

# HIGH HOLY DAYS

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CHILDREN'S COMPANION

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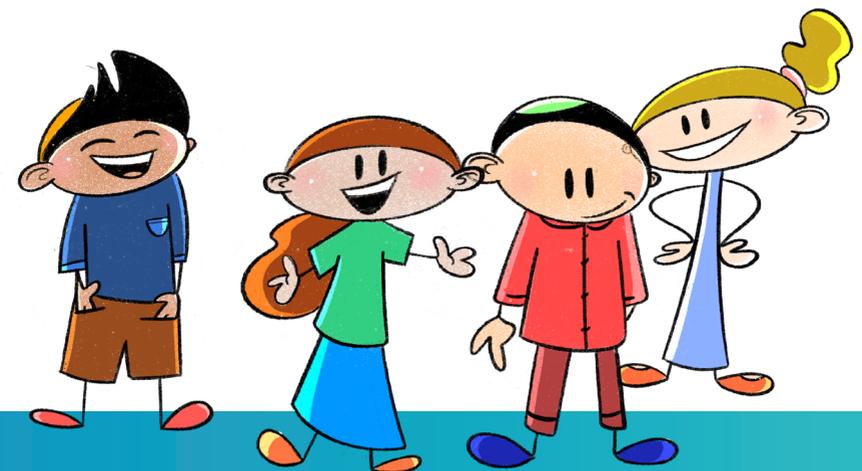
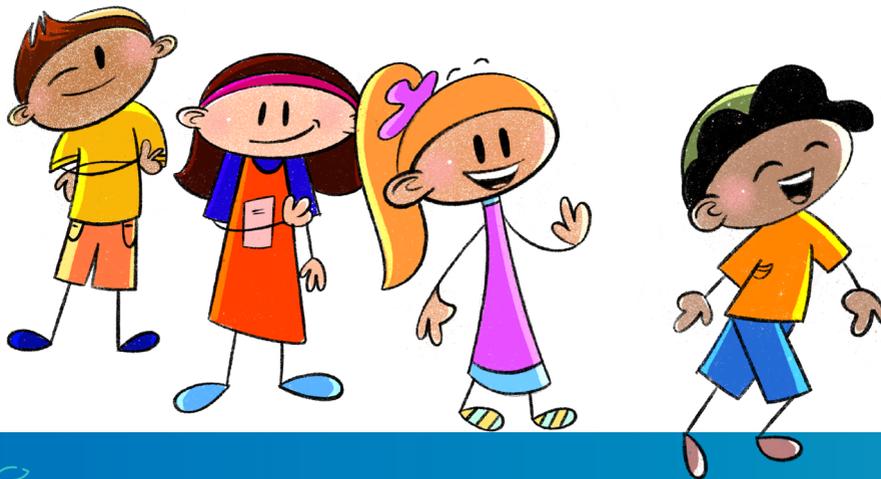
Hey guys, thank you for joining us to celebrate the New Year!

We're your special team of friendly staff - here to introduce you to the prayers, songs, stories, games, activities and explanations in this fun booklet! Phew! That's a lot of stuff! We hope there will be something for everyone. Most important of all - make sure you get mummy or daddy to sing along as loudly as possible!

Before we begin, we'd just like to say a big big BIG 'thank you' to some of our grown-up friends. It is thanks to two amazingly talented artists - Emily Theodore and Dan Matalon - that we're looking our High Holiday best! We also want to thank Rabbi Avrohom Zeidman for having the best imagination and bringing us to life with so many amazing explanations, songs and activities. Last but not least, we'd like to thank Rabbi Eli Birnbaum for coordinating the whole project, and for throwing in some magic ideas of his own!

Wishing you and all your family a happy, healthy and sweet new year!

The Kids Companion Team x



To the tune of "You are my Sunshine"

מוֹדֵה אֲנִי לְפָנֶיךָ  
מֶלֶךְ חַי וְקַיִם  
שֶׁהַחַיָּתָהּ בִּי נִשְׁמָתִי  
בְּחֶמְלָה, רַבָּה אֶמוּנָתְךָ:

Translation:

**I give thanks to You Hashem my King for returning my soul to my body because You believe in me!**

Transliteration:

Modeh ani lefanecha,  
melech chai v'kayam,  
sheh hechezarta  
bi nishmati b'chemla,  
rabbah emunatecha.



