

Yom Kippur Companion Packet

Dear Temple Beth Am families,

As we welcome in a new year, we are excited to explore the different ways that each of us connect to spirituality and to ourselves. We recognize that members of our community, especially our youngest learners, may connect to Yom Kippur through different types of mediums. We would like to model some of the ways that we can encourage multiple points of joyful connection while respecting the voices and needs of those different than our own.

Feel free to use this resource as you like—whether it is on your own as an activity, as a family together, alongside the Yom Kippur creative service, or at any point during the High Holidays.

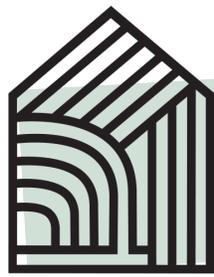
Our hope is that this companion packet can bring deeper meaning, deeper thoughtfulness, deeper connection, and more creativity as we observe this sacred holiday

Sincerely,

Temple Beth Am Clergy and The Gan Learning Team

What is in this Rosh Hashanah Companion Packet:

- Bingo
- Coloring Page
- Maze
- Free Draw Prompt
- Reflection Questions
- The Epic Story of Jonah
- Make a Construction Paper Fish



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Yom Kippur Bingo

Full Name:

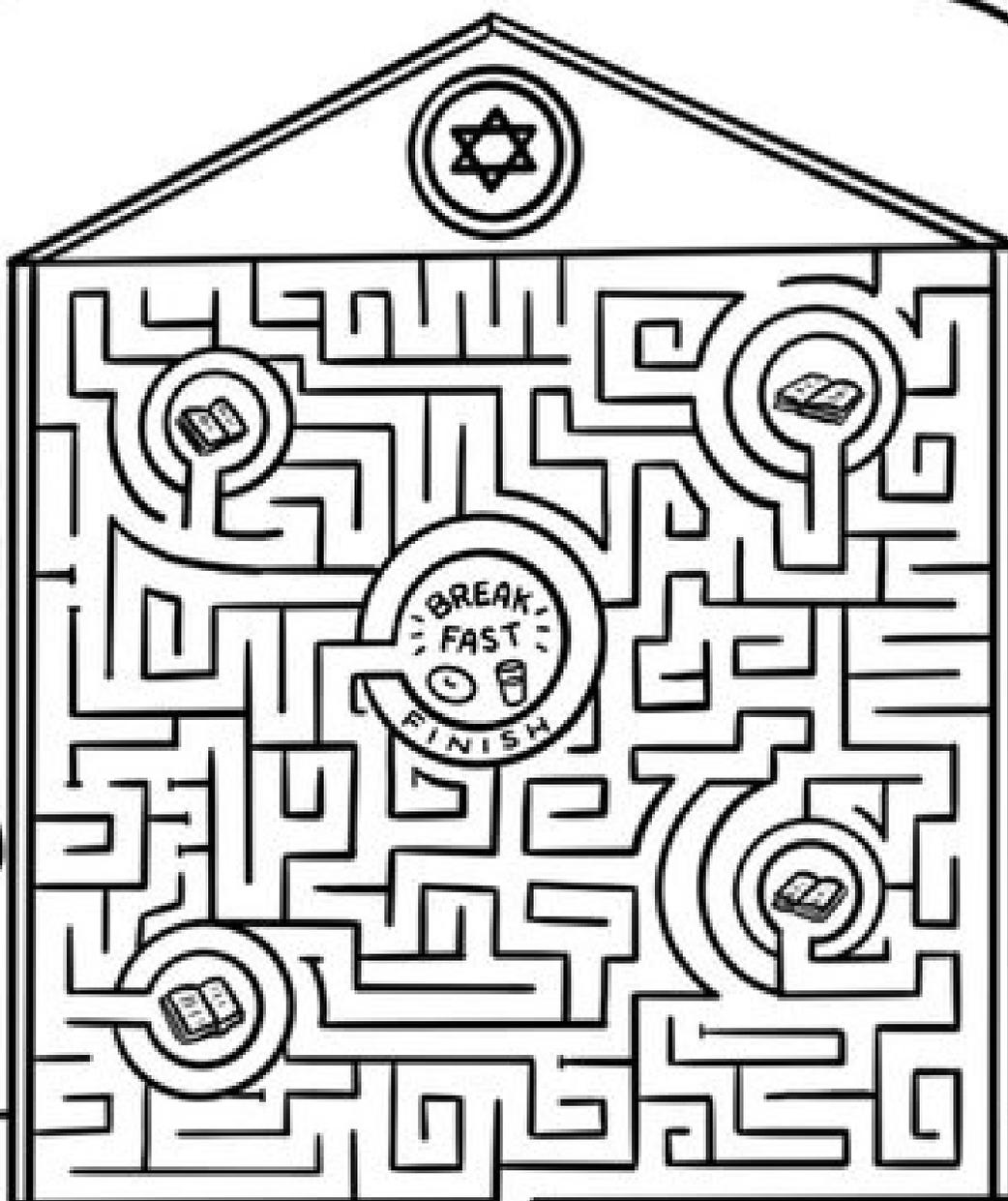
You see someone wearing a talit	Pay attention to the Avinu Malkeinu prayer	Reflect on a time when you might have hurt someone's feelings	You see a Torah	You see Rabbi Dana
Ask someone to explain the meaning of "bias"	You see a guitar	You see a guitar	You see a prayer book	You see the Ark open
You see Rabbi Ruth	Take a moment for silent prayer	 TEMPLE BETH AM FREE SPACE	Pay attention to the V'ahavta prayer	Pay attention to the "Sim Shalom" prayer
Someone talks about Isaiah	Do a good deed for someone	You see a kippah	Pay attention to the Barechu prayer	You hear a melody that sounds like a Beatles song
Apologize to someone that you have wronged	Pay attention to the Mi Chamocha prayer	Think about ways that you can remove bias as a family	Think about those in your life who might need healing	You see Rabbi Jason



