



Venture into Rosh Hashanah



*Activities, recipes, information, and more
that will help you learn about and
celebrate Rosh Hashanah.*

Venture into Rosh Hashanah



tool • kit

a personal set of resources, abilities, or skills.

"Venture into Rosh Hashanah is a toolkit full of things you can use to learn, play, and celebrate Rosh Hashanah!"

In this kit, you will find activities, recipes, information, and more that will help you learn about and celebrate Rosh Hashanah. If you have questions or are seeking more information, please reach out. jkidphilly is here to help!

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TEN FAST FACTS!

1. **Rosh Hashanah, the Jewish New Year, is a fall holiday**, taking place at the beginning of [Hebrew month of Tishrei](#).
2. **The shofar, a ram's horn that makes a trumpet-like sound**, is intended as a wake-up call to prepare for the High Holidays in Tishrei including Rosh Hashanah, Yom Kippur, Sukkot, and Simcha Torah
3. **We do not blow the shofar** when Rosh Hashanah occurs the same day as Shabbat.
4. **Rosh Hashanah is also known as the "Birthday of the World."** Many children receive presents on their birthdays. What present would you like to give the world this year?
5. **The challah that is eaten for Rosh Hashanah is round**, symbolizing the eternal cycle of life.
6. **The name "Rosh Hashanah"** means, literally, "head of the year" or "first of the year."
7. **Eating apples dipped in honey, a symbol of our wish for a sweet new year**, is a popular observance during Rosh Hashanah.
8. **L'shanah tovah ("for a good year")** is the common greeting for Rosh Hashanah.
9. **Tashlich, "throwing away" crumbs of bread into a body of running water on the first day of Rosh Hashanah**, is symbolic of tossing away the things we did wrong last year so we can start again.
10. **The Torah** is read on both mornings of Rosh Hashanah.



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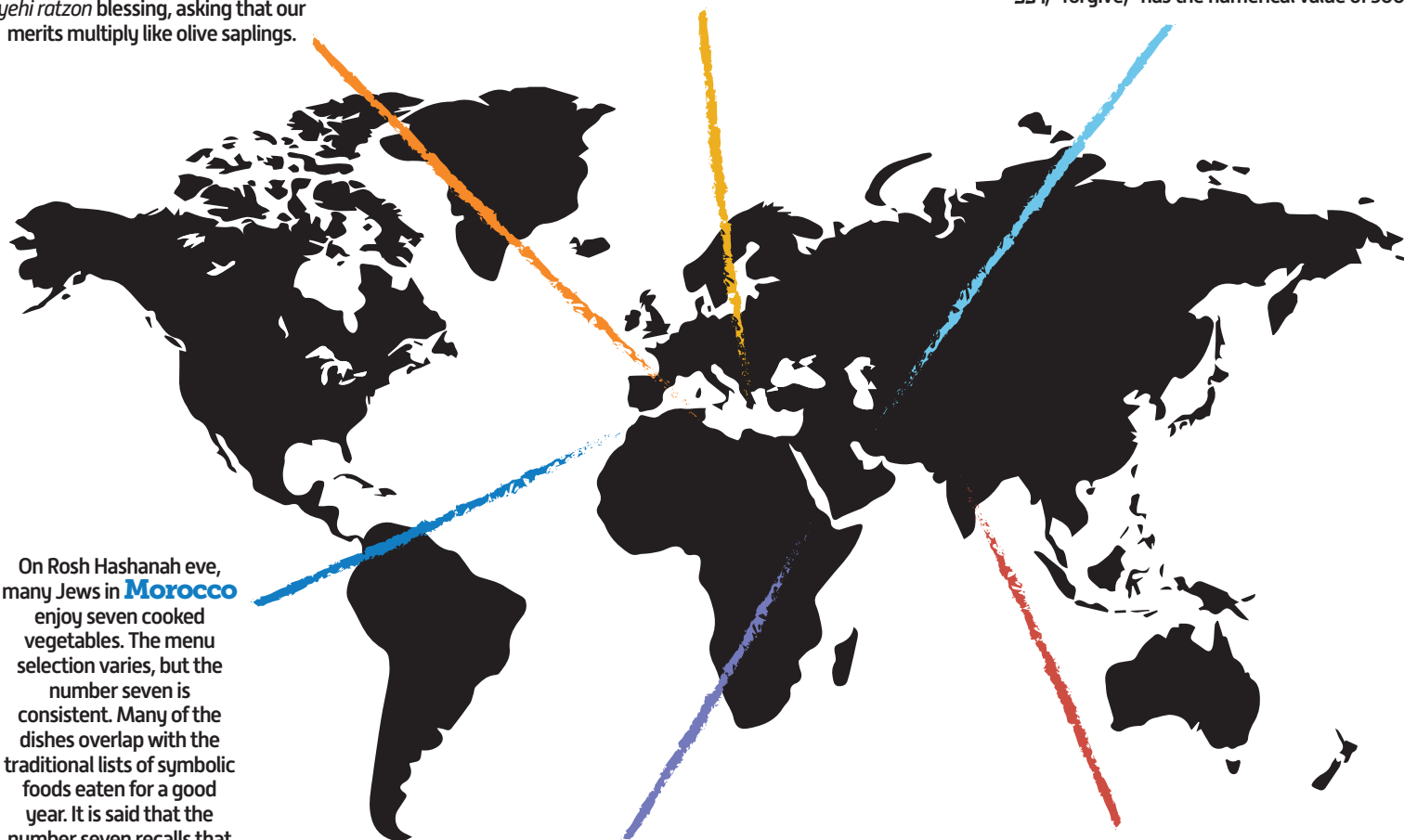
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Rosh Hashanah Around the World