## THE GRATITUDE GAME

Let's sing together!

**" When I wake up in the morning,  
and I open up my eyes,  
I say thank you Hashem  
for giving me \_\_\_\_\_."**

Fill in the blank by singing out loud something you are grateful for having. It could be *ANYTHING* - your family, your friends, food, clothes, your favourite toy etc.



### DID YOU KNOW?

The word 'Jew' actually comes from the word 'Yehudi'. This word means 'thank you' or 'acknowledgement'.

TO BE A JEW IS TO LIVE A LIFE OF GRATITUDE.

# MORNING THANK YOU!

## The Morning Blessings:

בְּרוּךְ אַתָּה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם. אֲשֶׁר נָתַן לִשְׂכּוֹי בִּינָה  
לְהִבְחִין בֵּין יוֹם וּבֵין לַיְלָה:

Thank you for my alarm clock!  
And for making me clever  
enough to understand the  
difference between right and  
wrong.

בְּרוּךְ אַתָּה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם פּוֹקֵחַ עוֹרִים:

Thank you  
for giving me  
my senses!



בְּרוּךְ אַתָּה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם מַלְבִּישׁ עֲרֻמִּים:

Thank you  
for giving  
me clothes!



בְּרוּךְ אַתָּה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם מְתִיר אֲסוּרִים:

Thank you for  
giving me the  
ability to move  
around.

בְּרוּךְ אַתָּה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם:

Thank you for giving us land to  
stand on.

בְּרוּךְ אַתָּה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם הַמְכִין מַצְעָדֵי גֵבֶר:

Thank you for giving me and  
those who look after me the  
ability to walk!

בְּרוּךְ אַתָּה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם שְׁעֵשָׂה לִי כָּל צְרֻכָי:

Thank you  
for giving me  
everything I need!



בְּרוּךְ אַתָּה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה:

Thank you for  
making sure the  
Jewish people  
survived all this  
time.



בְּרוּךְ אַתָּה אֱלֹהֵינוּ  
מֶלֶךְ הָעוֹלָם עוֹטֵר יִשְׂרָאֵל  
בְּתַפָּאָרָה:

Thank you for  
making me proud  
to be Jewish!



## DID YOU KNOW?

This list isn't it! In many prayer books, there are almost TWENTY different expressions of thanks that we say at the start of every day. Don't laugh kids, but Judaism is one of the only religions that has a special blessing to make after using the toilet. Every little thing that sometimes we take for granted is noticed and appreciated.

Transliteration:

(say for all of them) **Baruch ata  
Adonai, Eloheinu melech ha'olam...**

...Asher natan la'sechvi veena,  
l'havchin beyn yom u'veyn laylah.

...Pokayach ivrim.

...Malbish arumim.

...Mattir asurim.

...Roka ha'aretz al hamayim.

...Ha'meichin mitzadei gaver.

...She'asah li kol tzarki.

...Ozer yisrael bi'gevurah

...Oter yisrael b'tifarah.

# QUIZ TIME!



Sometimes it can be difficult to understand what the prayers mean. After all, they were written a LONG time ago! By thinking about them using similar questions we are familiar with, we are able to understand them better.

Can mummy/daddy guess your answers to these questions? Can you guess theirs?

The winner gets a piece of honey cake!

1. Give an example of something that is nice to do, and something that is not so nice.
2. What are your senses and what do they do?
3. What is your favourite thing to wear?
4. Where is your favourite place to go?
5. What do you like most about the place you live?
6. Who would you most like to help, and how?
7. What is the one thing you have that you treasure more than anything?



8. What is your favourite thing about the community you live in?

9. What do you like about being Jewish?



# THE JEWISH NATIONAL ANTHEM

We cover our eyes with our hand when we say the Shema so that we won't get distracted by anything. It also reminds us to 'listen' carefully to what the Torah, our parents and our teachers teach us. In fact, 'listen' is what the word 'Shema' means!

