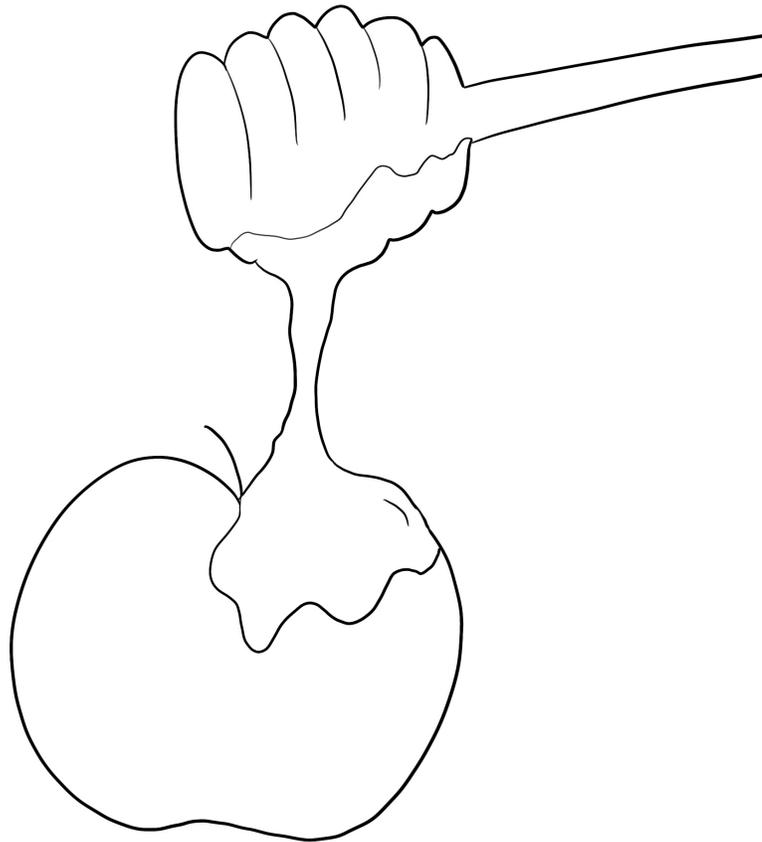# Apples and Honey

Original activities, games, and questions
for Rosh Hashanah

Created by Sari Kopitnikoff
@thatjewishmoment | thatjewishmoment.com

# Welcome!

Hi! I'm Sari, and I'm so glad you're here. I'm the educator and artist behind "That Jewish Moment", and I love creating original Jewish products, games, and programs. I hope this packet contributes to your Rosh Hashanah this year.

## Your Support

I often get asked, "How can I support this work you're doing?"
There are a few ways, and each one helps a lot!

### Share!

First, please keep up your feedback and encouragement! I love receiving all of your messages, sharing your excitement about my work and making requests for future activities. It means so much to me to see my packets being used all over the world by educators and families. And please help spread the word! Pass this along to anyone who may appreciate it.

