



Venture into Yom Kippur



*Activities, recipes, information, and more
that will help you learn about and
observe Yom Kippur.*



Venture into Yom Kippur



tool • kit

a personal set of resources, abilities, or skills.

"Venture into Yom Kippur is a toolkit full of things you can use to learn about and celebrate Yom Kippur!"

In this kit, you will find activities, recipes, information, and more that will help you learn about and celebrate Yom Kippur. If you have questions or are seeking more information, please reach out. jkidphilly is here to help!

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TEN FAST FACTS!

1. "Yom Kippur" means Day of Atonement. Atonement means apologizing and trying to repair wrongs.
2. [A story in the Torah](#) says that shortly after the Israelites committed a sin of worshipping an idol, Moses went to the top of Mt. Sinai and prayed for forgiveness. The day they were forgiven (the 10th of Tishrei) was to be known as the Day of Atonement—Yom Kippur.
3. Yom Kippur is the most solemn day in the Hebrew calendar.
4. Some Jews make donations or volunteer their time in the days leading up to Yom Kippur. This is seen as a way to end the calendar year with good deeds.
5. [Yom Kippur marks the end of the 10 Days of Awe](#), a period of introspection and repentance that follows [Rosh Hashanah](#), the Jewish New Year.
6. [Healthy adults are instructed to fast](#) (not eat) on Yom Kippur. The fast is believed to cleanse the body and spirit, not to be a punishment.
7. The main theme of Yom Kippur is apology. During the holiday all thoughts are supposed to be centered on this theme.
8. [It is traditional to wear a tallit, or prayer shawl, at all times in the synagogue on Yom Kippur](#); this is the only time during the year when the *tallit* is worn in the evening.
9. During Yom Kippur, there are many different services throughout the day. [The very last one \(Neilah\) ends with a long blast of the shofar.](#)
10. [It is customary, after Yom Kippur ends, to immediately begin planning the construction of the sukkah](#), to be used for the holiday of Sukkot, which follows in just five days.

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Yom Kippur Around the World

Jews in **Morocco** remain in synagogue all night on Erev Yom Kippur and recite psalms.

Women do not come to synagogue until the end of the fast to hear the shofar blown.

In , Many people from all around the world come to **Israel**, to the Kotel (the Western Wall) to pray and meditate on Yom Kippur. There are no radio or television broadcasts. There is also no public transportation and all shops and businesses are closed.

In **Syria**, it is customary for people to approach the ark before *Neilah* (the final service of Yom Kippur) and kiss the scrolls to beg forgiveness for any laws they may have broken during the year.

Jews of **Zimbabwe** (formerly Rhodesia) butcher one chicken in the name of each member of the family, two nights before the fast. The stew them in tomatoes and serve them with potatoes, celery, and vermicelli.

In some Jewish communities in **South Africa**, Yom Kippur might be observed with a unique practice of holding services in a temporary sukkah set up in a desert or rural area, blending Yom Kippur with elements of Sukkot.

The Bene Israel of **India** attend synagogue but rather than take public transport, they pay a private car so they only have contact with other Jews on this day.



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Keep Learning!

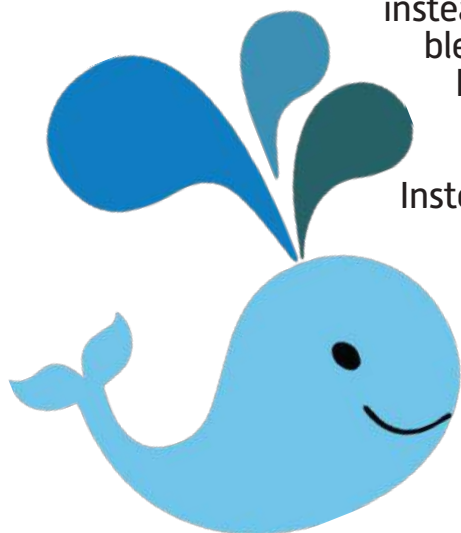
Jewish Value: תשובה | *Teshuvah*

Teshuvah is commonly translated as “repentance,” but it literally means “return.” The three steps of *teshuvah* are: confession, regret, and a promise to change. *Teshuvah* is a form of repair and a commitment for the future. *Teshuvah* can be done any time, but it is especially meaningful during Yom Kippur, a time when we are specifically thinking about mistakes or choices we have made in the past year and how we might do better in the year coming. The Torah story of Jonah and the Big Fish is an example of *teshuvah*.

Jonah and the Big Fish

A long time ago, there was a man named Jonah. God asked Jonah to help some people in a big city called Nineveh. The people of Nineveh were wicked and God wanted Jonah to go warn them that if they didn’t atone for their behavior and change their ways, the city would be destroyed.

Jonah did not want to go to Ninevah to bring this message. He didn’t believe that God should forgive such wicked people, so he decided to run away and get on a big boat to sail far away instead. But, while Jonah was on the boat, a big storm came. The wind blew and the waves crashed, scaring everyone and he felt guilty; he knew that the storm was his fault because he was running away from God.