In Djerba, an island off the coast of **Tunisia**, children collect fallen olives in the olive orchards. On the morning before Rosh Hashanah, they carry them through the streets announcing that they have olives with which people can recite the traditional *yehi ratzon* blessing, asking that our merits multiply like olive saplings.

In **Greece**, Romaniote Jews eat a whole fish for Rosh Hashanah, which literally means “the head of the year.” It is customary to recite a blessing based on a verse in Deuteronomy: “May we be heads, not tails” — in other words, leaders rather than followers. In many families, the father is honored with the head at the traditional meal.

For **Persian** Jews, it is customary to say as many psalms as possible on Rosh Hashanah. Among Iranian Jews it is customary to recite the entire book twice in the home of someone who has passed away during the past year (300 chapters in total, since the word רַחַם, “forgive,” has the numerical value of 300.)



On Rosh Hashanah eve, many Jews in **Morocco** enjoy seven cooked vegetables. The menu selection varies, but the number seven is consistent. Many of the dishes overlap with the traditional lists of symbolic foods eaten for a good year. It is said that the number seven recalls that Rosh Hashanah ushers in the seventh month on the Jewish calendar.

On Rosh Hashanah morning in **Ethiopia**, each village's *kessim* — Jewish spiritual leaders — wake before dawn, dress in white, recite the first of four prayer services of the day, and retell the history of Biblical figures. Villagers then gather for family feasts of lamb stew and *injera*, a traditional Ethiopian bread.

A major highlight of Bene Israel Jews' High Holiday observance in **India** is *Tzom Gedaliah*, the Fast of Gedaliah, which falls the day after Rosh Hashanah. Bene Israel Jews call the day *Naviacha Roja*, or the “Fast of the New Year.” The fast is traditionally broken with a rice pudding dish called *kheer*, made with coconut milk, rice, cardamom, and nuts.



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Pomegranate Bubble Wrap Stamp

Repurpose some bubble wrap to make a fun Rosh Hashanah decoration!

Materials: pomegranate template*, red marker or red paint, scissors, piece of bubble wrap, glue stick or tape, hole punch, yarn or string

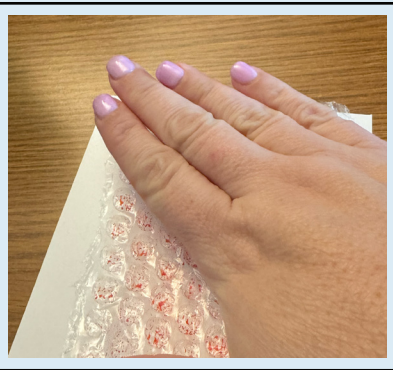
1. Cut out the template. You may need to ask a grown-up for help cutting out the center circle.