### Visit!

Second, take a look on my website and check out some of my games, packets, and products. I have a few books coming out soon! The best way to stay updated is by joining my newsletter or following me on Instagram.
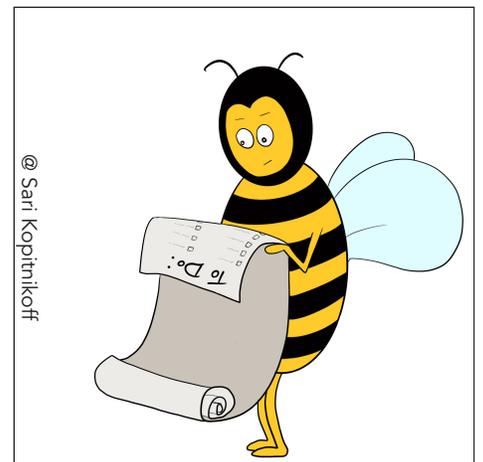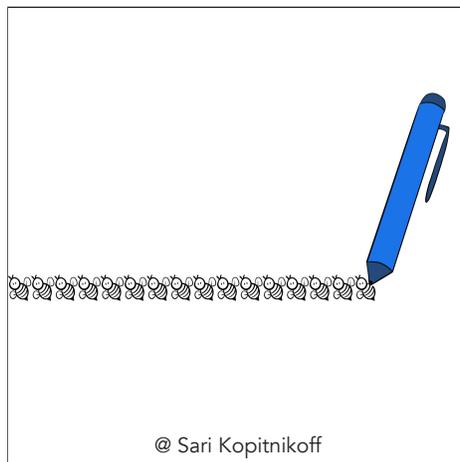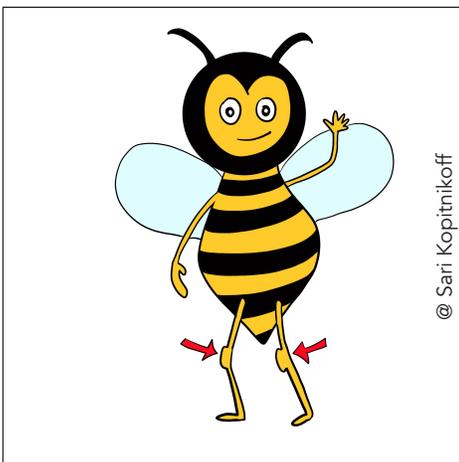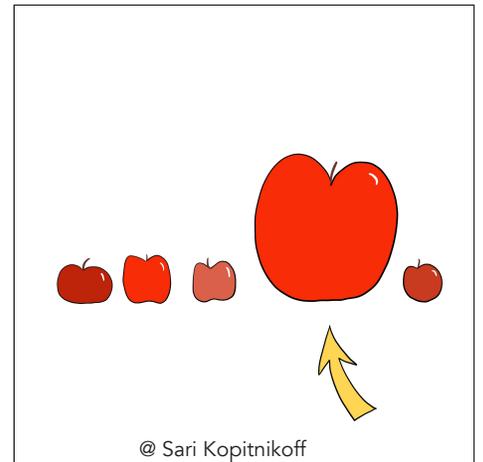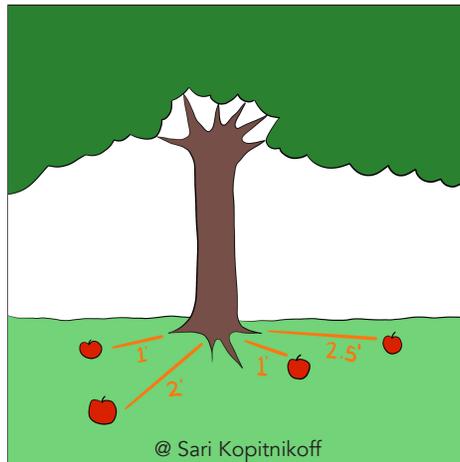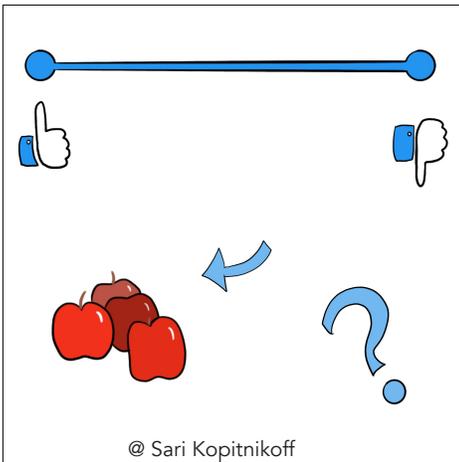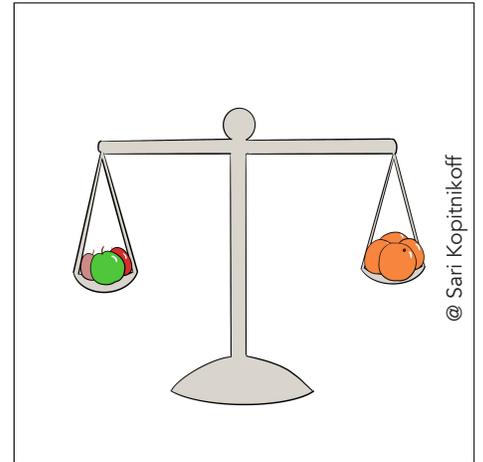
### Donate!

And finally, I made the decision a few months ago to devote more time to creating Jewish educational content and programs, and so I "quit my day job"! If you use and enjoy this packet, please consider making a donation to help me continue doing this special work. You can submit any amount on: paypal.com/paypalme/thatjewishmoment.

Thank you!

♡ Sari

# Apples and Honey Picture Puzzles

Each of the following squares represents an idiom (phrase or expression) in English. And they all relate somehow to apples, bees, or honey.
How many can you solve?