Instead of asking God to forgive him, Jonah told the sailors to throw him into the sea. He thought he would rather drown than say he was sorry. But, God would not let Jonah drown. Instead, a huge fish came and swallowed him up! Jonah was inside the fish for three days and three nights. Jonah looked out through the eyes of the fish and saw the sun’s light guiding him and he knew what he needed to do. He promised to do what had been asked of him to do and so, finally, the big fish swam to the shore and spit Jonah out onto the land.

Jonah finally went to Nineveh and told the people there to be kind and make good choices. They listened to Jonah and changed their ways, and as promised, their city was saved. Jonah learned that running away from responsibility is not usually the best choice, but if you rethink that choice, you can be forgiven. The people of Nineveh learned that even if your behavior has been bad, you can turn it around at any time.



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Activity: Jonah and The Big Fish: Seeing the Light

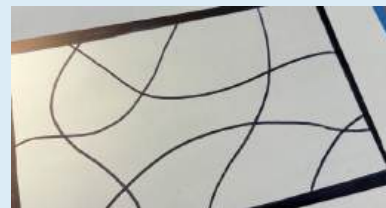
Make a "stained glass window" (just like the eyes of the big fish!) that light can shine through to show you the way!

Materials: piece of transparency paper/acetate, permanent black marker, highlighters or markers

1. Cut the transparency sheet to your desired size.



2. Draw a thick border and then random lines to create sections with the permanent marker.



3. Color in the sections with highlighters. Try to let it dry for a few seconds before touching it.



4. Tape your "stained glass" to a window to let the light shine in!





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Yom Kippur Break Fast Traditions from Around the World

Some Jews in **Iraq** break their fast with *t'beet*, a stuffed chicken and rice dish that's prepared pre-fast and cooked low and slow until Yom Kippur is over.



Some **Moroccan** Jews eat a traditional Shabbat dish called *dafina*, a stew flavored with saffron to break the fast.



Some **Persian** Jews drink black tea, alongside a soft-boiled egg to break the fast. They also have *faloudeh seeb*, a refreshing apple-rosewater treat.



Some **Syrian** Jews break the fast with *sambusek*, triangular turnovers stuffed with cheese, spinach, or chickpeas.



Many **Greek** Jews break the fast with *pepitada*, toasted melon seeds blended with water, sweetened with honey, and flavored with rosewater or almond extract.



Many Jews in **Eastern Europe** and **North America** break the fast with classic Ashkenazi fare: bagels, smoked fish, blintzes, and cake.





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Activity: Looking Back and Looking Ahead

Make a telescope to use to "look back" at your past year. What do you see that you want to change as you "look ahead" at the year to come?

Materials: paper towel tube, piece of cardstock, rubber bands, markers and/or stickers

1. Decorate your cardstock with markers and/or stickers.



2. Roll the cardstock around the paper towel tube and secure with rubber bands.



3. Pull the cardstock out to extend.



4. Look through your telescope!





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More Resources

More to learn, play, cook, read, watch, and listen!

PLAY

- The jkidphilly [Yom Kippur Pinterest board](#) is full of ideas!
- Check out the [jkidphilly calendar](#) to see what we have going on for Yom Kippur.
- Think about forgiveness and reflection all year long with this ["Sorry Bag."](#)
- Use the story of Jonah – and [this whale craft!](#) – to teach about obedience.
- Try [these crafts](#) to learn about Yom Kippur values.

COOK

- Since children should not fast on Yom Kippur, think of what [else can be given up](#) to make the day spiritually focused.
- Consider using [this mealtime meditation](#) to replace fasting.
- Check out [these tips](#) for explaining and contextualizing fasting for children.
- Children can support the fasting adults in their lives by [making pomanders](#) to stave off hunger.

WATCH/LISTEN

- Use music to learn about the Jewish values of [tefilah](#) (prayer), [tzedakah](#) (charity), and [teshuva](#) (forgiveness).
- This [song](#) tells the story of Jonah, who we read about on Yom Kippur.
- Learn about saying sorry from [Shalom Sesame](#).
- Learn the [basics of Yom Kippur](#) in 3 minutes.
- What does ["slichá"](#) mean? Find out with [this video!](#)

READ

- From Jonah to Yom Kippur rituals, [these books](#) can help guide kids through the holiday.
- Learn to say sorry with [these books](#).
- Use [these books](#) to better understand forgiveness.

LEARN

- Look at [these 4 ways](#) children can participate on Yom Kippur.
- Learn [how to prepare your young child](#) for Yom Kippur.
- Explore our [jkidACCESS High Holidays resources](#) and check out [these tips](#) for making High Holiday services easier for kids with disabilities.

LINKS

- Read [more](#) and [more](#) and [more](#) info about Yom Kippur
- Celebrating [Yom Kippur around the world](#)
- Break-fast [recipes](#) from different countries.
- More info about [teshuvah](#) and [how to talk about it with your family](#).

...for families just like yours!

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