

NCYI Youth Groups Yom Kippur

Children's Guide to Yom Kippur

http://www.chabad.org/kids/article_cdo/aid/4589/jewish/Guide.htm

Eat!

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

Light Candles

Girls and their mothers light candles 18 minutes before sunset in your city - see [this link](#) for the exact time.

Each girl lights one candle. Light your candle, (carefully!), then sway your hands three times around the candles and recite the following blessings:

1) Blessed are You, Lord our G-d, King of the universe, who has sanctified us with His commandments, and commanded us to light the candle of Shabbat and Yom Kippur.

Ba-ruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olam Asher Kideshanu Bemitzvotav Vetzivanu Lehadlik Ner Shel Shabbat V'shel Yom Hakippurim.

2) Blessed are You, Lord our G-d, King of the universe, who has granted us life, sustained us, and enabled us to reach this occasion.

Ba-ruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olam She-heche-ya-nu Ve-ki-yi-ma-nu Ve-higi-a-nu Liz-man Ha-zeh.

Change your Shoes

On Yom Kippur we do not wear leather shoes, so put on your canvas or plastic sneakers or sandals!

Fasting

All girls over 12 years old and boys over 13 old must fast. If you are not 12 or 13 yet, you are not obligated to fast, but you should refrain from eating sweets and goodies, as Yom Kippur is a very serious day.

Pray!

Yom Kippur means the Day of Atonement, because it is the day on which we atone for all of our sins.

Yom Kippur is a day of prayer. Go to the synagogue, find yourself a quiet spot, and pray and meditate. Think about the past year, think of all the good things you did and of the not so good things, feel bad about them? Okay, now decide that you will never do those

things again. And ask G-d to forgive you for anything inappropriate you may have done.

Shofar

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 we say: "Next Year in Jerusalem." We then recite the evening services and the fast is over.

I'm Sorry <http://www.aish.com/h/hh/f/s/48965761.html>



Adam accused Jonathan for taking his ball, even though he didn't know for sure that he took it.

by Rabbi Yair Kobernick

Adam came in the house very upset after yelling at his friend Jonathan and making him cry.

"I'm not going to be friends with Jonathan anymore," he told his Mom. "He took my new basketball and now it is lost. I'm really angry with him."

Adam's Mom tried to calm him down. "Did you see him take it?" she asked.

"No," said Adam, "but I left it outside not far from where Jonathan was standing, and when I came back it was gone."

"If you didn't actually see him take it, then you should not accuse him and say he did. Maybe it rolled away somewhere?"

"I already looked everywhere," said Adam.

"Will you look again?"

Sure enough, when Adam went to look a second time, he found the basketball in a bush on the side of the street.

"I found it," he told his Mom. "Everything is okay, I can still be friends with Jonathan. I guess he didn't take it after all."

"I'm glad to hear that," said his Mom.

"I'm going to play with ball for a little outside, okay?" asked Adam.

"Wait a minute, Adam -- I think you owe Jonathan an apology for causing him to cry. It is almost Yom Kippur you know."

"But Mom, I learned that on Yom Kippur God forgives us for everything. I'll just wait another few days and then I won't need to say I'm sorry to Jonathan."

"God does forgive us Adam," said his Mom, "but only when we've asked our friends for forgiveness first. I suggest that you go over to Jonathan's and say you're sorry. This is an excellent way for you to prepare for Yom Kippur."

Adam realized that his Mom was right. Even though it was hard, he went to find Jonathan so he could apologize to him.

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Q. What did Adam do that was wrong?

A. Adam accused Jonathan for taking his ball, even though he didn't know for sure that he took it.

Q. God doesn't forgive us on Yom Kippur for things we've done to our friends until we've apologized to them. Why do you think that is?

A. Because God wants us to fix up the hurt we've caused them.

Q. Do you think it is hard to say, "I'm sorry?" Why?

A. It is embarrassing that others will know we did wrong.

Published: Sunday, May 26, 2002

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Yom Kippur Songs

by [Esti Greenstein](#), [chinuch.org](#)

http://chinuch.org/item_details.php?mid=4612&uid=151

Yom Kippur Songs

(to the tune of - Frere Jacques)

On Yom Kippur	(2x)
We fast all day	(2x)
And we daven	(2x)
And we say	(2x)
We are very sorry	(2x)
We promise to be good	(2x)
And do all the Mitzvos	(2x)
As we should	(2x)



Lets' be friends, make amends
 Now's the time to say "I'm sorry"
Let's be friends make amends
 Please say "you'll forgive me."

The ten days of Teshuva
 Time to make up, Time to pray,
Take my hand and I'll take yours,
 And we'll be friends for always.

(To the tune of "1-2-3, 1-2-3")

We "shlug Ka-pah-ros"
As you can see!
Zeh chalee-fah-see
Zeh timoo-ra-see
Zeh ka-pah-rah-see



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Yom HaKippurim Crafts & Games

by [Bassie Rosenberg](http://chinuch.org), chinuch.org

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Yom Kippur/Tisha B'Av Slippers

By Bassie Rosenberg

Grade Level: Early Childhood

Description:

Kids will love these "real" slippers to wear on Yom Kippur and Tisha B'Av. They are simple to construct and will make the children feel like they're also being part of the Yom Kippur spirit.