YOM KIPPUR MAZE

BY CHARI PERE

HELP THE SHOFAR FIND ITS WAY TO THE CENTER OF THE SYNAGOGUE TO HELP END THE FAST.



START

Draw, write, paint, sing, or dance your answer to the following question:

What does it look like to be part of a community?

Yom Kippur Reflections and Discussion for Families

One of the biggest parts of Yom Kippur is about recognizing our mistakes and asking for forgiveness. Reflect on these questions for yourself:

For Elementary age:

Talk to someone about these questions or write down the answers:

Part 1: Think of a time somebody did something that hurt your feelings

- What happened?
- Did they say sorry to you?
- Did you accept their apology?
- What would a really good apology have looked like?

Part 2: Can you think of a time when you were really sorry for something you did or said?

- What happened?
- Did you say sorry to the person?
- Did they accept your apology?
- What could have made your apology even better?

For Teens:

Think of a time where someone hurt someone else in your community

- What happened?
- Why did the person who caused hurt do what they did?
- What could have happened to prevent the situation from happening in the first place

For Adults:

- You may be in a position where you are responsible for modeling a good apology, what does that look like for you?
- Sometimes adults can feel pressure to not acknowledge that we make mistakes. Do you ever ask for forgiveness from a child or teen in your life?
- The world we live in often punishes people for many years, how do the Jewish values around atonement relate to our current justice system?



The Epic Story of Jonah



God spoke to Jonah, saying, "Go to the great city of Nineveh and proclaim its doom, for I have seen how wicked its people are."

But Jonah set out to run away from God. He went down to the harbor and found a ship there going in the opposite direction from Nineveh. He paid for his journey and went aboard.

Then God stirred up a strong wind that churned the sea into a violent storm, so that the ship was in danger of sinking. Terrified, the sailors cried out to their gods and threw the ship's cargo overboard to lighten the load. Jonah, meanwhile, went down into the hold of the ship and fell asleep.

The captain called to Jonah, "How can you sleep! Get up and call upon your god! Perhaps your god will take pity on us so that we will not die."

The sailors said to each other, "Let's cast lots to find out who's responsible for this evil that has come upon us."

So they cast lots, and the lot fell upon Jonah.

They asked him, "Tell us, you who have brought this evil upon us, what is your business? Where have you come from? What is your country, and who are your people?"

Jonah replied, "I am a Hebrew, and I worship the God of heaven who made the sea and the dry land."

The men were very frightened. They asked, "What have you done?"

When they learned that Jonah was running away from God, they said, "What must we do to you to calm the sea?" For the sea was growing wilder.

Jonah said, "Throw me overboard into the sea, and then it will become calm, for now I know that it is my fault that this great storm has come upon us."

The men tried to row the ship towards shore, but they made no headway, for the storm grew even fiercer. So they cried out to God, "Please, God, do not let us die because of this man. Do not hold us guilty of spilling innocent blood! For it is you, O god, Who have cause all this to happen."

