

I am Sorry Day



A Musical Family Program for Yom Kippur

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

Shalom Yeladim

by Ellen Allard, adapted



Shalom chaverim, shalom chaverim,
Shalom, shalom, shalom! (repeat)

Shalom to the boys and girls!
Shalom to the moms and dads!
Shalom to the grandmas and grandpas!
Shalom shalom, my friends!

Stretch your arms way up high,
Wave shalom to the sky;
Shake your shoulders, bounce your knees,
Take a deep breath and sing with me!

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! Ya-chad!

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...

On Rosh Hashanah and Yom Kippur, we say
“Shanah Tovah” to wish each other a HAPPY new year!

Shanah Tovah

by Lisa Baydush

Shanah tovah, shanah tovah, shanah tovah to you!
Shanah tovah, shanah tovah, shanah tovah to you!

The new year's here, let's clap our hands,
Let's clap our hands together;
The new year's here, let's clap our hands,
And say: Shanah Tovah!



Yom Kippur is a quiet day; we come to services to think and pray.
On Yom Kippur, we think about the things we have done,
and we think about how we can do better.

Tap Your Heart (Ashamnu)

by Eliana Light

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, we say, "I'm sorry" to people
we may have hurt with our words or actions.

Yom Kippur Finger-Play

from Clap and Count, adapted by Nell Hirsch

Here's a child and here's a child (hands up in air)
They've argued with each other (fists up and down)
At Yom Kippur they say, 'I'm sorry' (talking hands)
And make up with one another (clasp hands)

I'm Really Really Sorry

by Lisa Baydush

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 do what we can to make amends;
We make amends by saying I'm sorry,
We say I'm sorry and we hug our friends! (chorus)



We begin by throwing away all of those things that we are sorry for,
and we ask God to help us make a fresh start in this new year.

Throwin' My Sorrays Away

by Lisa Baydush

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!

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!



Avinu Malkeinu

A-vi-nu mal-kei-nu, cha-ne-nu v'a-ne-nu (2x)

Ki eyn ba-nu ma-sim

A-seh i-ma-nu, tz'da-kah va-che-sed (2x)

V'ho-shi-ei-nu

I'm sorry for what I did wrong,
I'm sorry for what I did wrong;
I'll try to be caring, more loving and sharing,
Forgive me for what I did wrong.

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.

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!

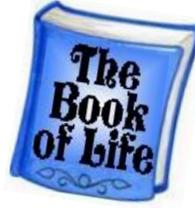
אָבִינוּ מֶלְכֵנוּ חַיֵּנוּ וְעֵינֵנוּ
כִּי אֵין בָּנוּ מַעֲשִׂים
עֲשֵׂה עִמָּנוּ צְדָקָה וְחַסֵּד
וְהוֹשִׁיעֵנוּ

On Yom Kippur, we think about the things that WE can do
to make this new year a really GREAT year!

G'mar Chatimah Tovah

by Julie Auerbach

Open the book and write my name,
Open the book and write my name,
Open the book and write my name,
G'mar cha-ti-mah tovah!



We promise to be good friends this year...
We promise to share our toys this year...
We promise to try to do our best...

Together, we are building a better world!

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



When we come to services, we say prayers to God.
Prayers are our way to reaching out to God, to tell God
what we are thinking and what we are feeling.

Prayer is Reaching to God

to the tune of Frere Jacques

Prayer is reaching,
Prayer is reaching,
Up to God, up to God;
Saying what we're thinking,
Saying what we're feeling,
Reaching up, up to God.



God is Everywhere

by Ellen Allard

God is everywhere and God is one, God is one (3x)
in the moon and the stars and the shining sun;
God is everywhere and God is one, God is one!

In my hands, God is one!
In my heart, God is one!
In my head, God is one!
In my hugs, God is one!

—Story—

As we come to the end of our service,
we say thank you for the many blessings in our lives.
In Hebrew, we say: 'TODAH!'

For families who love us... TODAH!
For friends who inspire us... TODAH!
For teachers who teach us... TODAH!
For homes that shelter us... TODAH!
For food that nourishes us... TODAH!
For the beautiful world that surrounds us... TODAH!

We offer a blessing for peace
on this day of contemplation and renewal!



Please

by Emily Aronoff Teck

Please give peace (echo)
Please give goodness (echo)
Please give blessing (echo)
Please give grace (echo)
Please give kindness (echo)
Please give mercy (echo)
To all people (echo)
Please and thanks (echo)

May you be sealed for a good year,
a sweet year, a healthy year!
G'mar Chatimah Tovah!
גִּמְרַר חַתִּימָה טוֹבָה



Shalom Chaverim

by Lisa Baydush

Shalom chaverim, shalom! (4x)

G'mar chatimah, may you be sealed
For a sweet and healthy year;
Shanah tovah, chaverim sheli!
I'm so happy you were here...