

# Yom Kippur

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**Concepts:** I'm sorry, forgiveness, friendship, Book of Life

**Vocabulary:** G'mar Chatimah Tovah = may you be sealed for a good year

**Symbols/Customs:** Tashlich = throwing bread crumbs, which represent things we are sorry for, into a body of water. (Tashlich is usually done on Rosh Hashanah, but may be performed until the last day of Sukkot.)

**Props:** blue towel/blue plastic table cloth (river), crumpled brown construction paper (bread crumbs), felt board and tikkun olam pictures

## Tips for Teaching This Unit:

1. Reflect back to Rosh Hashanah and the new year. Sing **Shanananah Tovah** (RH), **Shofar Blast** (RH) and/or **Tongo-RH** ([audio](#)) as fun warm-ups.
2. Explain that there's something very important that we must do before we can fully embrace the new year, and that is to say "I'm sorry" to people whom we may have hurt, even accidentally, with our words or actions.
3. Recite **Yom Kippur Finger Play** twice so that children can do it with you the second time. All ages seem fascinated by this, especially the talking hands. I use it with 2's-Kdg!

### Yom Kippur Finger-Play

adapted by Nell Hirsch

Here's a child and here's a child,  
They've argued with each other;  
At Yom Kippur they say, "I'm sorry, I'm sorry,"  
And make up with one another.

*index fingers up in air*  
*fists up and down; angry faces*  
*talking hands*  
*clasp hands*

4. Then ask them to look into each other's eyes and teach the chorus of **I'm Really Really Sorry** ([audio](#)). Make eye contact with them as you sing. Age appropriate for preschool – second grade.

### I'm Really, Really Sorry

by Lisa Baydush

#### Chorus:

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)

5. Explain the custom of Tashlich and that we're going to walk to a pretend river right here in this classroom and throw our 'sorries' into it. I describe it as throwing our 'sorries' away. I hold up one crumpled piece of brown construction paper and reflect that sometimes I get impatient and forget to use my nice voice, and that I'm really sorry about that. I tell them

they don't have to tell me what they are sorry for, but they should think about it while I put the 'crumbs' into their hands. I make a point to give them to the teachers too, because we ALL have things we're sorry for, even grown-ups.

In past years, I have sung an English verse to the tune of **Avinu Malkeinu** while we walked to the river; this year, we sang the chorus of **Throwin' My Sorrys Away**, and then took deep cleansing breaths in, stretching up high. We're feeling so good after throwing away all those bad feelings; NOW we can start the year off right! We dance back to our seats while I sing the last verse of **Throwin' My Sorrys Away**, or the chorus to **Shanananah Tovah**.

### **Avinu Malkeinu**

English adaptation by Lisa Ashery

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!

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.



### **Throwin' My Sorrys Away**

by Lisa Baydush ([audio](#))

#### Chorus:

I'm throwin' my sorrys away today  
I'm throwin' my sorrys away away  
I'm throwin' my sorrys away today  
I'm throwin' my sorrys 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! (2x)

6. Now that we've thrown away our 'sorrys,' it's time to think about all the good things we can do to make this new year a really great one! I explain that we imagine that God has a book called the Book of Life, and that God writes our names in it, as well as all the good things we do during the year. We open our imaginary books and sing **G'mar Chatimah Tovah...** "open the book and write my name..." I ask the children for their ideas to zip into the song, such as sharing, taking turns, being good listeners and good friends, etc. I always conclude with "I promise to try to do my best!" Age appropriate for 3's - Kdg. An alternative and fabulous song for this is **Give a Hug**. I put a laminated pictures of a pencil on the felt board, and added tikkun olam pictures of children giving hugs, sharing toys, helping friends, picking up trash and smiling.

### **G'mar Chatimah Tovah**

by Julie Auerbach (final verse by Susan Sacks)

Open the book and write my name (3x)  
G'mar cha-ti-mah to-vah.

I promise to try to do my best (3x)  
G'mar cha-ti-mah to-vah.



## Give a Hug

by Bari Koral

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

7. With 2's, this is a great time to sing a friendship song. Our favorite is **Friends 1-2-3**.

## Friends 1, 2, 3

Friends, friends, 1, 2, 3  
All my friends are here with me. (repeat)

You're my friend! (8x) (repeat first verse)

8. Wow, they have so many wonderful ideas about how to make this new year a wonderful year! I know that together we can build a better world! Demonstrate building hands for **Building a Better World**, and teach signs for love, peace and friends. Alternatively, you could sing **Paint a Beautiful World** (RH). Age appropriate for preschool.

## Building A Better World

by Ellen Allard

We're building a better world (3x)  
one person at a time.

Chorus:

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

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

### Songs:

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|---------------------------------------|-----------------------------------|
| 1. Yom Kippur Finger Play             | 8. Friends 1-2-3                  |
| 2. I'm Really Really Sorry (Baydush)  | 9. The Sorry Day Song (Dunlap)    |
| 3. Throwin' My Sorries Away (Baydush) | 10. Shofar Blast (Allard)         |
| 4. G'mar Chatimah Tovah (Auerbach)    | 11. Let's Be Friends, Make Amends |
| 5. Give a Hug (Koral)                 | 12. Let's Be Friends              |
| 6. Building a Better World (Allard)   | 13. I'm Sorry (Boyd Leon)         |
| 7. Avinu Malkeinu (traditional)       | 14. On Yom Kippur (Baydush)       |