

Teshuvah (תְּשׁוּבָה) Takeaway

- Every year there is a special service called *Tashlich* that we hold on Rosh Hashanah afternoon. Traditionally we go to a body of water (the lake across from Adath in Amberley Village) and throw breadcrumbs into it, symbolically washing away all of our wrongdoings from the past year. This is a great service for families, or you can do your own version of tashlich at home.
 - Have a family conversation (parents too!) about mistakes made over the past year. Then have everyone write or draw their mistakes on paper with washable markers. Float the papers in a filled baby pool or bowl of water and watch the mistakes disappear.
 - Fill a bowl with black beans. Then have each person in the family take a few beans of another color (navy beans, chickpeas, etc.) Each time someone shares a mistake from the past year, they throw it into the bowl with all the other beans. After a few rounds, it's easy to see that although we make mistakes, the good still outweighs the bad.
- Make a list of famous people that you think should do *teshuvah* (examples: Michael Vick, Edward Snowden, Britney Spears, etc.) What would *teshuvah* look like for that person? What is the underlying lesson you can learn from him/her?
- Use stuffed animals/dolls/lego people for *teshuvah* play-acting. Make one doll sad that the stuffed animal isn't being a good friend (this can also be acted out with legos, superheroes, ninja turtles, etc.) What should the stuffed animal do? How should the stuffed animal talk to the doll? How can the doll tell the stuffed animal it's sorry? This is just one scenario---be creative and come up with your own, or use a situation your child is struggling with.
- Make a list of mistakes over the past year, and choose one to focus on. Answer the question: How do you know you are really sorry for what you did wrong? Then role play how to apologize for the mistake. Lastly, apologize to the actual person you have wronged and tell them how you have changed/grown/etc.

- Blow the shofar and listen to its sound. Maimonides, a famous Jewish thinker, said this is what the shofar is telling us: “Wake up you sleepers from your sleep...[and] search your deeds!” What does it sound like the shofar is trying to say to you?
 - Have everyone in the family try to blow the shofar. Watch videos on youtube about how to blow it.
- Read a book about *teshuvah*: “The Hardest Word,” “The Book of Jonah,” and “The Peddler’s Gift” are a good place to start.
- For younger kids, here are a couple of great youtube video: “Really, Really Sorry: Slichah: An everyday Jewish idea for kids - Shaboom!” and “Daniel Tiger’s Neighborhood - Saying I’m Sorry is the First Step.”