

ROSH HASHANA LESSONS FOR GRADES A-B

No.	Title	Main Objective
1	Symbols and signs of Tishrei holidays	To get acquainted with the symbols and customs of the Tishrei holidays.
2	Rosh Hashana Ceremony	The year opening ceremony, combining symbols of the holiday, public singing and sharing.
3	The Hebrew months	To get to know the Hebrew months and seasons.

LESSON ONE – SYMBOLS AND SIGNS OF TISHREI HOLIDAYS

OBJECTIVE – TO GET ACQUAINTED WITH THE SYMBOLS AND CUSTOMS OF TISHREI.

Activity Plan

1. Opening - Read the poem 'The Blessing we Shall Make' by Hanan Shadmi (appendix 1).
 - After reading the first stanza, ask: Who would like to tell the class what he/she would bless herself with for the new year? Who would like to tell the class what she/he would like to bless the rest of the class with?
 - After reading the entire poem, ask: What other deeds can we do in order to bring upon us a good year?
2. Match the picture to the concept – Hand out pictures (appendix 2) to each desk. Afterwards, call out names of concepts, and ask the students to match each picture to each concept. After each picture is matched, read a short explanation about the concept.
3. Hand out a coloring page. After the pages are colored, help the students write greeting cards to their families. (appendix 3)





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Appendix 1

A Blessing for Rosh Hashana / Hanan Shadmi

Greetings for all of our friends
for the oncoming year
We ought to wish it to ourselves as well
a simple, modest and pleasant one.

That we'd be better than we were;
that we'd do better deeds than we did,
and that everyone should do what he can
so everyone has a good year.

If we love more than we hate
it would be simply wonderful.
If we forgive more than we rage,
it would be nice and polite.

And if everyone really does
all one possibly can,
It will definitely be
a good year for all.

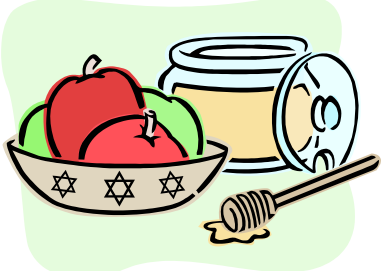


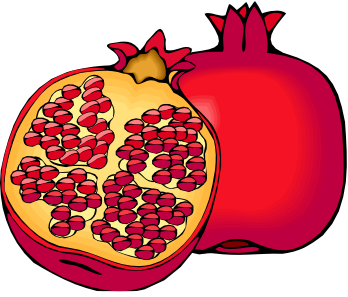




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Appendix 2


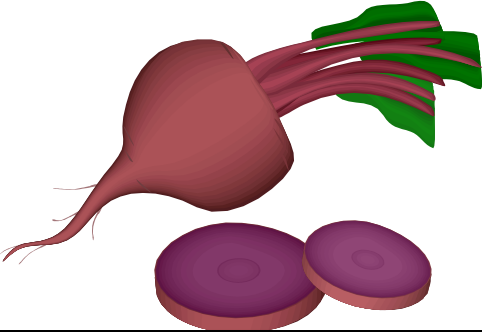


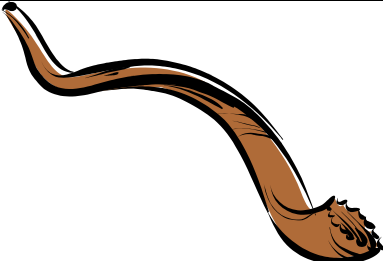
Picture	Concept	Explanation
	Apple in Honey	It is customary to eat apple dipped in honey as a symbol for a sweet year.
	Greeting Card	It is customary to send holiday wishes for a good year to friends and acquaintances.
	Squill	It blossoms in this season and is a sign of autumn
	Pomegranate	It is customary to eat pomegranates and recite the blessing, indicating that our deeds become multiple like a pomegranate. Some claim that a pomegranate has 613 seeds that equal the 613 commandments.