(cover eyes with right hand)

שִׁמַע יִשְׂרָאֵל  
אֲדֹנָי אֱלֹהֵינוּ אֲדֹנָי אֶחָד:

(whisper very quietly!)

בָּרוּךְ שֵׁם כְּבוֹד מְלִכּוּתוֹ לְעוֹלָם וָעֶד:

וְאָהַבְתָּ אֶת אֲדֹנָי אֱלֹהֶיךָ בְּכָל־לֵבְךָ וּבְכָל־נַפְשְׁךָ וּבְכָל־  
מְאֹדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אָנֹכִי מְצַוְךָ הַיּוֹם עַל־  
לִבְּךָ: וְשָׁנַנְתָּם לְבִנְיָהּ וְדִבַּרְתָּ בָּם בְּשַׁבְּתְךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ  
בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וְקָשַׁרְתָּם לְאוֹת עַל־יָדְךָ וְהָיוּ  
לְטֹטְפֹת בֵּין עֵינֶיךָ: וְכָתַבְתָּם עַל־מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

(cover eyes with right hand)

**Listen up Jewish children,  
Hashem is our God, Hashem is One.**

(whisper very quietly!)

**May his honour be blessed for ever and ever.**

You (and me!) should love Hashem with all your heart, with all your soul and with all your things. Let the words of the Torah that Hashem gives us every day be on your hearts. Teach your children and speak about the Torah with them. When they are at home, when they are travelling, when they go to sleep and when they get up. You shall wear tefillin around your arm as a sign, and as a sign between your eyes. You shall write these words down and put them in a mezuzah on your doorposts and gates.



## DID YOU KNOW?

The Shema is considered the most important prayer in the whole siddur. At its heart, it is a declaration that God is One, and the entire universe owes its existence to Him. We all live in a world created by one God, we are all important and all have a unique mission to accomplish. Judaism's declaration of faith is at the same time a declaration of self-importance and self-worth.

Transliteration:

(cover eyes with right hand)

Shema Yisrael Adonai  
Eloheinu Adonai Echad

(whisper very quietly!)

Baruch Shem Kevod Malchuso Le'olam Va'ed

V'ahavta et Adonai Elohecha, bechol l'vavecha, uvechol nafshecha, uvechol me'odecha. V'hayu hadevarim ha'eileh, asher anochi metzavecha hayom al l'vavecha. V'shenantam l'vanecha v'dibarta bam. B'shivtecha b'veytecha, u'velechtech va'derech, u'veshachbecha, u'vekumecha. U'keshartam le'ot al yadecha, v'hayu l'totafot beyn eynecha. U'chetavtam al mezuzot beytecha u'visharecha.



# LONG REIGN THE KING!



אָבִינוּ מַלְכֵנוּ חַנּוּן וְעַנּוּן כִּי אֵין  
בָּנוּ מַעֲשִׂים עֲשֵׂה עִמָּנוּ צְדָקָה  
וְחֶסֶד וְהוֹשִׁיעֵנוּ:

Let's sing together!



Translation:

Our father, our king, please be kind to us and answer our prayers. We haven't done as many good deeds as we should have. Please treat us with charity and kindness and save us.

Transliteration:  
Avinu Malkeinu, chaneynu  
v'aneynu key eyn  
banu ma'asim.  
Asei iman u tzedakah  
va'chessed v'hoshieynu.



## DID YOU KNOW?

Sometimes we refer to God as 'Hashem (Adonai)' and sometimes as 'Eloheinu'? You might have even noticed BOTH of these names in the first line of the Shema. Why does God have different names? God sometimes seems strict and sometimes seems kind. 'Hashem (Adonai)' is the name we give God when we see Him as kind and loving. The name we give Him when we see Him as strict and distant is 'Eloheinu or 'Elohim'. By covering our eyes when we say the first line of the Shema we say: even though I sometimes don't see how or why that strictness is like it is, I still believe that it is sourced in love.



## DID YOU KNOW?

Earlier, we discussed how sometimes Hashem seems to be kind, loving and generous, but at other times seems to be a bit strict and distant. This idea is also a theme in 'Avinu Malkeinu'. On the one hand, we relate to God as 'avinu' - our father. But on the other hand, we relate to God as 'malkeinu' - our king. The activity on the next page explains this idea a bit more...



