

# 10 Important Things to Know about Rosh Hashanah

## 1. The month of *Elul*

The Jewish month before Rosh Hashanah is called *Elul*. During this month, we think about our behavior and actions from the last year and decide on changes we want to try to make in the coming year. Download a family “*Elul* inventory” for your family at [jkidphilly.org/elul\\_inventory](http://jkidphilly.org/elul_inventory)

## 2. What’s in a name?

In Hebrew, Rosh Hashanah literally means “head of the year” or “first of the year.” Rosh Hashanah takes place on the first and second days of the Hebrew month of *Tishrei*.



## 3. The “Birthday of the World”

Rosh Hashanah is also known as the “Birthday of the World.” A “birthday” is something that children can relate to! Talk about how children receive presents on their birthdays. What present would you like to give the world this year?

## 4. Apples and Honey

One delicious Rosh Hashanah tradition is dipping apples into honey and saying a blessing for a sweet new year. Print our blessing card at [bit.ly/appleshoneyblessings](http://bit.ly/appleshoneyblessings) -- and if it get sticky, print a new one next year!



## 5. Round Challah

On Rosh Hashanah, it is traditional to eat a round challah that symbolizes the cycle of life and the passage of time from year to year. Baking challah with your jkids is a wonderful new year activity! Check out the challah recipe from *Joy of Kosher*: [bit.ly/roundchallahgeller](http://bit.ly/roundchallahgeller)



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## 6. Greeting Cards

Celebrate the new year by sending cards to friends and family. jkids can be really creative with this tradition! We also have postcards that you can print, download, color, and put in the mail! Find them here: [jkidphilly.org/RHpostcard](http://jkidphilly.org/RHpostcard)

## 7. The Shofar



The Shofar is a ram's horn that is blown like a trumpet during the Rosh Hashanah service, and at the end of Yom Kippur. There are three different sounds of the shofar. Hearing the shofar blast can remind us to do our best in the new year. Listen to the shofar here: [youtu.be/nkWEG3PmgZA](https://youtu.be/nkWEG3PmgZA)

Then try making your own shofar sounds:

*tekiah* - one sort blast

*shevarim* - three short blasts

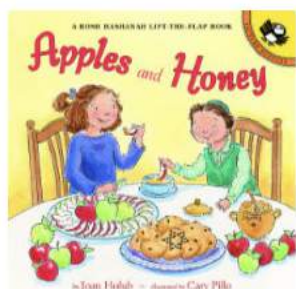
*teruah* - nine short blasts

## 8. Synagogue

Going to synagogue on Rosh Hashanah is one way to take time to think about how we behaved last year and what we want to change about ourselves in the new year.

## 9. Tashlich

Traditionally, on the first day of Rosh Hashanah, Jews go to a body of water and toss crumbs of bread to symbolically throw away (*tashlikh*) the things we did wrong last year so we can start again.



## 10. Read all about it!

Find your favorite PJ Library book to read more about Rosh Hashanah! [bit.ly/pjroshhashanah](http://bit.ly/pjroshhashanah)

... for families just like yours!