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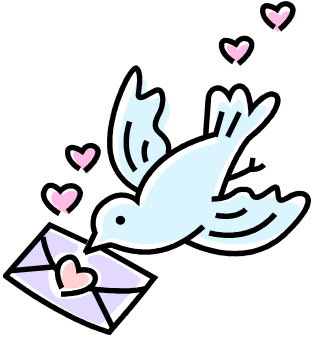


	<p>The Head of a Fish</p>	<p>It is customary to eat the head of a fish, which is a symbol for fruitfulness - so that we may be like a head and not like a tail.</p>
	<p>Beets</p>	<p>Because of its Hebrew name – 'Selek' -meaning to do away with, and we recite a blessing that means - we should get rid of all of our enemies.</p>
	<p>Scale</p>	<p>The scale is the zodiac sign of the month of Tishrei and symbolizes judgement. According to the tradition, Rosh Hashana is the day of judgement of the entire world and the final verdict is given on Yom Kipper.</p>
	<p>The creation of man.</p>	<p>According to the tradition, the primal man was created on Rosh Hashana.</p>
	<p>Shofar</p>	<p>A shofar is used for ceremonial blowing on Rosh Hashana and on Yom Kippur.</p>





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	Pigeon	The pigeon of peace that shows up in greeting cards, symbolizes blessings of a year of peace.
	A memorial candle	One of the prayers of Yom Kippur is 'reminiscing the souls of the dead'
	Tashlich	This is a ceremony held on the 1 st day of Rosh Hashana on which it is customary to go to a source of water, and to turn out one's pockets, thus, symbolically casting out our bad deeds. This symbolizes a purification from sins.