# THE PLEADING QUIZ!

(Mummy or daddy will just looove this one!)

*Here's the question:*

If you wanted something expensive - I mean REALLY expensive - who would you prefer to ask - mummy/daddy, or the Queen?

It's a tricky one, isn't it? On the one hand, the Queen is very wealthy and powerful and can probably get you the big fancy thing you really want. But on the other hand - she is the Queen and is very, very busy!

Your mummy/daddy love you and want to help you. But on the other hand - they might not be able to get you the thing you really want. It might be too expensive - they might not be able to afford it! Or it may be that because they know you best, they might realise that it's not a good idea for you to have all the presents in the world; you might become a bit spoilt and not a very nice person.

*So: Who do you ask? 'Avinu' - a parent who loves you but knows you best, or 'Malkeinu' - a king or queen who doesn't know you so well, but can do anything?*

*Hashem is both of these things! He loves us like a parent and is able to give us anything like a King. He also knows what is best for us and what we really need to make us better people. And so sometimes - like your parents - Hashem says 'sorry, no' - no matter how much we ask! Other times, amazing and unbelievable things happen to us. That is Hashem acting as a king who can 'move mountains' to help us.*



# SONGS AND STORIES FOR THE HIGH HOLY DAYS

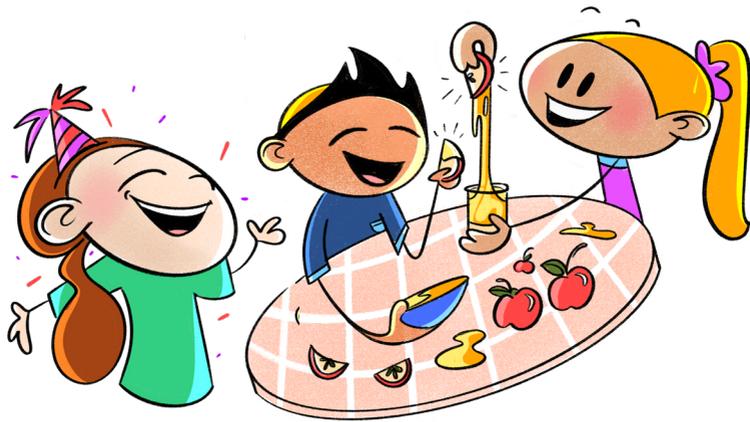


# ROSH HASHANA SONGS

## HAPPY BIRTHDAY TO US!!!

Let's sing together!

Happy Birthday to You,  
Happy Birthday to You,  
Happy Birthday to the whole world,  
Happy Birthday to you!



### DID YOU KNOW?

Rosh Hashana is the birthday of humanity, when Adam and Eve were created. When a baby is born, they are given everything they need to be the best they can be. Some people are big, some are small. Some are clever with their heads, others are clever with their hearts. Some have great eyesight; some people are musical. Whatever you are given, you are given what you need to be the best that you can be.

## DIP THE APPLE

Let's sing together!

Dip the apple in the honey,  
Make a bracha (blessing)  
loud and clear.

L'shanatovah  
u'metukah

Have a happy,  
sweet new year!



### DID YOU KNOW?

Why do we dip the apple in the honey every year? Apples are GOOD for you but sometimes they are sour. Honey is SWEET. But it certainly is not good to eat loads of it! You can have a GOOD new year - where you are being good. But it feels sour, maybe because being good isn't always so enjoyable (don't tell mummy or daddy!). Or, you can have a SWEET new year - doing all the things you like - but you are not being good.

So we wish each other a GOOD AND SWEET new year.  
Where you are not only doing GOOD, but being  
GOOD AND ENJOYING being good too!

# ROSH HASHANA STORIES

## Visit the Palace

Once upon a time, there was a very kind and wise king. He wanted nothing more than to go around his kingdom and make sure the people in his country were happy. He also desperately wanted to share his wisdom with them and teach them. The problem was, in those days there were no cameras or facebook or smart phones, so no-one knew what the king looked like!