@ Sari Kopitnikoff



@ Sari Kopitnikoff



@ Sari Kopitnikoff



@ Sari Kopitnikoff



@ Sari Kopitnikoff



@ Sari Kopitnikoff



@ Sari Kopitnikoff



@ Sari Kopitnikoff



@ Sari Kopitnikoff
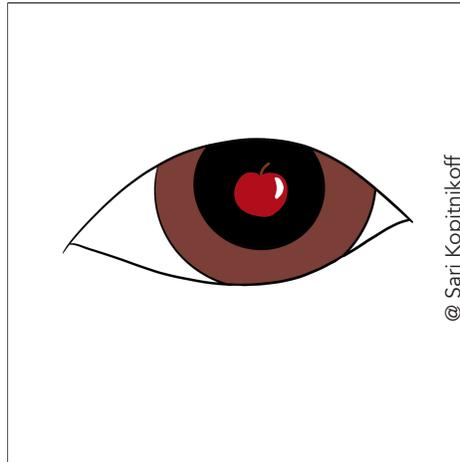
# Apples and Honey Facts and Follow Up

Learn some fascinating facts about apples and honey, followed by thought-provoking discussions.

| | | |
|---|---|---|
| **Did you know?**<br><br>**Most apples, today, are still picked by hand!**<br><br>Even though we have advanced technology and artificial intelligence, what are some things that are still best when done by hand? | **Did you know?**<br><br>**An apple tree often starts bearing fruit 8-10 years after being planted.**<br><br>What are some examples of things you experienced years ago that have an effect on who you are today? | **Did you know?**<br><br>**An apple's volume is 25% air!**<br><br>Think about what makes you... you. What are some components that make you who you are? |
| **Did you know?**<br><br>**Apples ripen much faster (up to 10 times!) at room temperature than when they're refrigerated.**<br><br>What are examples of environments in your life that help bring out your best self? | **Did you know?**<br><br>**More than 7,500 apple varieties have been discovered.**<br><br>How many different kinds of people do you think there are in the world? Are we more similar or different? | **Did you know?**<br><br>**Honey never spoils!**<br><br>What are some parts of life that are always good, no matter how old they are? |
| **Did you know?**<br><br>**Years ago, honey was so valuable, it was even used to pay taxes.**<br><br>What, in your opinion, is very valuable? | **Did you know?**<br><br>**Honey has medicinal properties!**<br><br>What's something that helps you when you physically don't feel your best self? | **Did you know?**<br><br>**To draw attention to their products, honey vendors often made "bee beards" by attracting bees to their honey covered chins.**<br><br>What catches your attention? What do you do when you want to draw people's attention? |
| **Did you know?**<br><br>**Honey is often used for soothing purposes. (Think: cough drops, skin moisturizers, etc.)**<br><br>What helps you calm down when you're stressed? | Sources:<br><br>Apples from New York: https://www.applesfromny.com/about-nyaa/apple-trivia/<br><br>Mental Floss: 15 Facts Worth Buzzing About:<br><br>University of Illinois Extension: Apples and More, https://web.extension.illinois.edu/apples/facts.cfm https://www.mentalfloss.com/article/68528/15-honey-facts-worth-buzzing-about | |

# Reflective Questions for the New Year

As we say good-bye to last year and reign in the new one,
here are some good questions to think about.

**Looking back at this past year:**

What was a time you felt proud or accomplished this year?

What was a memory from this year which you'll look back on and laugh about?

What surprised you the most?

When things were rough, what helped you pull through?

Who was someone who really supported you this year?

What was a time that felt especially challenging for you?

In what way have you grown up or matured?

In what way do you feel you could have done a bit better?

If you could go back in time and tell your past self three words (ex: advice, encouragement) at the beginning of the year, what would you say?

What's something new you learned?

**Looking ahead at this coming year:**

What's something you are looking forward to?

What message do you hope to remember every day?

What's something new you'd love to try?

How do you hope you might be a better version of yourself?

What's a fear you hope to overcome?

What's a blessing you hope will come true for someone you care about?

What's something you feel especially uncertain about?

What's a question you wish you could ask your future self (in one year from now)?

What's a small step you can take to be a kinder friend?

What's a good habit you hope to begin or a bad habit you hope to stop?

# Honey Cake Finger Maze

Time to make honey cake! See if you can make it through the maze below collecting the ingredients usually needed to make one.