Then they lifted up Jonah and threw him overboard into the sea. And the sea became calm. Then God sent a great fish to swallow Jonah. And he remained in the belly of the fish for three days and three nights. Jonah prayed to God from the belly of the fish:

*In my trouble I called to You,
And You answered me.
You flung me into the deep,
Into the heart of the sea.
Weeds twined around my head.
But You brought me up from the pit.
When my life was draining away,
I remembered God,
And my prayer came to You.*

Then God spoke to the fish, and it spit Jonah out upon dry land. God spoke to Jonah a second time, saying, "Go to the great city of Nineveh, and say what I tell you to say."

So Jonah went to Nineveh as God had commanded him.

Now Nineveh was an enormous city, a three-day walk from one end of the city to the other. Jonah walked through the city for one whole day, declaring, "In 40 days, Nineveh will be overthrown!"

Then the people of Nineveh believed in God. They declared a fast and dressed in mourning clothes, young and old alike. When word reached the king of Nineveh, he got up from his throne and took off his royal robes. He too dressed in coarse mourning cloth and sat down in the ashes.

Then he issued a decree that was announced throughout Nineveh:

"By order of the king, every person and animal in Nineveh must fast. You must dress in rough cloth and cry out to God. Let each person turn back from doing evil and acting unjustly. Perhaps God will turn back from destroying our city."

When God saw that the people of Nineveh were truly turning back from their evil ways, God decided not to punish them. But Jonah was very angry about God's decision. He prayed to God, "I knew this would happen even before I ran from You. And that is why I tried to flee. For I know that You are a compassionate and merciful God, slow to anger and full of kindness, and that You would decide not to punish the people of Nineveh. Please, God, take my life, for it is better for me to die than to live!"

God asked, "And why should you be so upset?"

Jonah then went out to Nineveh until he came to a place to the east of the city. There he built a booth and rested in its shade, waiting to see what would happen to Nineveh.

God provided a gourd plant that grew up over Jonah, sheltering him from wind and sun. Jonah was delighted with the gourd. But early the next morning God sent a worm that attacked the gourd so that it shriveled up. When the sun rose, God sent a hot east wind. The sun beat down upon Jonah's head, and he became so faint that he wished to die.

He said, "It is better for me to die than to live!"

God asked, "Are you upset about the gourd?"

Jonah replied, "Yes, so much so that I would rather die!"

God said, "You care about the gourd, which you neither grew nor tended, which sprang up and perished overnight. Should I not care about the great city of Nineveh, home to more than one hundred twenty thousand people who do not know their right hand from their left, as well as many animals?"



**Want to learn more about the epic story of Jonah and/or more about Yom Kippur?
Check out some of our favorite renditions of the story in our library:**

1. The Magic of Kol Nidre: A Yom Kippur Story, written by Bruce H. Siegel and illustrated by Shelly O. Haas
2. Never Say a Mean Word Again: A Tale from Medieval Spain, written by Jacqueline Jules and illustrated by Durga Yael Bernhard
3. Jonah and the Two Great Fish, by Mordicai Gerstein
4. Jonah: An Old Testament Story, by Beverly Brodsky
5. Jonah and the Whale (and the Worm), retold and illustrated by Jean Marzollo



Make a Construction Paper Fish!

Supplies:

- one piece of construction paper in main color
- one piece of construction paper in a different color
- white paper for the eyes
- scissors
- glue or tape
- marker

Steps:

1. Using the main piece of construction paper, fold the edge to make a square.



2. Cut off the excess



3. Open the square. Fold the sides in, meeting the center crease.

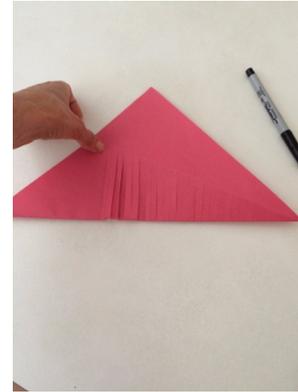


<https://www.thriftyfun.com/Making-a-Paper-Fish.html>

4. Open the square and fold it in half.

5. Make 1/4 inch cuts in the paper, starting about an inch from the end. Make sure you cut up to the crease.

6. Keep cutting until you get to about an inch from the other edge. In the picture my finger points to where to stop.



7. Open the paper. Put tape or glue on one side.

8. Bring the other side over it to fasten.

9. Cut off the point on top and round it out to make the fish head.



10. Using the scrap of the main color, cut out the mouth of the fish.

11. Put glue on the edge and fasten it to the body.

12. Use the contrasting color to cut out the fins and the tail.



13. Use the white paper for the eyes. I used a measuring spoon to get a good circle. And draw pupils

14. Tape or glue the eyes, fins and tail

15. Have fun with your fish!