One day, the king decided to go on a big tour of his kingdom. He packed up his things, got on his royal horse, and off he went. Not long after he had left the palace, the king came to a little cottage with a very messy garden.

"That's a shame", said the king, "I would love to teach them how to tidy up their garden and make it beautiful."



And so, the king knocked on the door.

"Hello?" came a voice from the other side.  
"Who is it?"

"It is your king!" the king replied.

"Yeah...sure!" said the voice from behind the door. "And what is it you want?"

"Not much", said the king, "I just wanted to help you with your garden."

"Hahahaha!!" laughed the voice from behind the door. "I hope the real king doesn't find out you've been going around pretending to be him! Away you go!"

The king was very sad. Why didn't the people believe he was who he said he was?

A while later, the king came to a crossroads. He noticed a little boy sitting on a bench nearby. The boy was crying.

"Why are you crying?" the king asked him.

The boy held up a toy bow and arrow. It was snapped in half.

"My bow and arrow broke and I can't fix it!" the boy continued to cry.

"I'll help!" said the king excitedly, "I am the king, and back in my palace there are lots of strong soldiers with REAL bows and arrows. I will command one of them to fix yours!"

But the boy carried on crying. "It isn't nice to joke around with people, you know."

The boy also didn't believe that the man he was talking to was in fact the king.

The king walked away sadly. He just wanted to help people, but no-one knew who he was! How could he solve the problem?

Suddenly, the king had a brilliant idea (told you he was very clever)! He got back on his horse and rode to the palace. Immediately, he called all of his servants and said "I have an important announcement!"

The servants waited eagerly to hear what the king would say. "From this day on, once a year we will have ten days put in our calendar when I will open up my palace for the entire kingdom to come and visit me! I will make time to speak to every single man, woman and child, and help them to get what they need to be better people and kinder to each other!"

The servants clapped and cheered, "What a brilliant idea your majesty!" (they thought he was very clever too).

And so, from that year onward, the king opened his royal palace to the public for ten days a year. It took a while for the people to get used to seeing and even speaking to the king! But after a few years, they came to look forward to that precious time more than any other week in the whole calendar. During that time, they learned so much about the king and his wisdom, about themselves, and about how to be better people. From then on, the king was able to help them throughout the year.

This is exactly what the 'Ten Days of Repentance' (from Rosh Hashana to Yom Kippur) are about. Sometimes, we are a bit scared to speak to Hashem. Sometimes, we are not so sure what to say to him. And sometimes, we don't actually know much about Hashem at all. During these Ten Days, Hashem says to us: "My palace gates are open! You are all welcome! Share with me your biggest dreams, your deepest wishes and what you really need for the year to come to make the world a better place."



# ROSH HASHANA STORIES

## The 'Magic' Grape Juice

Once upon a time, the residents of the town of Pomegranate-on-Sea noticed a whole bunch of posters had been put up all over the town. Curious, they read the message:

"Good folk of Pomegranate-on-Sea! You are invited to celebrate Princess Honey's royal birthday this weekend. As you know, her royal highness LOVES grape juice (don't we all?). And so, for her surprise birthday gift we will be giving her a HUGE barrel filled with delicious grape juice! Please bring your best bottle of grape juice to the town square tomorrow and pour it into the barrel we have made just for Princess Honey."

The people of Pomegranate-on-Sea were very excited! It wasn't every day you get to join in a birthday party for a princess!

The next day, they lined up in the square next to the huge barrel. The first person in the queue climbed the steps up to the barrel and poured his bottle in. No-one could see, but his bottle was actually filled with... water!

"I can't afford to just give away grape juice!" he thought to himself, "and anyway – this barrel is HUGE! No-one will ever notice if a tiny bit of it is my water!" And off he went.

One by one, the good folk of Pomegranate-on-Sea poured their bottles into the barrel. The last person closed the lid, and the royal officers decorated it with ribbons and balloons.

That weekend, a trumpet sounded! It was the princess! The people rushed to crowd in to the town square. A beautiful horse-drawn carriage had just arrived. Princess Honey got out and ran straight to the huge barrel!



"Grape juice!" she shouted, "my favourite! Oh thank you so much!"