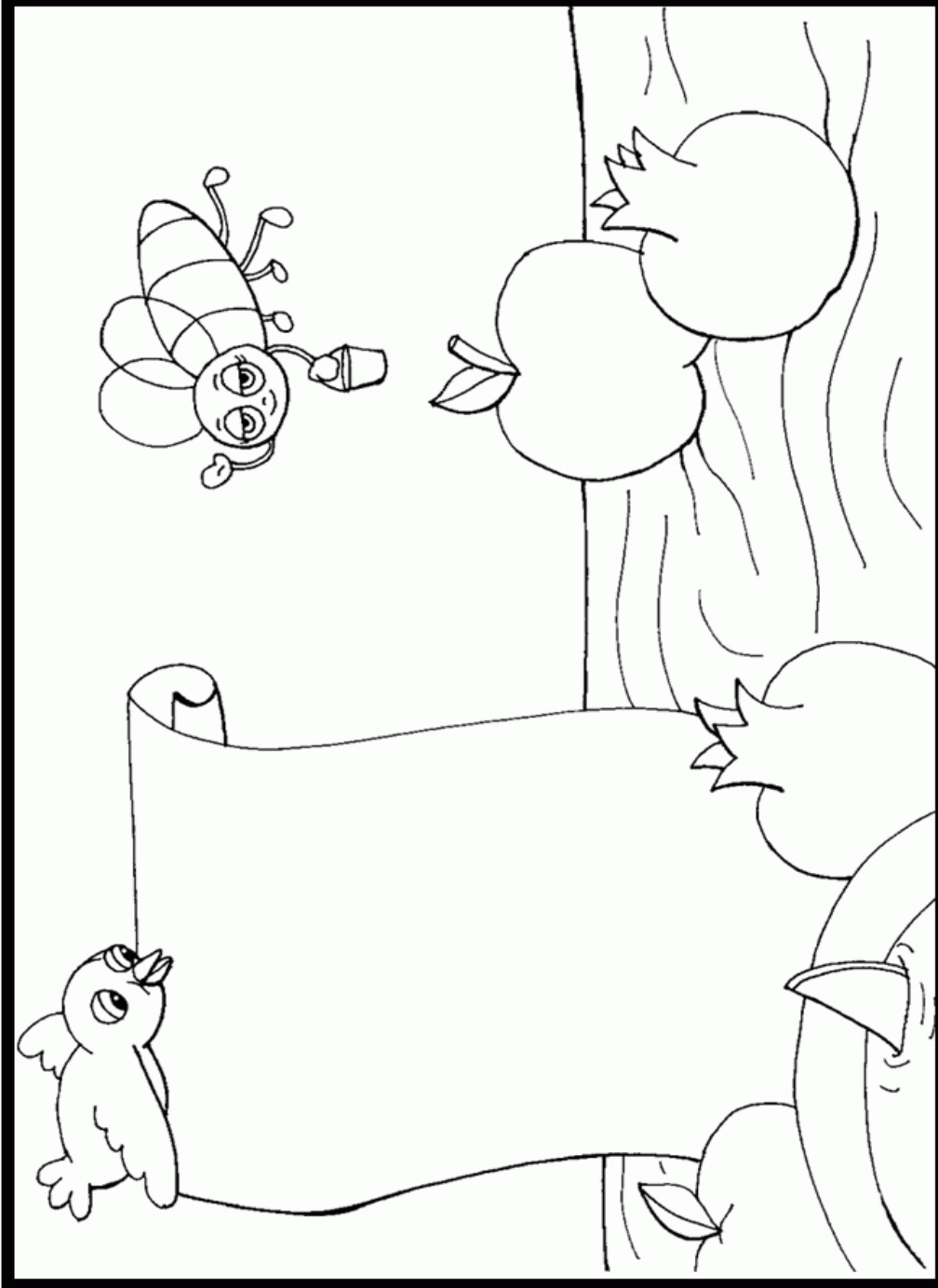




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Appendix 3



LESSON TWO – ROSH HASHANA 'SEDER' (CEREMONY)

OBJECTIVE: To hold a festive ceremony at the opening of the new year, incorporating knowledge about the

Explanation to the teacher: Rosh Hashana is the opening day of the Jewish year, which is also the first day of the Ten Days of Repentance, designated for corrections and introspection. The suggested 'SEDER' is comprised of four of the traditional symbols – **apples, pomegranates, dates and roses**. Each symbol represents a different value and includes suggestions for class activities (i.e. poems/songs, explanations, games, question for discussions, reciting blessings and eating the fruit).

Preparation: Arrange the classroom seats in the form of the letter 'Chet' in Hebrew [ח]. Cover the table with white tablecloths and place apples, honey, opened pomegranates, dates, a vase containing the number of roses – corresponding the number of students. Prepare a screen and a poem/song presentation (with video/ audio clips).

holiday symbols, public singing and sharing.

The Course of the Seder

- A verbal introduction: Today we will hold a Rosh Hashana 'Seder', in a way similar to the Passover Seder's we hold yearly with our families. Today we will celebrate the Seder of Rosh Hashana with our classmates – we'll sing holiday songs, we'll discuss the special foods we eat and the holiday symbols. We'll play games, recite blessings and enjoy the refreshments.

An Apple in Honey

- Teach the song: An Apple in Honey / Naomi Shemer

What's new, an apple with honey
Hey, ho, an apple with honey
How do you feel, an apple with honey
Upon my life! an apple with honey

Let's go out to the open field
Let's take a close look at the apple tree
Let's find a grand Alexander,
or Jonathan, Rome, or golden Delicious

Chorus
What's new, an apple with honey
Hey, ho, an apple with honey
How do you feel, an apple with honey
Upon my life! an apple with honey

Honey from Beit Zerah or – from Kineret
From an ornamental flower or – wild flower
Yours is the scent of a sweet apple
And the edge of your smile is like dripping honey

Chorus
What's new, an apple with honey
Hey, Ho, an apple with honey
How do you feel, an apple with honey
Upon my life! an apple with honey

All year long you waited for me like an apple
In the secret of the leaves and the darkness of the thicket
you had always awaited me and now its definite





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and to smile an apple with honey

Chorus
Hey, ho, an apple with honey

Chorus X 3
Hey ho! an apple with honey
Under the sun there's nothing new
What is new, is an apple with honey
Upon my life! an apple with honey

There's a time for honey and time for an apple
And each item has a time and a place;
a time for work and a time to rest
a time for war and a time for peace

- Explain the significance of eating apples dipped in honey: Eating an apple dipped in honey symbolizes – having a sweet year.
- A question to the class: Tell the class about something new and good you wish that would happen to you this year.
- A game: Hand out the coloring page of a bee and honey (located in the appendix).
- Blessings and eating: 'May we be renewed with a good and sweet year from the beginning until the end of the year'.

Dates

- Explain the significance of dates: Dates symbolizes honey and the sweetness prevailing in our land in ancient times. A date tree is a palm tree. At this time of the year, dates ripen and become edible.
- A song: Teach the song 'Tzaddik Katamar Yifrach' (from Psalms, with the folk melody): 'A righteous person shall bloom like a palm tree, he shall reach heights like a cedar in the Lebanon'.
- A question to the class: Tell the class – which places do you like to take trips to in Israel.
- Blessing and eating: 'May it be the will from Above that peace is increased, that we admit our errors and try to make peace among us'.