2. Using a red marker or paint, color the bubbles on a small piece of bubble wrap.



3. Lay the colored side of the bubble wrap onto a piece of white paper and press down evenly to stamp.



4. Glue or tape the stamped sheet on the back of the pomegranate, making sure the colored side is showing through.



5. Trim and color the pomegranate, punch a hole in the top and tie a string through it. Hang to display!



**Printable templates can be found at the end of the Toolkit*



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Keep Learning!

Jewish Value: **שלמות** | *Shleimut*
Wholeness

Shleimut shares a root with the word "shalom," and suggests coming to a place of being at peace with one's whole self. Rosh Hashanah is a time of making peace with the past year and thinking about changes we might want to make in the coming year as we work toward *shleimut* — the knowledge and feeling that who we are on the outside is the same as the inside; that we are whole.

Activity: My Whole Self

Create a full-body self portrait, turn it into a puzzle, and put all the pieces together. For an extra challenge, try coloring both sides of the puzzle to make a reversible whole self!

1. Color and cut out the template*. You may need to ask a grown-up for help cutting.



2. Cut on the dotted lines.



3. Arrange all the pieces to make a whole self-portrait!



**Printable templates can be found at the end of the Toolkit*



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Rosh Hashanah Food Around the World

Would you try any of these Rosh Hashanah foods from across the globe?

Bene Israel Jews in **India** eat *halwa*, a traditional milk custard made with wheat gluten, coconut milk, almonds, pistachios, and cardamom




Moroccan Jews eat couscous and seven vegetables for luck in the new year. The grains of couscous represent countless blessings.



Beets are a traditional Rosh Hashanah food eaten to ward off evil. Jews in **Persia** eat meatballs with a sauce that's made with beets, tamarind, and pomegranate molasses.



Jews in **Portugal** eat *rodanchas*, savory pumpkin-filled pastries as part of their traditional Sephardic Rosh Hashanah seder.



Greek Jews eat *fasolakia*, a green bean, tomato, onion, and potato stew also served on Sukkot. Some recipes also include olives and feta.



Jews in **Ethiopia** eat drink *tej*, a honey mead, which is made by fermenting honey and water, sometimes along with *gesho*, a native buckthorn plant. Spices like ginger, cinnamon and cardamom are also added.





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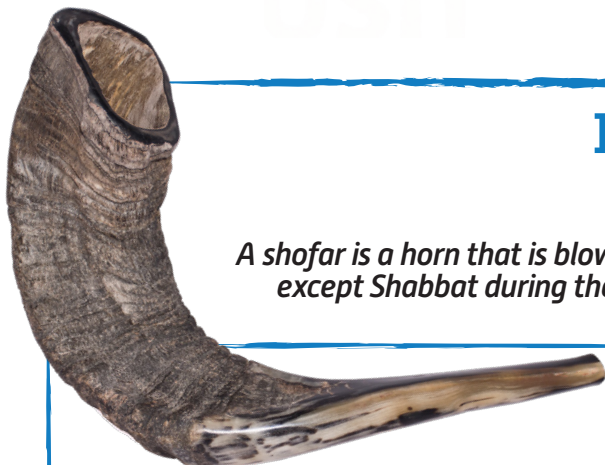
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Keep Learning! Shofars

A shofar is a horn that is blown like a trumpet during Rosh Hashanah services, every day except Shabbat during the preceding month of Elul, and at the end of Yom Kippur.



These horns are not solid bone, but contain cartilage, which can be removed. The word shofar means "hollow."

The shofar can be made of the horn of a ram, antelope, gazelle, goat, or Rocky Mountain goat.

Blowing the shofar on Rosh Hashanah is a mitzvah, and before we begin, two blessings are said.

Although the ideal time to hear shofar is in the (late) morning, it can be sounded any time between dawn and sundown on Rosh Hashanah.

The person blowing the shofar uses it to make 3 types of sound:
Tekiah: a single long blast
Shevarim: 3 medium blasts
Teruah: 9 short blasts



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Hidden Picture

Try to find the following ten items in the picture below. When you're done, color the picture!

