

# Apples & Honeys



## A Musical Family Program for Rosh Hashanah

Brought to you by  
The Bender-Dosik Parenting Center  
Early Childhood Music Specialist, Lisa Baydush  
The Bender Jewish Community Center of Greater Washington

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*A Place for Families*

# SHALOM!

Hello ~ שלום



## **Boker Tov**

by Lisa Baydush

Boker tov, good morning, my friends!  
I'm so glad to see you— and you and you and...  
Boker tov, good morning, my friends!  
I'm so glad to see you!

Clap your hands (clap 2x) if you're ready to sing,  
Wave your hands way up high,  
Now wiggle your fingers and tickle your toes,  
And open your mouth real wide,  
and sing with me now...

Tap your knees (tap 2x) if you're ready to sing,  
Now stretch from side to side,  
Take a deep breath in and blow it out,  
And open your mouth real wide,  
and sing with me now...

## **Tov Tov Tov**

by Lisa Baydush

Tov, tov, tov – how good it is!  
Tov, tov, tov – how good it is!  
Tov, tov, tov, to be together! Yachad! (repeat)

How good it is to see you! (Hinei mah tov!)  
Your smiles brighten my day! (Hinei mah tov!)  
I'm so glad that you're here  
So we can all sing— la-la-la-la-la— together!  
Hinei, hinei, hinei mah...

# SHANAH TOVAH!

Happy New Year!

שָׁנָה טוֹבָה

## Shanah Tovah

to the tune of Hal'li'luyah

Sha-na-na-nah, sha-na-na-na-nah,  
Sha-na-na-nah, shanah tovah!  
Sha-na-na-nah, sha-na-na-na-nah  
Sha-na-na-nah, sha-na-na-nah, shanah tovah!

Wave to a friend and share a big smile...  
Clap your hands and welcome in the new year...  
Give a hug to someone very special...

## Little Honey-Bee

adapted by Lisa Baydush  
to the tune of I'm a Little Piece of Tin

I'm a little honey-bee,  
I hope that you're not scared of me!  
I make honey that tastes so sweet  
So you can have a Rosh Hashanah treat!

Bzzz Bzzz! Bzzz Bzzz!  
Bzzz Bzzz! Bzzz Bzzz!

Hello, little honey-bee!  
Thanks for making our honey!  
It tastes so sweet, it tastes so fine,  
We could eat it all the time!

Honey is so good to eat,  
It's a very yummy treat!  
Dip your apples and challah too  
To make the new year sweet for you!



## Apples and Honey

by Lisa Baydush

Apples and honey (3x)  
For a sweet new year! (repeat)

Dip an apple in some honey;  
Take a bite, it's oh so yummy!  
Dip an apple in some honey;  
For a very, very sweet new year!

The bees make honey that tastes so sweet  
The trees grow apples for us to eat  
Together they make a tasty treat  
For a very, very sweet new year!



## Birthday of the World

by Lisa Baydush

It's the birthday, it's the birthday,  
It's the birthday of the world today! (repeat)

We think about when the world was made  
and all the things we're gonna do today  
to make tomorrow a brighter day  
as we celebrate the birthday of the world!

## Clap Your Hands for the Birthday of the World

to the tune of If You're Happy and You Know It

Clap your hands for the birthday of the world  
Clap your hands for the birthday of the world  
Clap your hands and shout hooray  
For this special holiday  
Clap your hands for the birthday of the world



# B'RESHIT

## In the Beginning!

### בְּרֵאשִׁית

#### Six Days to Make This Beautiful World

adapted by Lisa Baydush  
to the tune of Down on Grandpa's Farm



It took six day, six days  
to make this beautiful world! (repeat)

On the 1<sup>st</sup> day, God made dark and light (2x)  
And then God said that it was good (IT WAS GOOD!) (2x)

On the 2<sup>nd</sup> day, God made the land and sky and sea...  
On the 3<sup>rd</sup> day, God made the flowers and trees...  
On the 4<sup>th</sup> day, God made the sun and moon and stars...  
On the 5<sup>th</sup> day, God made the fish and birds...  
On the 6<sup>th</sup> day, God made the animals and people...

On the 7<sup>th</sup> day, God took a rest (2x)  
And that is why we have Shabbat (2x)

#### We've Got the Whole World in Our Hands

We've got the whole world in our hands! (4x)

When we plant a tree, we help the world...  
When we pick up trash, we help the world...  
When we reuse and recycle, we help the world...

When we share our toys, we help the world...  
When we turn off lights, we help the world...  
When we give tzedakah, we help the world...



# T'FILAH

## Prayer ~ תְּפִלָּה

### Now Let's Take a Breath

by Lisa Baydush

Now let's take a breath (*inhale*)  
And now let's let it out (*exhale*)  
Let's quiet down our bodies  
And get ready to pray... (repeat)

### Prayer is Reaching to God

adapted by Chuck Mitchell to the tune of Frere Jacques

Prayer is reaching, prayer is reaching,  
Up to God, up to God (*out/in*)  
Saying what we're thinking,  
Saying what we're feeling,  
Reaching up, up to God.



### Sh'ma

music by Solomon Sulzer

Sh'ma Yisrael Adonai Eloheinu Adonai Echad  
Baruch sheim k'vod malchuto l'olam va'ed

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ. יְיָ אֶחָד:  
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

### God is Everywhere

by Ellen Allard

God is everywhere and God is one, God is one!  
God is everywhere and God is one, God is one!  
God is everywhere and God is one,  
In the moon and the stars and the shining sun  
God is everywhere and God is one, God is one!

In my heart/hands/arms/lips, God is one...  
In the trees/sky/grass/water, God is one...

# B'RACHOT

## Blessings

## בְּרָכוֹת



*Blessing for the fruit of the vine:*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְרֵי הַגֶּפֶן:  
Baruch Atah Adonai Eloheinu Melech ha'olam  
borei p'ri hagafan



*Blessing for the fruit of the tree:*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְרֵי הָעֵץ:  
Baruch Atah Adonai Eloheinu Melech ha'olam  
borei p'ri ha'etz



*Blessing for bread from the earth:*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ:  
Baruch Atah Adonai Eloheinu Melech ha'olam  
ha'motzi lechem min ha'aretz



*We thank God for for bringing us to this day:*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
שֶׁהִחַיֵּנוּ וְקִיַּמְנוּ וְהִגִּיעַנוּ לְזִמַּן הַזֶּה:  
Baruch Atah Adonai, Eloheinu Melech ha-olam  
Shehecheyanu, v'kiyamanu, v'higianu lazman hazeh

### I am Thankful

adapted by Lisa Baydush  
to the tune of There's a Little Wheel a-Turning in my Heart

I am thankful for my loving family  
I am thankful for my loving family  
Todah rabah, todah rabah  
I am thankful for my loving family





*Blessing for the shofar:*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְשִׁמְעַע קוֹל שׁוֹפָר

Baruch Atah Adonai Eloheinu Melech ha'olam  
asher kid'shanu b'mitz'votav v'tzivanu lish'moa kol shofar

## Shofar Blast

by Ellen Allard

I like to hear the shofar blast,  
Sometimes slow and sometimes fast!  
I like to hear the shofar blast;  
Happy, happy, happy New Year!

Tekiah!  
Shevarim!  
Teruah!  
Tekiah Gedolah!



## Shanah Tovah (Sabbath Wishes)

by Ellen Allard, adapted

Shanah tovah, shanah tovah,  
Shanah shanah tovah (repeat)

I wish for you a happy year,  
I wish for you a healthy year,  
A happy year, a healthy year,  
Shanah shanah tovah!

*Shanah Tovah!*