Pomegranates

- Explain the significance of pomegranates: Pomegranate ripens about Rosh Hashana time. Due to their many seeds, pomegranates symbolize abundance, all of our good deeds and everything we managed to accomplish all year long. People around us do many things, some of which we can see and others – not. For example, there are people who grow plants, prepare food, build roads,





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build houses, take care of us. We also do plenty of things – we create, we play games, we learn new things. It's very important that everything we do is done out of consideration for others, cooperation with others and it does not matter what we do, we must remember to help friends, parents and teachers.

- Sing the song: A Good Year / Levin Kipnis, music: Nahum Nerdy

A year has left, a year has come
I raise my hands up high,
A good year to you father,
A good year to you, mother,
Have a good year, have a good year!

A good year, to the brave pilot,
Who rides high in the sky,
And much peace to the Hebrew sailor,
Who makes his way in the water.

A good year to a brave uncle
Who is at guard on duty
And to every guard, in the city or in the town,
A blessing of "strength" is sent

A good year to every worker
in the field or in construction,
A good and a very sweet year
to every lad and maiden!

Have a good year, have a good year!

Have a good year, have a good year!

- A Question to the Class: Tell the class about good things you'd like to do this year in your family or with your classmates.
- A Game: True or false about the pomegranate. (Call on representatives to guess whether the statements mentioned about the pomegranate are true or false):
 - A pomegranate has about 600 seeds. **True**
 - Pomegranate bushes don't grow in Israel. **False**
 - The fruit of the pomegranate tree is one of the species with which Israel is praised. **True**
 - A pomegranate is a type of flower. **False**
 - Pomegranates are not healthy to eat or to drink the juice of. **False**
 - There is a crown over the head of a pomegranate. **True**
- Blessing and eating: 'May it be the will of Above that our good deeds increase like the seeds of a pomegranate'.

Roses





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- Explanation about Roses: A rose is a flower that symbolizes peace. In the new year we look forward to and hope for peace among us; peace between us and our friends, peace between us and our neighbors.
- Sing the Song: On Rosh Hashana/ Naomi Shemer

On Rosh Hashanah, on Rosh Hashanah,
in my garden bloomed a rose.

On Rosh Hashanah, a white sailboat
suddenly set anchor by the shore.

On Rosh Hashanah, on Rosh Hashanah,
our heart responded in ancient prayer:
May the year, beginning today
be wonderful and special, we pray.

On Rosh Hashanah, on Rosh Hashanah,
In the autumn sky bloomed a first cloud .

On Rosh Hashanah ,

On Rosh Hashanah, on Rosh Hashanah,
our heart responded in ancient prayer:
May the year, beginning today
be wonderful and special we pray.

rising like a memorial flame,
in the meadow bloomed the first squill .

On Rosh Hashanah, on Rosh Hashanah,
our heart responded in ancient prayer:
May the year, beginning today
be wonderful and special we pray.

On Rosh Hashanah, on Rosh Hashanah,
bloomed a melody - new and unknown,
And overnight its strains did resound
from every casement in town.

- A Question to the Class: How can we increase cooperation and a good feeling in class?
- Blessing and Smelling: Pass the flowers around the class. Each student smells them and silently prays for peace.
- A Suggested Activity: Create flowers out of paper. The following video gives you instruction for this: <https://www.youtube.com/watch?v=hn1UvJofAwU>

