



# What is Yom Kippur?

## A social story for Yom Kippur



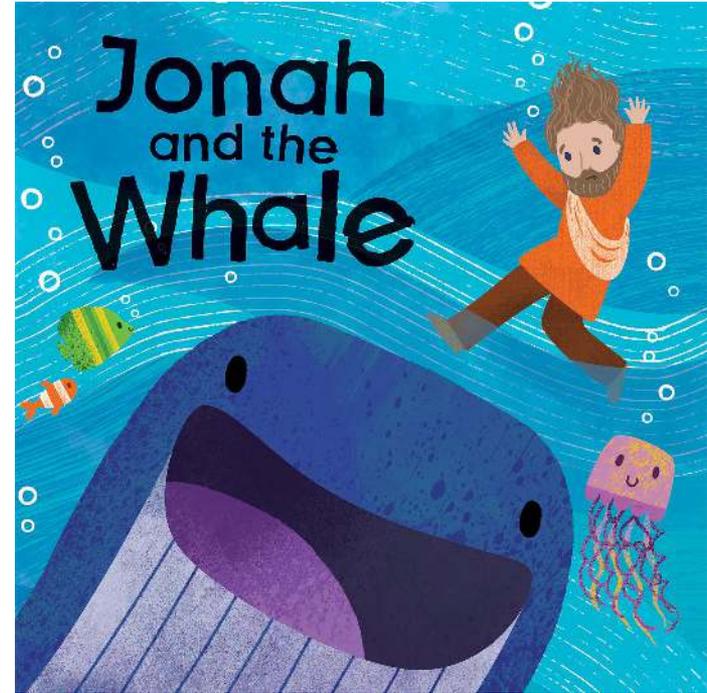
Yom Kippur is a day when Jewish people think about saying sorry for times when they have been hurtful instead of helpful.



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It is a day when we  
go to synagogue,  
pray, and listen to  
stories.



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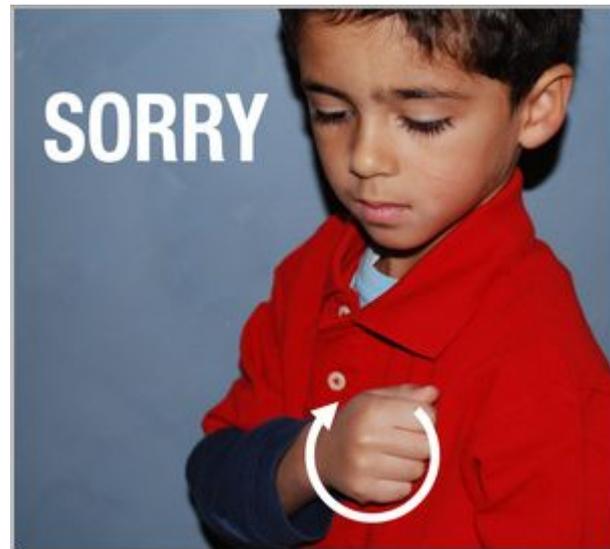
On Yom Kippur, I can  
think about how to  
be kind and helpful.

• *be* •  
**KIND**

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If I think of a way I  
have hurt someone,  
I can say, “I’m sorry”  
to them.



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Yom Kippur is usually a quiet day. It's different from other Jewish holidays, when we might have parties or celebrations. Many people spend the day in the synagogue.



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Many grown-ups do not eat all day on Yom Kippur. This is called “fasting.”



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In the Jewish tradition, people might start fasting when they turn 13. Not everyone is able to fast, especially if you take a medicine that you need to take with food.



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At the very end of Yom Kippur, there is a big meal called break-fast when people who have been fasting all day eat again.



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I can find quiet things  
to do on Yom Kippur  
like take walks, do  
puzzles, and read  
books.



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Yom Kippur is an important Jewish holiday. It reminds us that we can always try again.



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