Goals/Objectives:

Students will help assemble the slippers and will wear them on Yom Kippur.

Materials Needed:

- Foam sheets
- Scissors
- Foam stickers if desired
- Strong glue



Instructions:

1. Trace the children's feet on foam.
2. Draw 2 semi-circles on foam. Have the kids cut them out.
3. Let kids decorate the slippers (foam stickers etc.)
4. Teacher should make little cuts on the semi-circle, but not at bottom, then bend over and stick it on the "foam-foot" with very strong glue.



http://chinuch.org/item_details.php?mid=8222

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Yom Kippur Questions Sheets

By [Donna Zeffren](#) from the following website:

<http://chinuch.org>

זוט : יום כפור

1. Circle the things we do.
2. Put an "X" on the things we don't do:

תפארת :
שם :

 <p>Daven...</p>	 <p>Take a bath...</p>	 <p>Go to shul...</p>
 <p>Write...</p>	 <p>Eat... <small>(if we are over מצוקה)</small></p>	 <p>Wear white...</p>
 <p>Listen to music...</p>	 <p>Wear sneakers or slippers...</p>	 <p>Hear about יונה...</p>
 <p>Wear leather shoes...</p>	 <p>drink...</p>	 <p>Put on makeup...</p>

Thank you to Esti Greenstein, Balt. MD

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High Holidays Quiz for Kids <http://www.aish.com/h/hh/f/fa/48971931.html>



How well are you prepared for the High Holidays?

by [aish.com](http://www.aish.com)



1. What is the Day of Judgement?

- A. Rosh Chodesh
- B. Yom Kippur
- C. Rosh Hashanah

2. One of the main ideas of Rosh Hashanah is that:

- A. God is our king.
- B. God took us through the Red Sea.
- C. God performed miracles

3. We eat honey on Rosh Hashanah because:

- A. We want to give business to the bee-keepers.
- B. We hope God will grant us a sweet new year.
- C. It is healthy.

4. On Rosh Hashanah we eat the head of a fish because:

- A. We hope God will keep us ahead of other nations.
- B. Jews like to go fishing.
- C. It tastes better than the tail.

5. During which month do we blow the shofar just about every day?

- A. Kislev
- B. Tishrei
- C. Elul

6. Bitter herbs are eaten on:

- A. Rosh Hashanah
- B. Passover
- C. Tisha B'av

7. What are the names of the sounds the shofar makes?

- A. Tekia, Truah, Shevarim.
- B. Tefilah, Torah, Sefarim.
- C. Tequilla, Brew-a, Collada.

8. The ceremony of symbolically throwing our sins into a body of water is called:

- A. Bedikat Chametz
- B. Neilah
- C. Tashlich

9. The 10 days between Rosh Hashanah and Yom Kippur are called:

- A. 10 Days of Prayer
- B. 10 Days of Charity
- C. 10 Days of Repentance

10. Grown-ups fast on Yom Kippur because:

- A. They have to diet at least once a year.
- B. It is a Biblical commandment.
- C. There aren't any good recipe books for Yom Kippur.



1. Rosh Hashanah is a 2 day Festival even in Israel.

- True
- False

2. The Shofar is blown 100 times on Rosh Hashanah.

True

False

3. The Shofar is never blown on Yom Kippur.

True

False

4. Kiddush for Rosh Hashanah is the same as Kiddush for Shabbat.

True

False

5. Kol Nidrei is the beginning of the Yom Kippur Service.

True

False

6. Tashlich is said on Yom Kippur afternoon.

True

False

7. Neilah, the closing of the gates, is said at the end of Yom Kippur day.

True

False

8. A blessing is recited before the Shofar is blown.

True

False

9. The Shofar is blown even if Rosh Hashanah falls out on Shabbat.

True

False

10. Yom Kippur is the holiest day of year.

True

False



(Answers at: <http://www.aish.com/h/hh/f/fa/48971931.html>)

1. Out of twelve I am the last, but each day I have a blast. Who am I?

2. I am far from a toe, finger or knee and I used to live in the sea. Who am I?

3. To bee or not to bee, I am as sweet as can be. Who am I?

4. Let us all say hurray, for I start all over today. Who am I?

5. I am especially dear, for I am the 1st of the year. Who am I?

6. I am not an ordinary day of rest, for today everyone behaves their very best. Who am I?

7. To make me work you need not be a musician, but some say you need to be a magician.
Who am I?

8. I am a scroll. When I am read the reader makes me roll. Who am I?

9. We are lit in just a way, to shine for the Holiday.. Who are we?

10. I am sent to family and friends, before the year begins. Who am I?

Published: Tuesday, July 23, 2002

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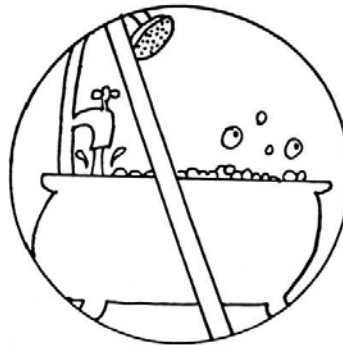
Coloring Pages

A
PAGE
TO
COLOR

יום
כפור



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