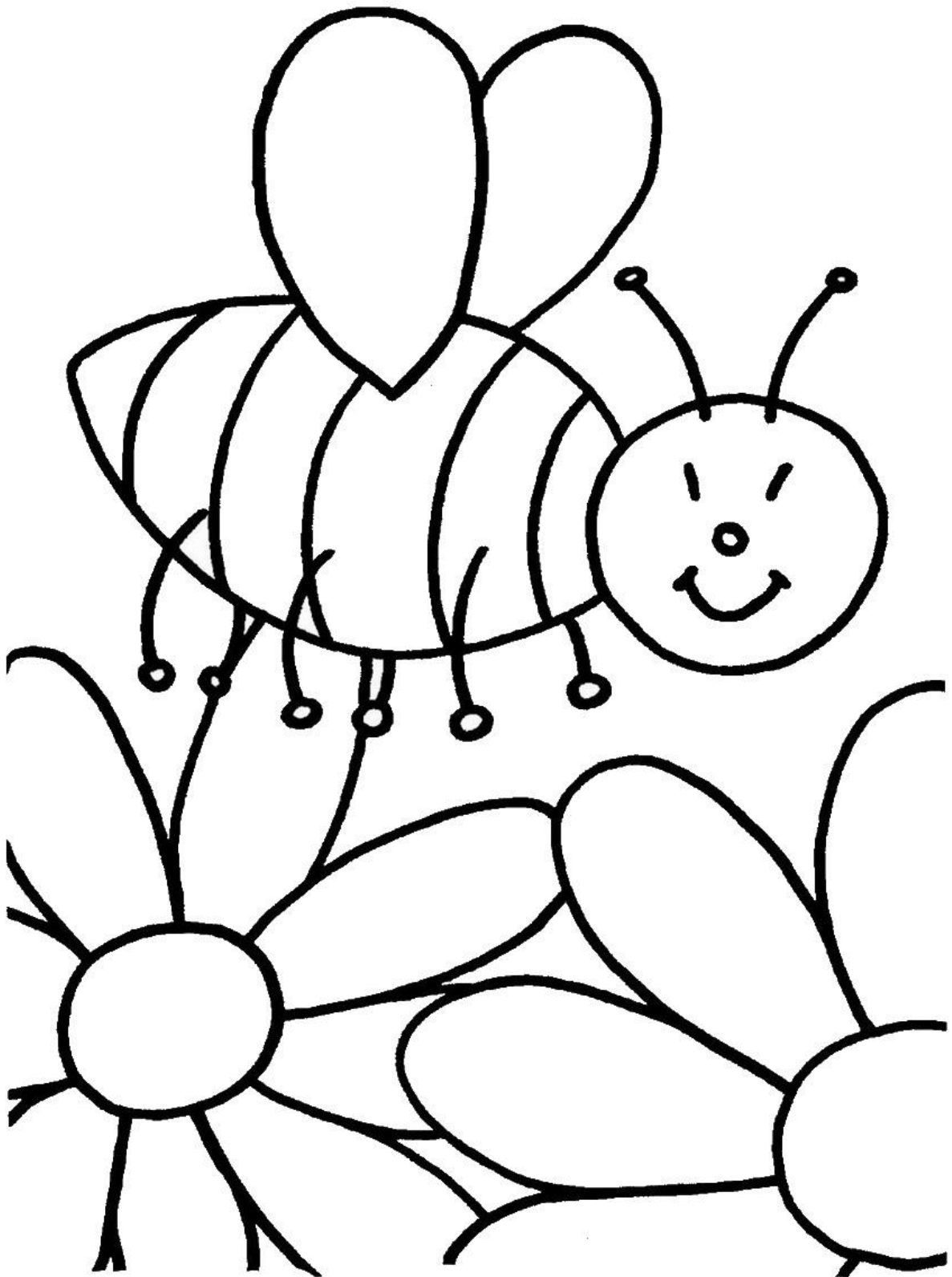
Required equipment: wood skewers within green straws, colored crepe paper, thread and needle, scotch tape, scissors.





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LESSON THREE – THE HEBREW MONTHS

Objectives

- The students should get to know the Hebrew months.
- The students be acquainted with the seasons and their impact on nature in Israel.
- The students get acquainted with new words of the Hebrew language.

Procedure

- 1) Introduction: Read or turn on a recording of the song, 'A Gift for Rosh Hashana' by Leah Naor
(Appendix 1)

Ask:

- What gifts did the greeting guests bring?
- What gifts can we bring to our families? to our classmates? (gifts we prepare on our own, that we find in nature)

- 2) Introduction: Read or turn on a recording of the song 'The Twelve Months' by Naomi Shemer:
<https://www.youtube.com/watch?v=-jwC7G1Rdc> (Appendix 3)
- 3) Hand out work pages to the students. (Appendix 3)
- 4) Read the stanzas of the poem/song to the students, and after each stanza ask a question connected to it. The questions appear on the students' work pages and in the teacher's question-page.
(Appendix 2)

Appendix 1

A Gift for Rosh Hashana

Lyrics: Leah Naor

Music: Matti Caspi

One small bird
sent me a feather
I wished to return it
She told me: I don't want it
It's a gift for Rosh Hashana
So that you have a beautiful and pleasant year
and so should I –
- Thanks, thanks

One low branch
sent a red leaf
I wished to return it
He said: No way
It's a gift for Rosh Hashana...

