

# I'm Sorry Day



## A Musical Family Program for Yom Kippur

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

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**Bender JCC**  
of Greater Washington

*A Place for Families*

# SHALOM!

Hello  
שלום

## Shalom Chaverim

by Ellen Allard, adapted

Shalom chaverim, shalom chaverim,  
Shalom, shalom, shalom! (repeat)



Shalom to the boys and girls!  
Shalom to the moms and dads!  
Shalom to the grandmas and grandpas!  
Shalom shalom, my friends!

Stretch your arms way up high,  
Wave hello to the sky;  
Shake your shoulders, bounce your knees,  
Take a deep breath and sing with me!

## It's So Good (Hinei Mah Tov)

by Lisa Baydush

I just want to say how glad I am you're here today  
– Hinei, hinei mah tov!  
It's so good to be with our J family  
– Hinei, hinei mah tov!

Hinei mah tov (*hinei mah tov*)

U'mah na'im (*u'mah na'im*)

Shevet achim gam yachad!

הִנֵּה מַה-טוֹב

וּמַה-נְעִים.

שִׁבְת אַחִים גַּם-יַחַד:

It's a special day when we can sing and play  
– Hinei, hinei mah tov!  
Sing along with me, sing in harmony  
– Hinei, hinei mah tov!

# SHANAH TOVAH!

Happy New Year!

שָׁנָה טוֹבָה

## Sha-na-na-nah Tovah

to the tune of Hal'l'luyah

Sha-na-na-nah, Sha-na-na-na-na-nah,  
Sha-na-na-nah, Shanah Tovah!  
Sha-na-na-nah, Sha-na-na-na-a-nah,  
Sha-na-na-nah, Sha-na-na-nah... Shanah Tovah!

# T'SHUVAH

Repentance

תְּשׁוּבָה

## Tap Your Heart (Ashamnu)

by Eliana Light

Tap, tap, tap your heart (3x)  
On Yom Kippur, it's time to restart!

On Yom Kippur (echo)  
We try to do good (echo)  
We tap our hearts (echo)  
to remind us we should (echo)

On Yom Kippur (echo)  
We make a plan (echo)  
To make this new year (echo)  
The best we can (echo)



## Yom Kippur Finger-Play

from Clap and Count, adapted by Nell Hirsch

Here's a friend and here's a friend (hands up in air)  
They've argued with each other (fists up and down)  
At Yom Kippur they say, 'I'm sorry' (talking hands)  
And make up with one another (clasp hands)

## 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! (chorus)

# TASHLICH

## Ceremony of Casting Away One's Sins

תַּשְׁלִיךְ

## Throwin' My Sorrays Away

by Lisa Baydush



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)

(continued on next page...)

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!

## Avinu Malkeinu

A-vi-nu mal-kei-nu, }  
cha-ne-nu v'a-ne-nu }<sub>2x</sub>  
Ki ein ba-nu ma-sim

אָבִינוּ מַלְכֵנוּ  
חַנּוּנוֹ וְעֲנָנוּ  
כִּי אֵין בָּנוּ מַעֲשִׂים

A-seh i-ma-nu, }  
tzedakah va-che-sed }<sub>2x</sub>  
V'ho-shi-ei-nu

עֲשֵׂה עִמָּנוּ  
צְדָקָה וְחֶסֶד  
וְהוֹשִׁיעֵנוּ

I'm sorry for what I did wrong (2x)  
I'll try to be caring, more loving and sharing,  
Forgive me for what I did wrong.

I'll try, I'll try to be the best that I can be;  
I'll try, I'll try with all of my might  
To do what I know is right.

Oh, God, please hear my prayer,  
I want you to know that I care;  
I'm thinking about all the things I can do  
To make this a really good 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!

We'll be good friends and share our toys...  
We promise to try to do our best...



## 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 smiles...  
We're building a world with hugs...  
We're building a world with friends...

# T'FILAH

## Prayer

תְּפִלָּה

## Now Let's Take a Breath

by Lisa Baydush

Now let's take a breath (*inhale*)  
And now let's let it out (*exhale*)  
Let's quiet down our bodies  
And get ready to pray... (repeat)

## Prayer is Reaching to God

to the tune of Frere Jacques

Prayer is reaching, prayer is reaching,  
Up to God, up to God (*out/in*)  
Saying what we're thinking,  
Saying what we're feeling,  
Reaching up, up to God.



## Sh'ma

melody by Solomon Sulzer

Sh'ma Yisrael Adonai Eloheinu Adonai Echad  
Baruch sheim k'vod malchuto l'olam va'ed

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:  
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

## Toe-Dah

by Eliana Light

Toe-dah, toe-dah, toe-dah rabah! (2x)

תּוֹדָה רַבָּה

Thank you for my \_\_\_\_\_ (4x)

## May There Always Be Sunshine

May there always be sunshine;  
May there always be blue skies;  
May there always be rainbows;  
May there always be you.



Music/dancing/laughter...  
Flowers/ice cream/butterflies...  
Families/teachers/good friends...

## Shalom Chaverim

by Lisa Baydush

Shalom chaverim, shalom! (4x)

G'mar chatimah, may you be sealed  
For a sweet and good new year;  
Shanah tovah u'metukah,  
I'm so happy you were here!

*G'mar Chatimah Tovah!*



*Join Us...*

# Sukkah Village



Join us at our mindful Sukkot celebration! Participate in a family yoga class, pita making and storytime in our 5 sukkot.

## October 13

10AM-12PM

\$5 Family Ticket  
Free for infants under 1