

Young Children and the Fall Holidays

This year, the Fall Holidays 5783 begin on Sunday evening, September 25th. Parents and grandparents may want to spend the days before, between, and during the holidays to help reinforce and introduce information about Rosh Hashanah, Yom Kippur, Sukkot, and Simchat Torah. Please use the following suggestions to help you enjoy this time with your children.

Shana Tova to all from the staff and children of the Judy Gordon Early Learning Center.

L' Shanah Tovah
Have a sweet year!



Background

The High Holidays are quite different from other Jewish holidays because they do not signify a historical or seasonal event. Rosh Hashanah actually begins a ten-day period, the 'Days of Awe' which end with Yom Kippur. It might be interesting to teach your child one fact on each of the 10 days, or introduce a holiday food on some of the days.

For example, serve challah to dip in honey for a sweet year, wear new clothes, and eat a new fruit – all of which symbolize our new beginning. Eat a round challah to remind us that the years go round and round. On Yom Kippur the children may wear white clothes and chose not to wear leather shoes. Be sure to say Shana Tova – Happy New Year.



Baking

Honey Cups

4 cups cornflakes

2 tablespoons honey

6 tablespoons butter or margarine

Adults heat the butter and honey together until bubbly
Mix in corn flakes

Break The Fast Treat

Sweetened cereal
 Rainbow Cheerios
Non-sweetened cereal
 Chex, Cheerios, Kix
1 cup chocolate chips
1 cup pretzels
1 cup raisins

Sukkah Snack

Cut up various fruits
Mix the fruits in a decorative bowl.
Serve in your Sukkah

Applesauce Cake Cones

¼ cup vegetable oil
¾ cup brown sugar
1 cup applesauce
1 teaspoon baking soda
1½ cups flour
1 teaspoon cinnamon
10 flat bottom ice cream cones

Spoon the mixture into muffin tins
Bake 10 minutes at 300 degrees
Cool completely in tins.

Mix equal portions of sweet cereal and non-sweetened cereals
Place in pretty basket to serve
Store in air-tight container

Mix oil and sugar together
Add applesauce, baking soda, flour, and cinnamon
Stir well.
Fill cones ¾ full with batter
Stand cone upright in muffin tin
Bake on cookie sheet at 375 for 20 minutes
Opt: Top with frosting or cream cheese

Arts and Crafts

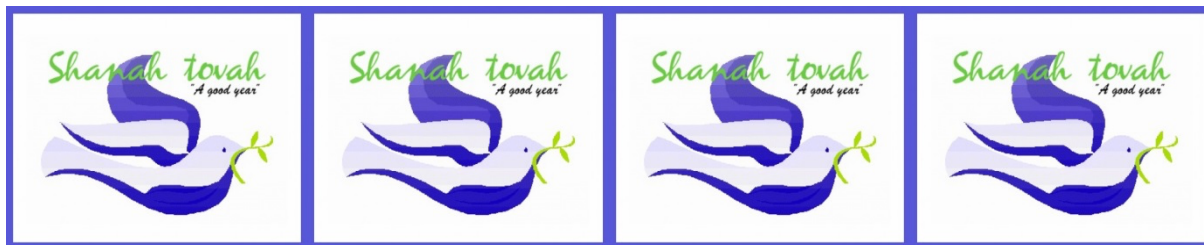
Making and Using a Tzedakah Box

Make a tzedakah box with your children by decorating a milk container, small cereal box, salt or coffee container. Decorate it with paper, paints, markers, glitter, star stickers, etc. Be sure to completely close the container with tape. Make a slit on the top so that you will be able to add money.

You and your child can also create a tzedakah box that looks like a house. Use a small milk container. Cover the sides with paper. Draw or glue paper to resemble windows,

doors, and a roof. Staple the top ends of the roof together. Cut a coin slot in the top of the roof.

During the month prior to Rosh Hashanah (Elul) discuss collecting money to give to others; how to earn the money and how to distribute the money. Give your children some coins to start. On a regular basis throughout the month help your children decide how much to contribute. Just before Rosh Hashanah donate the money to someone in need. Consider consulting a rabbi nursery school director, religious school director, or another knowledgeable person for ideas. Be sure to include your children in the decision-making and distribution.



Read-Aloud Story

The Hidden Star

Adapted from folk tales by Carolyn Sherwin Bailey Retold by Sharon Cohen

Once upon a time a little boy was playing outside while his mother was busy baking the sweet round challot for Rosh Hashanah dinner. The little boy had played with his friends and his toys. He had climbed the trees in the backyard. But now he was bored.

“What else can I do?” he asked his mother.

His mother thought for a moment and then said, “I think you should go on a hike. See if you can find a little red house with no windows or doors, but with a star inside.”

The little boy had never heard of a house with no windows or doors, with a star inside, but he liked a challenge. So he set off down the road.

Soon he saw a little girl playing outside. “Do you know where I can find a little red house with no windows or doors, and a star inside?” he asked.

