

# I am Sorry Day



## A Musical Family Program for Yom Kippur

Brought to you by  
The Bender-Dosik Parenting Center  
Early Childhood Music Specialist, Lisa Baydush  
Jewish Community Center of Greater Washington

## Boker Tov

by Lisa Baydush

Boker tov, good morning, my friends! I'm so glad to see you— and you and you and...  
Boker tov, good morning, my friends! I'm so glad to see you!



Clap your hands (clap 3x) if you're ready to sing;  
Wave your hands way up high;  
Now wiggle your fingers and tickle your toes,  
and open your mouth real wide, and sing with me now...

Tap your knees (tap 3x) if you're ready to sing;  
Now stretch from side to side;  
Take a deep breath in and blow it out,  
and open your mouth real wide, and sing with me now...

On Rosh Hashanah and Yom Kippur, we say  
"Shanah Tovah" to wish each other a HAPPY new year!

## Shanananah Tovah

by Chris Vaughn

Sha-na-na na-na-na-na na-na-nah, Shanah tovah! (4x)

The old year is ending, the new one's just begun;  
We celebrate together and say, "Shanah Tovah!"

We think about the old year, and look forward to the new;  
We hug our friends and family and say, "Shanah Tovah!"

We gather here together as one community;  
We welcome the new year and say, Shanah Tovah!

Yom Kippur is a quiet day; we come to services to think and pray.  
On Yom Kippur, we say, "I'm sorry" to people whom  
we have hurt with our words or actions.

## I'm Really Really Sorry

by Lisa Baydush

I'm sorry, I'm sorry, I'm really, really sorry!  
I didn't mean to do that, and I won't do that again! (repeat)  
No, I won't do that again!

If we make a mistake or say something hurtful,  
We do what we can to make amends;  
We make amends by saying I'm sorry,  
We say I'm sorry and we hug our friends!



On Yom Kippur, we make promises to do our best  
to make this new year a really great one!

We begin by throwing away all of those things that we are sorry for,  
and we ask God to help us make a fresh start in this new year.

## Avinu Malkeinu

A-vi-nu mal-kei-nu, cha-ne-nu v'a-ne-nu (2x)  
Ki eyn ba-nu ma-sim

אָבִינוּ מַלְכֵנוּ חַנּוּנוּ וְעֵינָנוּ  
כִּי אֵין בָּנוּ מַעֲשִׂים

A-seh i-ma-nu, tz'da-kah va-che-sed (2x)  
V'ho-shi-ei-nu

עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד  
וְהוֹשִׁיעֵנוּ

## Throwin' My Sorrays Away

by Lisa Baydush

### Chorus:

I'm throwin' my sorrays away today;  
I'm throwin' my sorrays away away!  
I'm throwin' my sorrays away today;  
I'm throwin' my sorrays away!



And I'm gonna make changes in the things I say,  
In how I act every day;  
I'm gonna try a little more to do the best I can;  
That's my New Year's plan! (chorus)

And tomorrow's gonna be a brighter day!  
I'm feeling the sunshine right away!  
Let's make a plan to do what we can  
to start the New Year right!

On Yom Kippur, we think about the things that WE can do  
to make this new year a really GREAT year!

## G'mar Chatimah Tovah

by Julie Auerbach

Open the book and write my name,  
Open the book and write my name,  
Open the book and write my name,  
G'mar cha-ti-mah tovah!

I'll be a friend to everyone...  
I'll share my toys with my brother and my sister...  
I'll always try to do my best...

Look at all of things that YOU can do to make this a really good year!  
Together, we can build a better world!

## Building a Better World

by Ellen Allard

We're building a better world (3x)  
One person at a time!

And the world goes round and round,  
the world goes round and round and round (repeat)

We're building a world with friends... love... peace...



When you do your part to help the world,  
I can tell that you hear God's voice!  
Listen! Sh'ma!

Shhh! Can you hear it?  
Mmmm! I can hear it!  
Ahhh! I can feel it!

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ. יְיָ אֶחָד:

Sh'ma Yisrael Adonai Eloheinu, Adonai Echad.

Hear O Israel, Adonai is our God, Adonai is one.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

Baruch sheim k'vod mal'chuto l'olam vaed.

Blessed is God's glorious name forever and ever.



## God is Everywhere

by Ellen Allard

God is everywhere and God is one, God is one (3x)  
in the moon and the stars and the shining sun;  
God is everywhere and God is one, God is one!



We show our love for God when we love other people.  
We show our love for God when we help people in need.  
We show our love for God when we sing songs of praise.

How do YOU show your love for God?

## Give a Hug

by Bari Koral

Give a hug, give give a hug (3x)  
Give a hug right now!

Help a friend, help help a friend...  
Sing a song, sing sing a song...

## Great, Mighty and Awesome

by Ellen Allard

Great, mighty and awesome, yeah! (3x)  
God Supreme! (repeat)

God of Abraham, Isaac and Jacob,  
Sarah, Rebecca, Rachel and Leah...

We sing love, we sing praise,  
We sing joy all our days...



## —Story—

## Do a Mitzvah

by Andi Joseph

Do a mitzvah! (clap) Do a mitzvah! (clap)  
Do a mitzvah when you can! (clap 2x) (repeat)

Put a smile on someone's face;  
Make the world a better place;  
Lend a friend a helping hand;  
Do a mitzvah when you can!



As we come to the end of our service,  
we say thank you for the many blessings in our lives.

For families who love us... THANK YOU!  
For friends who inspire us... THANK YOU!  
For teachers who teach us... THANK YOU!  
For homes that shelter us... THANK YOU!  
For food that nourishes us... THANK YOU!  
For the beautiful world that surrounds us... THANK YOU!  
For the sun, moon and stars that guide us... THANK YOU!  
Thank You, God, for this wonderful life we live.

We offer a special blessing for family  
on this day of contemplation and renewal!

## Family Blessings

by Emily Aronoff Teck

*Grown-ups, please echo:*

You are a blessing (echo) every day (echo);

When I watch you grow (echo), when I see you play (echo);

I'll love you and keep you (echo); I'll hug you and kiss you (echo);

Forever and ever (echo) and ever!

May God bless you (echo); may God keep you (echo);

Shine light on you (echo); help you find peace (echo);

May God watch you (echo) and stay with you (echo);

Forever and ever (echo) and ever!

## May You Be Sealed

by Ellen Allard

May you be sealed for a good year,

for a sweet year, for a healthy year.

May you be written in the book of life,

G'mar chatimah tovah!



גִּמְרַר חַתִּימָה טוֹבָה

G'mar Chatimah Tovah!

May you be sealed for a good year,  
a sweet year, a healthy year!