The crowd waited excitedly as the officers opened the barrel and filled a cup for the princess to drink. She brought the cup to her lips, said the blessing, took a gulp and...

She looked very confused! "This is water!" she exclaimed.

The good folk of Pomegranate-on-Sea had never been more ashamed of themselves.

You see, it wasn't just that first person who had poured water in to save some money. Every single person had thought the same thing: "No-one will notice the difference if I put a tiny bit of water in. It will still taste like grape juice!"

Until in the end, not a single person put a drop of grape juice in the barrel.

"We are so, so sorry!" they said to the princess. "How can we ever make it up to you, your highness?"

Princess Honey was a very nice person. "It's ok", she replied, "I forgive you. Just make sure you remember one thing: Everyone is important, everything we do is important. If you remember that, it will be the best birthday present ever!"

Sometimes we think it doesn't matter if we miss out our part –but it does. Each and every one of us has a unique finger print. Each and every one of us has a different job in this world. Each and every one of us has something to give.



## DID YOU KNOW?

Have you ever wondered why there are two days of Rosh Hashana? More honey cake, right? Lol. The first day of Rosh Hashana is when each of us is judged on our own. The second day is when we are judged as one big group – a community. This is like when you get your end of year report from school (eek!). One part of it will just have letters (hopefully lots of A+'s!) and numbers (hopefully lots of 100%'s!). That is how well you did on your own. But another part of the report tells the story of how you did as part of a whole class. It describes how you were kind to your friends, how you shared in the playground and how you helped others get lots of A's and 100%'s. Put together, these are the two days of Rosh Hashana.



## The Shepherd Boy

Once upon a time, there was a shepherd boy called Colin Nidrei. It was Colin's job to look after all of the sheep in Shofarville. Colin felt very lucky – he could spend his whole day outside in the fields and hills. Sometimes, he would see an especially beautiful flower, and he wanted to thank Hashem for making such a beautiful world. The problem was, he was just a poor shepherd and didn't know how to read the siddur. So Colin decided to clap as a 'thank you' to Hashem.



Another time, Colin saw THE most beautiful sunset. He really, really wanted to say thank you to Hashem for such a beautiful world. But he just didn't know how! So this time, Colin decided to do a dance as a thank you to Hashem.

One Rosh Hashana, a family was walking in the fields when they saw Colin.

"Would you like to come to synagogue with us?" they asked him.

Colin was very nervous. He had never been to synagogue before. But he was also very curious to see what it was like. And the family seemed nice – so he agreed to go with them.

When he came in, it was packed! High ceiling, colourful windows, a choir - so much going on!

He sat down and saw everyone reading from a siddur. He wanted to join in too - but he did not know how to read! He wanted to thank Hashem for such a beautiful synagogue and such a friendly community, but he didn't know how!

And so, Colin the shepherd boy thanked Hashem the only way he knew how. Suddenly, he got up and started dancing and clapping! The people in the shul were shocked! Some shushed him, others pointed to the door. One person even started shouting at him to sit down and be quiet!

Colin was so embarrassed and sad. All he wanted to do was thank Hashem!

The Rabbi, who was a very wise person, stepped in to calm everyone down. He spoke to the entire community:

"Do you know, out of all the prayers said in shul today, Hashem loves this boy's 'prayers' the most! True – he doesn't know how to follow along in the siddur. But that isn't his fault. He doesn't know how to read. But when he wants to say thank you to Hashem, he does it from the bottom of his heart, with a smile on his face and with real love!"

Everyone was shocked. The Rabbi was right (as he often was)! They asked Colin for forgiveness and promised to teach him how to read the siddur. But on one condition: only if he would teach them how to pray!



## DID YOU KNOW?

On Yom Kippur, we have five (FIVE!) services throughout the day. This isn't to make us bored. It isn't to test how well we can follow along. It is to give us as much opportunity as possible to speak to God in ANY way we know how, in whatever language we are comfortable with (God understands every single language). Just like the shofar is a cry from somewhere deep inside. No words, nothing fancy, just a plain and simple cry. Sometimes, that's all we need. God listens to our heart.

THE  
HIGH X  
HOLY O  
DAYS M

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