The little girl laughed and laughed.

“You are silly!” she said. “I’ve never seen a house with no windows or doors, with a star inside. Let’s ask my father.”

The girl’s father was in the barn milking cows. They asked him if he had seen a little red house with no windows or doors, with a star inside. He had never seen such a house, and he suggested that the children ask his neighbor, Safta.

“Go ask Safta, “He said. “She is wise. She might know.”

The children set off for Safta’s house. The smell of chicken soup and matzah balls wafted out of her open windows.

“Safta, Safta,” they called. “Where can we find a little red house with no windows or doors, but with a star inside?”

Safta thought and thought. Then, she smiled and said, “Listen to the wind and use your eyes to see the beauty of God’s world. Maybe then, you will find your little red house with no windows or doors.

So the children ran outside and called to the wind, “Do you know where we can find a little red house with no windows or doors, but with a star inside?”

The wind answered, “OOOOHHHHHHHHHHHHHHHHHHHHHHHHHHHHHH . . . Follow me!” They followed the wind down a path where leaves were blowing about and suddenly found themselves in an apple orchard. Shiny, round, red apples had fallen on the ground. The little boy picked up the prettiest one he could find and took it home to his mother.

Mother was busy setting the holiday table with the warm challot, the wine, candlesticks and a bowl of honey. “Look,” he cried. “I have found a little red house, with no windows or doors, but I can’t find the star!”

Mother took the beautiful apple from the boy and with a sharp knife she cut the apple right in half, across the middle. And there in the center, formed by five tiny seeds, was a perfect star.

The boy and his mother cut the apple again and dipped in into the sweet bowl of honey.

“L’shanah Tovah, Ima,” said the boy.

“L’shanah Tovah to you, my little son,” she answered.

Suggestions to do while reading the story

1. Before you come to the end, go for a walk and look for the little house with no doors, no windows, and a star inside.
2. Cut an apple in half across the middle so your children can see the star.
3. Make holiday cards. Use disposable tray. Wet a paper towel and fold it in half. Place the wet paper towel on the tray. Add a little red, yellow, and/or green paint. Have your children dip half of the apple into the colors they choose. Fold a piece of white construction in half and print the apple on the paper. When this is dry, add some Happy Holiday thoughts.



Websites

There are many websites which offer a variety of suggestions for holiday activities. These are just a few of our suggestions. As you may notice they are not all conservative movement sponsored but have a great deal of helpful information.

uscj.org

torahtots.com

aish.com/holidays

chabad.org/holidays

lookstein.org/resources/holidays

akhlah.com/holidays

urj.org/educate/parents

<https://pjlibrary.org/PJLibrary/media/PJ-Library/PJ-Library-High-Holidays-at-Home.pdf>



Books

I'm Sorry Grover by Tilda Balsley

Oh No Jonah! by Tilda Balsley

The Vanishing Gourds by Susan Axe-Bronk

Engineer Ari and the Rosh Hashanah Ride by Deborah Cohen

Engineer Ari and the Sukkah Express by Deborah Cohen

How the Rosh Hashanah Challah Became Round by Sylvia Epstein

A Yom Kippur Thing by Miriam Finberg

It's Rosh Hashanah! by Ellie Gelman

Tamar's Sukkah by Ellie Gelman

The Worlds Birthday by Barbara Goldin

Shanghai Sukkah by Heidi Hyde

The Hardest Word a Yom Kippur Story by Jacqueline Jules

What A Way to Start a New Year by Jacqueline Jules

The Shofar Calls Us by Katherine Kahn

Sound the Shofar by Leslie Kimmelman

Sadie's Sukkah Breakfast by Jamie Korngold

It's Shofar Time! by Latifa Kropf
It's Sukkah Time by Latifa Kropf
Happy Birthday, World by Latifa Kropf
Hillel Builds a House by Shoshana Lepon
A Rosh Hashanah Walk by Carol Levin
Talía and the Rude Vegetables by Linda Marshall
Talía and the Very Yum Kippur by Linda Marshall
Apples and Pomegranates by Rahel Musleah
Sukkot Treasure Hunt by Allison Ofanansky
What's the Buzz? Honey for a Sweet New Year by Allison Ofanansky
5 Little Honey Bees by Anne Polluck
No Rules for Michael by Sylvia Rouss
Sammy Spider First Book of Jewish Holidays by Sylvia Rouss
Sammy's Spider First Rosh Hashanah by Sylvia Rouss
Sammy's Spider First Simchat Torah by Sylvia Rouss
Sammy's Spider First Sukkot by Sylvia Rouss
A Watermelon for Sukkah by Sylvia Rouss
Our First Sukkah by Norma Simon
Simchat Torah by Norma Simon
Apple Days by Allison Soffer
New Year at the Pier by April Wayland
Leo and Blossom's Sukkah by Jane Zalben
Apples and Honey by Johnny Zucker