו לפניך בְּדַבּוּר פֶּה: |
| | <i>Do I speak nicely to others, or am I a bit too harsh? How can I use my words to be more helpful and encouraging to others?</i> | |
| 4 | For the mistake which we have made by disrespecting parents and teachers. | על חטא שחטאנו לפניך בְּזִלְזוּל הוֹרִים וּמוֹרִים: |
| | <i>Do I respect and honor my parents and teachers enough? How can I show my appreciation for all that they do for me?</i> | |
| 5 | For the mistake which we have made by speaking badly. | ועל חטא שחטאנו לפניך בְּלַשׁוֹן הָרַע: |
| | <i>Do I enjoy making fun of others? What do I do when I hear gossip?</i> | |
| 6 | For the mistake which we have made by not keeping a promise. | על חטא שחטאנו לפניך בְּשִׁבּוּעַת שָׁוְא. |
| | <i>Do I make commitments or promises that I cannot keep? What can I do to prevent making promises that I cannot fulfill?</i> | |
| 7 | For all these, Hashem, the G-d of forgiveness, Pardons us, Forgive us. Clean us of our sins. | ועל כָּל אֵלֹהֵי סְלִיחוֹת. סַלַּח לָנוּ. מְחַל לָנוּ. כִּפֵּר לָנוּ. |

FOR REVIEW ONLY!



8

- What will you do to make the world a better place?
- What can you do together with your friends to make the world a better place?
- What can you do with your family to make the world a better place?



8

- What will you do to make the world a better place?
- What can you do together with your friends to make the world a better place?
- What can you do with your family to make the world a better place?

Scattered throughout the book are several thought provoking questions that encourage conversation between the students and their parents. You can offer incentives to the children for writing down answers to these questions. Each question is numbered for easy reference.



What does a Sukkah look like?

When you walk into the sukkah you will see that it has four* walls and a leafy roof. Look up —you should be able to see the sky.

Just being in the Sukkah is a mitzvah!

Whatever you do there is a mitzvah!

Eat – you're doing a mitzvah.

Talk – you're doing a mitzvah.

Just sit there – you're doing a mitzvah.

Inside, you might see chairs, a table, and maybe even some food. Some Sukkahs even have decorations to make the Sukkah look extra beautiful.

*It can have three walls, but it is best if it has four walls.

Sukkot is in the autumn

Sukkot falls out in the rainy and chilly autumn. This shows us that we don't move into our Sukkah for pleasure. We do so because Hashem commanded us to in the Torah. If Sukkot was in the winter, it would be impossible to "dwell" in Sukkahs because of the cold. Had it fallen out in the summer or spring, it would appear as if we are "camping out" for fun.

Sharing the happiness of Sukkot

We want to share the happiness of Sukkot with others, so we invite them to our Sukkah. If you don't have a Sukkah – visit the one at your synagogue.

Ushpizin means guests. On Sukkot our ancestors join every Jew in their Sukkah to be our Ushpizin, our guests.



When you eat in the Sukkah, say this blessing. If is the first night of Sukkot (or the first time you eat in the Sukkah this year) say the second blessing too.

1 Blessed are You Hashem, Ruler over all the earth **בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם**

Who made us holy with His mitzvot and commanded us **אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ**

to SIT IN THE SUKKAH.

לֵישֵׁב בְּסֻכָּה:

2 Blessed are You Hashem, Ruler over all the earth **בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם**

for keeping us well to reach this occasion.

שֶׁחַיֵּינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזִמְנָן הַזֶּה:

The most simplest information is in the larger green (to match the holiday colors) font.





Reading from the Torah

On Rosh Hashanah, we read sections of the Torah that have something to do with the holiday.

We honor the Torah the way we would honor a respected person. We dress it nicely, we put a crown on its head and we decorate it with special jewelry. We also stand when it is being carried and we kiss it when it comes by.

Torah sections

On Shabbat and Holidays (and on other days), the Torah is read. Each time, there is a new section to read.

The Torah is read in a special tune.