SYNAGOGUE



APPLE



CHALLAH



FISH



TORAH



CANDLE



POMEGRANATE



DINNER



SHOFAR



HONEY



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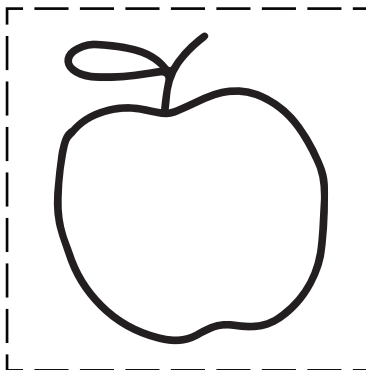


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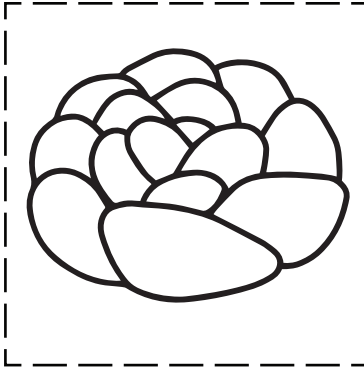
Visual Schedule

A schedule can be really helpful to visualize the order of activities and get prepared. Color and cut out the Rosh Hashanah celebration symbols and glue some or all of them into the blank template at the end of the toolkit to create a custom visual schedule for your family. If your family has some other traditions to include, feel free to draw them right into the template.



APPLE

It is customary to eat apples for a sweet new year. Often, we dip them in honey.



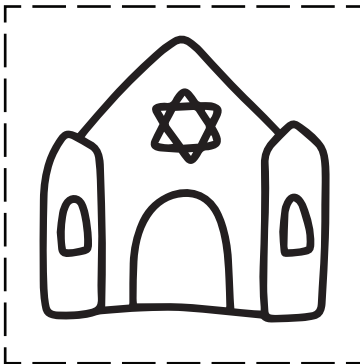
CHALLAH

Traditionally, we eat a round challah, which has no beginning or end, to symbolize the wish that our blessings have no end.



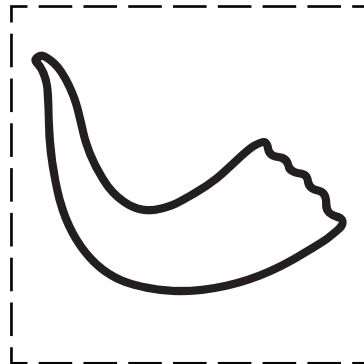
CANDLES

We light candles and say the blessing at sundown the evening before Rosh Hashanah.



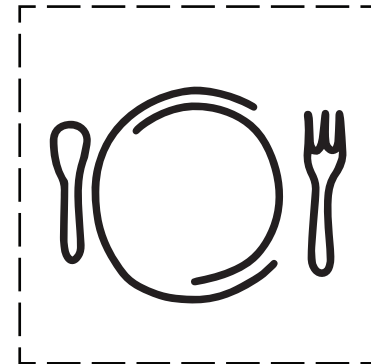
SYNAGOGUE

Some families go to synagogue on Rosh Hashanah Eve and/or Rosh Hashanah morning.



SHOFAR

Made from a ram's horn, the shofar is blown at different times and is quite loud!



MEAL

Many families gather for a holiday meal on Rosh Hashanah.

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More Resources

More to learn, play, cook, read, watch, and listen!

LEARN

- Explore [jkidACCESS High Holidays resources](#), including tips for making High Holiday services easier for kids with disabilities.
- Visit [PJ Library's High Holiday hub](#) for even more resources!
- Here are some [new perspectives on Tashlich](#) and throwing away past mistakes.

PLAY

- Check out the [jkidphilly calendar](#) to see what we have going on for Rosh Hashanah.
- The [jkidphilly Rosh Hashanah Pinterest board](#) is chock-full of fun ideas!

WATCH/LISTEN

- Let [Rosh Hashanah Hannah](#) introduce you to the elements of the holiday and check out the rest of Shalom Sesame's [Rosh Hashanah playlist](#).

COOK

- Invite a blessed and prosperous new year with a [round challah](#).
- Put a spin on apples and honey with these [6 kid-friendly recipes](#)
- Make an [apple bowl](#) to hold your honey
- Plan a day's worth of meals with these [Rosh Hashanah recipes from PJ Library](#).
- Try these [vegetarian and plant-based recipes](#) for a healthy start to the new year.
- Move over, honey – it's [apples and caramel](#) time.

READ

- Check out these [Rosh Hashanah books](#) for babies and toddlers.
- These [Rosh Hashanah books](#) also have feminist themes.
- These [children's books](#) explore the different themes and elements of Rosh Hashanah.

