



A child's guide.



On the afternoon before Yom Kippur, we eat a festive meal.



Girls and their mothers light candles
18 minutes before sunset.



Each girl lights one candle, then sways her hands three times around the candle and recites a blessing.



The Blessing.

Blessed are You, Lord our God, King of the universe, who has sanctified us with His commandments, and commanded to light the candle of Yom Kippur.

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַי
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל (שַׁבָּת וְשֶׁל) יוֹם הַכִּפּוּרִים.

Ba-ruch ata Adon-nai Elo-hei-nu melech ha-olam asher ki-de-sha-nu be-
mits-votav ve-tsi-va-nu le-had-lik neir shel (shabbat ve-shel) Yom ha-
kippurim.

Blessed are You, Lord our God, King of the universe, who has granted us life, sustained us, and enabled us to reach this occasion.

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעֵנוּ לְזִמַּן
הַזֶּה.

Ba-ruch a-ta A-do-Nai e-lo-hei-nu me-lech ha-o-lam, she-he-che-ya-nu ve-ki-ye-ma-nu ve-hi-gi-a-nu laz-man ha-zeh.

On Yom Kippur, leather shoes are not worn so shoes are changed for canvas or plastic shoes or sandals.



All girls over 12 years old and boys over 13 years old must fast. Do you know what fasting is?

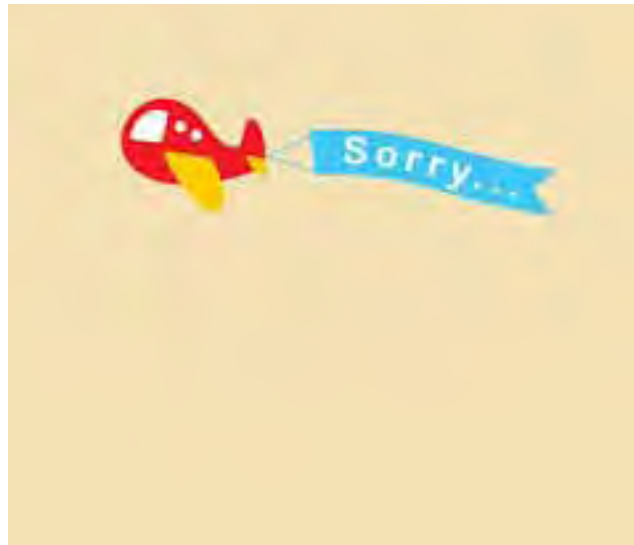


If you are not 12 or 13 yet, you don't have to fast, but you should give up sweets and goodies, as Yom Kippur is a very serious day.

Yom Kippur means the Day of Atonement, it is a day when we atone for all our sins.

Do you know what atonement means?

It means saying sorry for all the wrong things we have done.



Yom Kippur is a day of prayer. People go to the synagogue, find a quiet spot and pray and meditate. They think about the past year, think of all the good things they did and the not so good things. They then decide that they will never do those things again. They ask God to forgive them for the inappropriate things they have done.



At the end of the day, the whole congregation recites the *Shema* and a few other verses out loud together, then the *shofar*, is sounded for one long blast. After that the congregation say 'Next Year in Jerusalem'. The evening services are then recited and the fast is over

The Shema

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד׃
וְאָהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לְבָבְךָ וּבְכָל-
נַפְשְׁךָ וּבְכָל-מְאֹדְךָ׃



Tashlich

The family go to a body of water and throw breadcrumbs in the water. The breadcrumbs represent their sins.

Translated for children it means that they think of all the things they have done wrong in the past year and then throw them away with a promise to try harder next year.



A simple way to represent this in the classroom. You will need a small paddling pool and some pieces of paper.



Have a conversation with the children about mistakes they have made. Have them draw or write their mistakes on the pieces of paper then float them in the water. If you do it with washable markers the writing will disappear representing our sins disappearing.

