

Yom Kippur

Concepts: I'm sorry, forgiveness, friendship, Book of Life

Vocabulary: G'mar Chatimah Tovah = may you be sealed for a good year
T'shuvah = literally means to turn, commonly used as repentance on Yom Kippur

Symbols/Customs: Tashlich = throwing bread crumbs, which represent things we are sorry for, into a body of water. (Tashlich is usually done on Rosh Hashanah, but may be performed until the last day of Sukkot.)

Props: blue towel/blue plastic table cloth (river), crumpled brown construction paper (bread crumbs), felt board and tikkun olam pictures

Tips for Teaching This Unit:

1. Reflect back to Rosh Hashanah and the new year. Explain the idea of T'shuvah, turning, as making positive changes in the new year. We tap our hearts to wake them up with **Tap Your Heart**.

Tap Your Heart (Ashamnu)

by Eliana Light ([audio](#))

Tap, tap, tap your heart (3x)
On Yom Kippur, it's time to restart!

On Yom Kippur (echo) we try to do good (echo)
We tap our hearts (echo) to remind us we should (echo)

On Yom Kippur (echo) we make a plan (echo)
To make this new year (echo) the best we can (echo)

2. Explain that there's something very important that we must do before we can fully embrace the new year, and that is to say "I'm sorry" to people whom we may have hurt, even accidentally, with our words or actions. Recite **Yom Kippur Finger Play** twice so that children can do it with you the second time. All ages seem fascinated by this, especially the talking hands. I use it with 2's-Kdg!

Yom Kippur Finger-Play

adapted by Nell Hirsch

Here's a child and here's a child,
They've argued with each other;
At Yom Kippur they say, "I'm sorry, I'm sorry,"
And make up with one another.

hands up in air
fists up and down; angry faces
talking hands
clasp hands

3. Then ask them to look into each other's eyes and teach the chorus of **I'm Really Really Sorry** ([audio](#)). Make eye contact with them as you sing. Age appropriate for preschool – second grade.

I'm Really, Really Sorry

by Lisa Baydush

Chorus:

I'm sorry, I'm sorry; I'm really, really sorry!
I didn't mean to do that,
and I won't do that again! (repeat)
No, I won't do that again!

If we make a mistake or say something hurtful
We say I'm sorry and we give a hug;
We give a hug and share a smile,
We show our friends kindness and love! (chorus)

4. Now it's time to physically get up and 'do' t'shuvah... turn around while singing **Turn Turn Around**.

Turn Turn Around

by Ellen Allard

Chorus:

T'shuvah, turn turn around
T'shuvah, turn turn around
Turn around, turn around, turn around
T'shuvah, turn turn around

I am very sorry, sorry for what I've done
I promise to do my best now that the new years' begun. (chorus)

Sometimes I can be grouchy and not very much fun
I promise to do my best now that the new years' begun. (chorus)

I'll think about what I can do to be kind to everyone
I promise to do my best now that the new years' begun. (chorus)

5. Explain the custom of Tashlich and that we're going to walk to a pretend river right here in this classroom and throw our 'sorries' into it. I describe it as throwing our 'sorries' away. I hold up one crumpled piece of brown construction paper and reflect that sometimes I get impatient and forget to use my nice voice, and that I'm really sorry about that. I tell them they don't have to tell me what they are sorry for, but they should think about it while I put the 'crumbs' into their hands. I make a point to give them to the teachers too, because we ALL have things we're sorry for, even grown-ups.

In past years, I have sung an English verse to the tune of **Avinu Malkeinu** while we walked to the river; this year, we sang the chorus of **Throwin' My Sorrys Away**, and then took deep cleansing breaths in, stretching up high. We're feeling so good after throwing away all those bad feelings; NOW we can start the year off right! We dance back to our seats while I sing the last verse of **Throwin' My Sorrys Away**, or the chorus to **Shananananah Tovah**.

Avinu Malkeinu

adapted by Lisa Ashery and Sarah Dekelbaum

Oh God, please hear my prayer!
I want You to know that I care!
I'm thinking about all the things I can do
to make this a really good year!

I'll try, I'll try to be, the best that I can be,
I'll try, I'll try with all of my might,
To do what I know is right.



Throwin' My Sorrays Away

by Lisa Baydush ([audio](#))

Chorus:

I'm throwin' my sorrays away today
I'm throwin' my sorrays away away
I'm throwin' my sorrays away today
I'm throwin' my sorrays away

And I'm gonna make changes
in the things I say, in how I act every day;
I'm gonna try a little more to do the best I can;
That's my New Year's plan! (chorus)

And tomorrow's gonna be a brighter day
I'm feeling the sunshine right away
Let's make a plan to do what we can to start the New Year right! (2x)

- Now that we've thrown away our 'sorrays,' it's time to think about all the good things we can do to make this new year a really great one! I explain that we imagine that God has a book called the Book of Life, and that God writes our names in it, as well as all the good things we do during the year. We open our imaginary books and sing **G'mar Chatimah Tovah...** "open the book and write my name..." I ask the children for their ideas to zip into the song, such as sharing, taking turns, being good listeners and good friends, etc. I always conclude with "I promise to try to do my best!" Age appropriate for 3's – Kdg. An alternative and fabulous song for this is **Give a Hug**. I put a laminated pictures of a pencil on the felt board, and added tikkun olam pictures of children giving hugs, sharing toys, helping friends, picking up trash and smiling.

G'mar Chatimah Tovah

by Julie Auerbach (final verse by Susan Sacks)

Open the book and write my name (3x)
G'mar cha-ti-mah to-vah.

I promise to try to do my best (3x)
G'mar cha-ti-mah to-vah.

Give a Hug

by Bari Koral ([video](#))

Give a hug, give give a hug (3x)
Start the new year right!

Zip in: Show some love, blow a kiss, share a toy...



7. This is a great time to sing a friendship song. Our favorite is **Friends 1-2-3**.

Friends 1-2-3

Friends, friends, 1-2-3
All my friends are here with me. (repeat)

You're my friend! (8x) (repeat first verse)

8. Wow, they have so many wonderful ideas about how to make this new year a wonderful year! I know that together we can build a better world! Demonstrate building hands for **Building a Better World**, and teach signs for love, peace and friends. With 4's and older, sing this wonderful song about kindness, **One Little Act of Kindness**. If the children need to get up and move, sing **Painting a Beautiful World** with paint brush props or scarves.

Building A Better World

by Ellen Allard

We're building a better world (3x) one person at a time.

And the world goes round and round,
the world goes round and round and round (repeat)

We're building a world with love/peace/friends/smiles...

One Little Act of Kindness

by Susan Sallidor, ([audio](#))

One little act of kindness goes a long, long way
Two little acts of kindness can brighten anyone's day
Three little acts of kindness can make a beautiful sound
And many acts of kindness help the world go around

One little loving word...
One little hug and kiss...

Painting a Beautiful World

by Lisa Baydush ([audio](#)) ([prop](#))

I'm gonna paint a beautiful world, do you wanna paint with me?
I'm gonna paint a beautiful world, c'mon and paint it with me!

Blue paint, blue paint, gonna paint a blue, blue sky (repeat)

White paint... lots of fluffy clouds...
Yellow paint... a shining sun...
Green paint... the green, green grass...
Orange paint... an orange orange...
Red paint... an apple on a tree...
Purple paint... pretty purple flowers...
Keshet (2x)... a rainbow in the sky...

We just painted a beautiful world for everybody to see;
We just painted a beautiful world, thanks for painting with me!