LINKS

- Learn [more and more](#) facts about Rosh Hashanah!
- [Rosh Hashanah customs around the world](#).
- More info about the [Jewish value of shleimut](#).

LINKS (cont.)

- Learn [how shofars are made!](#)
- More [facts about shofars](#)
- Recipe: [Halwa](#) from India
- Recipe: Moroccan [Couscous and Seven Vegetables](#)
- Recipe: Persian [Beet Meatballs](#)
- Recipe: [Rodanchas](#) from Portugal
- Recipe: Greek [Fasolakia](#)
- Recipe: [Tej](#) from Ethiopia



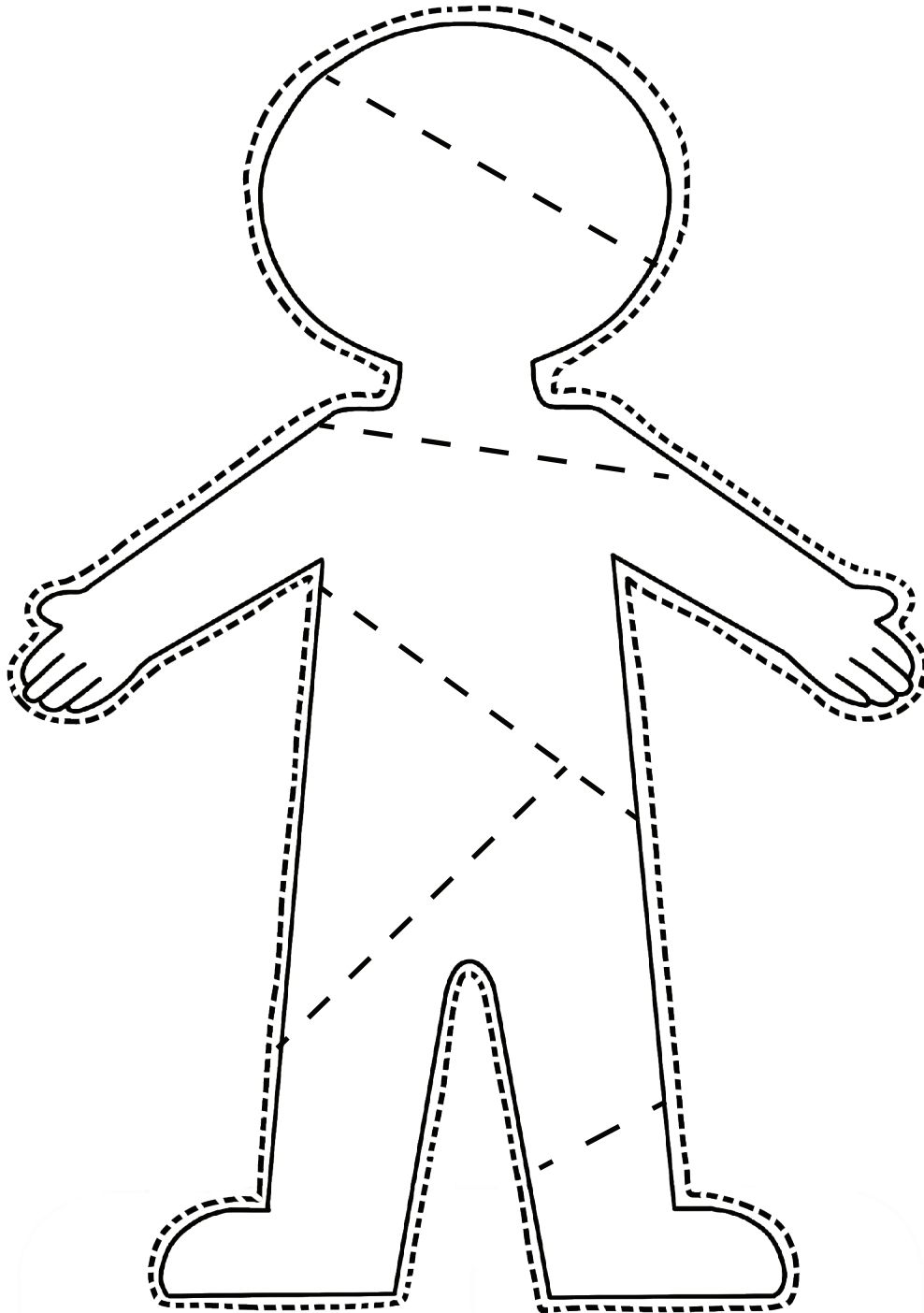
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Shleimut Puzzle Template