One grey cloud
sent a small drop
one small drop
not in season at all
- It's a gift for Rosh Hashana...

One beautiful girl
drew a picture on the sand of
the sun and the sky
of a flower with a stem
- It's a gift for Rosh Hashana
so that you have a nice and pleasant year
and so should I –
- Thanks, thanks...



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<p>In Tishrei the palm tree gave a cute dark brown fruit.</p> <p>in Cheshvan the first rain fell and danced upon my roof.</p>	<p>What is the cute dark brown fruit ready to eat in the month of Tishrei?</p> <ol style="list-style-type: none">1) carob2) kiwi3) date <p>(you can tell them that dates are grown on a tree for a half a year and then they are picked at the end of the summer)</p> <p>In the Hebrew version of the song, what is the 'Yoreh' that descended on the roof in Cheshvan?</p> <ol style="list-style-type: none">1) rain2) the tree leaves3) chocolate <p>(you can tell the students that 'Yoreh' refers to the first rain that indicates the beginning of winter)</p>
<p>In Kislev a narcissus appeared in Tevet - hail, and in Shevat the sun broke through for a single day.</p>	<p>Which of the flowers that show up on the page is the narcissus?</p> <ol style="list-style-type: none">1) narcissus2) anemone3) cyclamen <p>(You can tell the students that some of the flowers begin blossoming in the winter. You can ask who knows which holiday we celebrate in the winter, in which - do we light candles?)</p> <p>What is the "Chama" in the Hebrew version that appeared for only one day of Shevat?</p> <ol style="list-style-type: none">1) Mother's sister2) a fire truck3) the sun <p>(It is important to explain that the sun shines only on one day since Shevat is the winter month in Israel, in most of which, the sky is full of clouds. You can ask the children whether they know a holiday with the word "Shevat" in it)</p>
<p>In Adar a fragrance rose from the orchards.</p> <p>In Nisan all the sickles</p>	<p>Which flowers grow in the orchards?</p> <ol style="list-style-type: none">1) oranges and tangerines2) peaches and plums3) cantaloupes and watermelons





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<p>were strongly wielded.</p>	<p>(It's important to explain that in the winter citrus fruit grown on trees ripen)</p> <p>What is "hermesh" in the Hebrew version?</p> <ol style="list-style-type: none">1) dried apricots2) a round knife (a sickle)3) a type of beetle <p>(It's important to explain that in the past sickles were used to reap the wheat, but nowadays it is done with tractors. Wheat is very important for man since it is used to produce (what?) bread. You can also ask, which holiday is known for its prohibition to eat bread)</p>
<p>In Iyar - everything grew, in Sivan – they ripened. In Tamuz & Av we rejoiced after the harvest.</p>	<p>In the Hebrew version – what is the meaning of the word 'hivkir'?</p> <ol style="list-style-type: none">1) ripened. Some of the fruits ripen.2) first-born sons are given birth to.3) clouds appeared in the sky. <p>(it's important to explain that fruits go through several stages – ever since they are flowers until they ripen and get to the grocery store)</p> <p>What is the 'katzir' (harvest) in the Hebrew version – that is completed in Tamuz and in Av?</p> <ol style="list-style-type: none">1) You stop cutting children's hair.2) You stop cutting the grass.3) You stop cutting wheat with the sickles.
<p>And in the coming of Elul to us the fragrance of autumn rose, and we began our song from the beginning...</p>	<p>Why do you begin the song again when it's over?</p> <ol style="list-style-type: none">1) because it's fun to sing.2) since a good song is sung twice.3) since the months of the year and its seasons are a cycle that repeats itself.










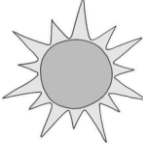















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Appendix 2

What is the dark brown cute fruit eaten in the month of Tishrei?		
		
What is the 'Yoreh' that falls on the roof in Heshvan?		
		
Which of the flowers on this page is the narcissus?		
		
Which is the 'Chama' that comes for one day in Shevat?		
		
Which fruits grow in the orchards?		
		
What is a 'hermesh'?		
		
What is 'hivkir' that was done in Sivan?		
		
What is the 'katzir' that ends in Tamuz and Av?		