While it's hard to remember a lot of words, we can all memorize a nice song. That's why the Torah has a tune: so that it will be easy for us to remember what it says and

Keter. The crown that sits atop the Torah.

Mantel. A covering for the Torah. It is made of an expensive material and covered with fine embroidery of symbols, such as a crown, the Ten Commandments, etc.

Breastplate. Many Torahs are decorated with a silver breastplate. Many have inscriptions or other decorations.

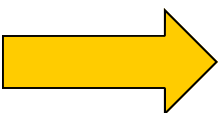
Yad. The Yad is the pointer used while reading the Torah.



Who's Who?

The Baal Koreh

The Torah is read by the Baal Koreh. Although any congregant can do this, it requires skill and advance preparation. There is a special sing-song that one must learn.



And we can all fix our mistakes by doing Teshuva

But we can fix these mis-takes. We can truly be sorry for what we have done and think that we will try very hard to be better. This is called **Teshuva**.

Hashem is very forgiving. He gives us the opportunity to fix each mistake, and *return* to the right path of G-dliness. This returning is called **Teshuva**.

Of course, we can do Teshuva any time during the year. But in this time of the year, there is a feeling of Teshuva in the air - Hashem gives us the strength and makes it easier for us to come back to the right way of a meaningful life.

Words to Know

Teshuva like many Hebrew words, there is no exact English translation. Teshuva is commonly translated as repentance, but the word really means 'to return' - returning to Hashem and a G-dly way of life. It includes regretting the past and making firm commitments not to repeat the mistake.

Teshuva is about making better choices in the future.

A great sage, Maimonides, listed the steps of Teshuva:

Regret that you made the mistake.

Think or say aloud: "That comment that I said to my mother was not respectful."

Apologize and ask for forgiveness.

Since this mistake hurt your mother, Hashem will not forgive you until she does, so you must ask for her forgiveness. Of course, she'll forgive you - she loves you. If the mistake was against Hashem, you must only ask for forgiveness from Him.)

Decide that you will not make that mistake again.

Think or say aloud: "I will be very careful with what I say to my mother - and to others."

Do you really mean it? If you don't make the same mistake ever again then you'll know that you really meant it. The next time your mother, or anyone, does something that you don't like, make sure not to say anything disrespectful.

Scale. @ side
good & not so
good tipping to
the 'good' side

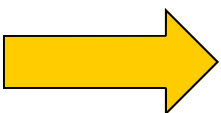
The whole world is balanced between good and 'not so good'. Every good deed that is done can be the one to tip the world to good, making it a better place for everyone.

Maimonides, a famous Jewish rabbi and philosopher, wrote: **One act can change a life, or even the whole world. Every thing we do starts a ripple effect that can effect the whole universe.**

Your random act of kindness can inspire someone else to do a random act of kindness which can inspire another, then another, all through the world. Your good deed, my good deed and the good deeds of others bring more goodness and light into the world.

© Hebrew School - Chabad

Many of the pages have graphics to make it even easier for the children to understand.





On Yom Kippur, adults fast—they don't eat or drink.

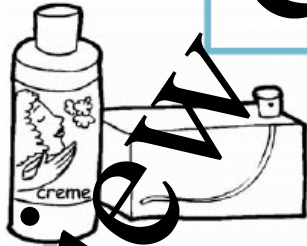
We don't use creams or perfumes either. And we don't wear leather shoes.

Limiting our Physical pleasure

By limiting the amount of physical pleasure, we show Hashem that we are really serious about wanting His forgiveness.

We don't wear leather, or use creams or perfumes because these are all luxuries and we don't want to focus on comforts on this important day.

Empty plate & glass, with words
"No eating or drinking today"



During the fast, we do not have to think about food or get it ready and we can instead focus on our prayers. Keeping away from the physical things—like food—shows that we can control ourselves when we really want to.

Children shouldn't fast!

The Torah says that nothing is more important than life. Therefore, young children are asked not to fast. But children can skip a snack for practice.

Those who are very ill should not fast either.