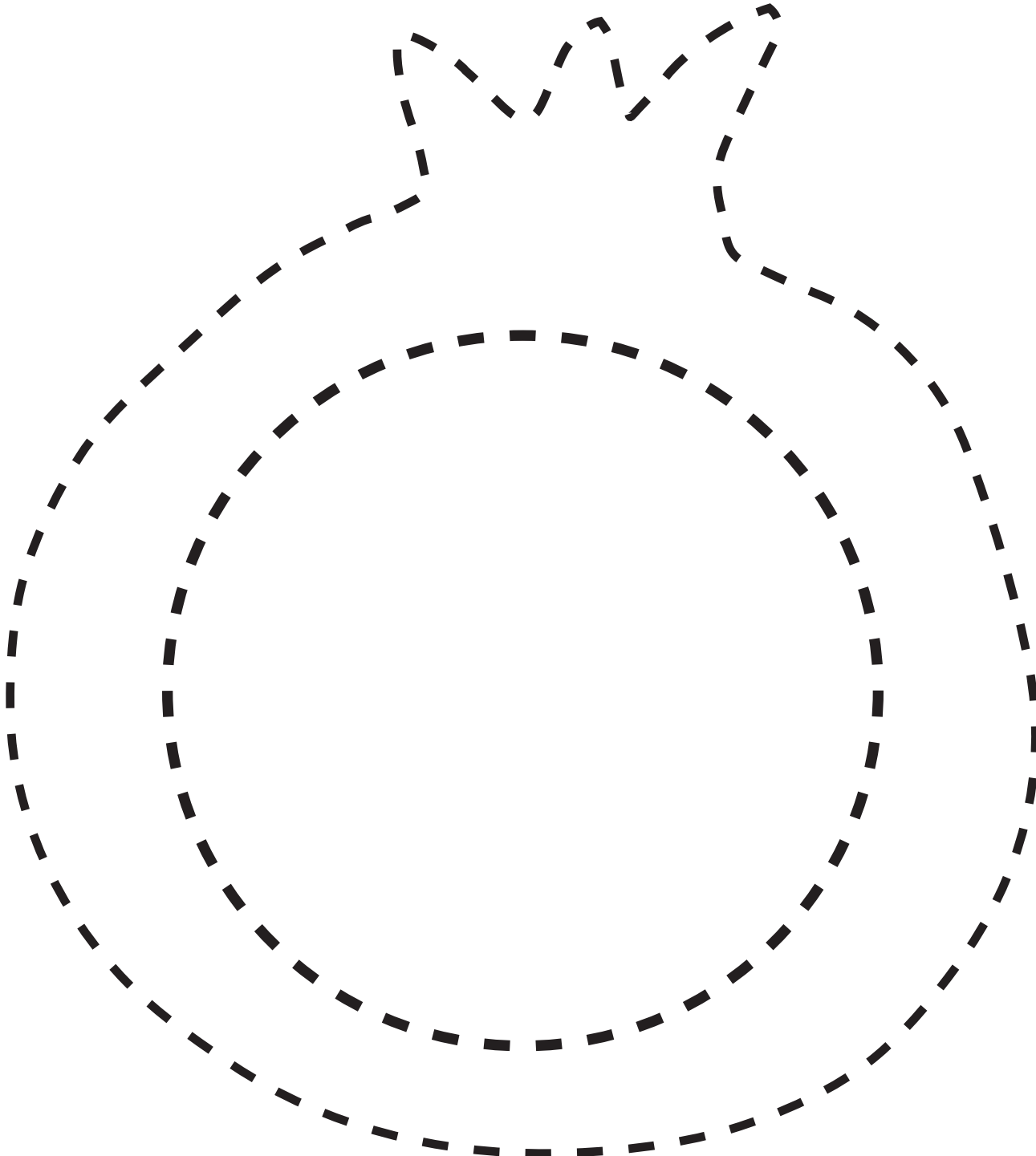
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Pomegranate Bubble Wrap Template





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Visual Schedule

...for families just like yours!

www.jkidphilly.org