

BHKids



Yamim Nora'im

(Days of Awe)



ISSUE #7

Be'Ezrat
HaShem
www.BeEzratHaShem.org

Hi, kids!

Tuuuuuuuu! What's that sound?

It's the Shofar telling everyone to do Teshuva.

From cover to cover, this BH Kids issue is packed with fun activities, comics, and important lessons that will help you get ready for Rosh

HaShana & Yom Kippur properly.

Wishing you a sweet and happy new year!

Love,

Miriam Tamar

Questions or comments are welcome to be sent to
bhkids@beezrathashem.org

See which Mitzvot you can do at the park with Danny **2**

Discover which good behavior we can learn from a Cat at A-Z Animal Kingdom **3**

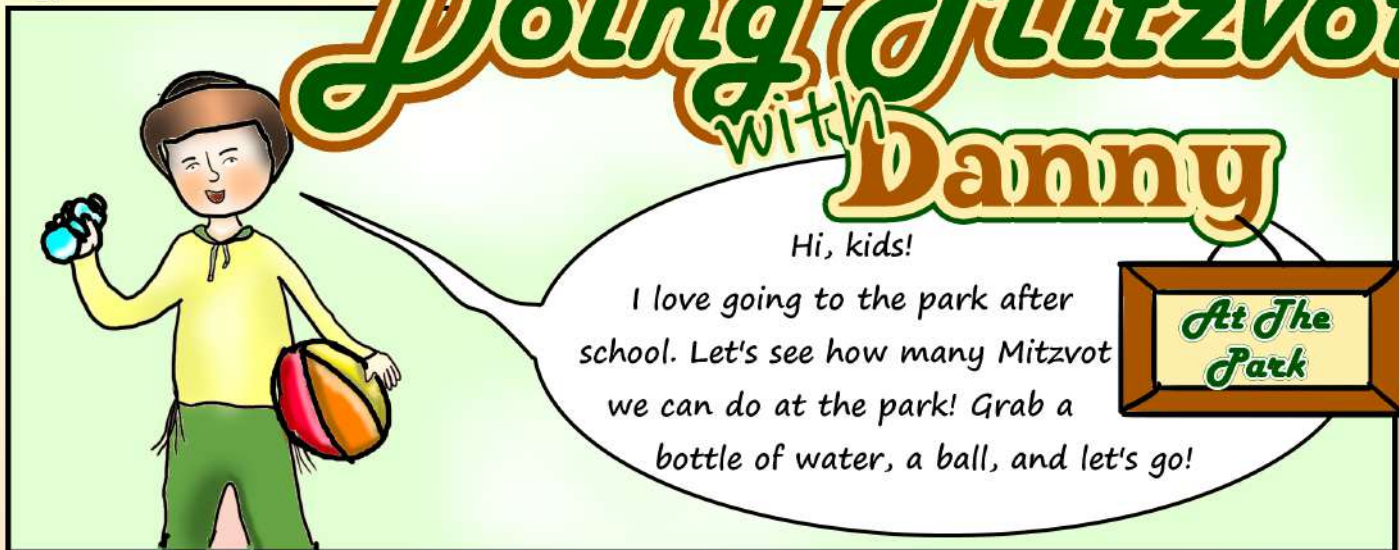
Do Teshuva together with Silly Gilly **4**

NEW
Color & learn how to be a better friend in Friends Forever **6**

Prepare yourself for Rosh HaShana on the Yamim Nora'im **8**

And much more...

Doing Mitzvot With Danny



TIP:
You can do a Mitzva a day; you don't have to do this all at once.



Have you ever seen a cat licking itself? You probably did, because cats do that very often.

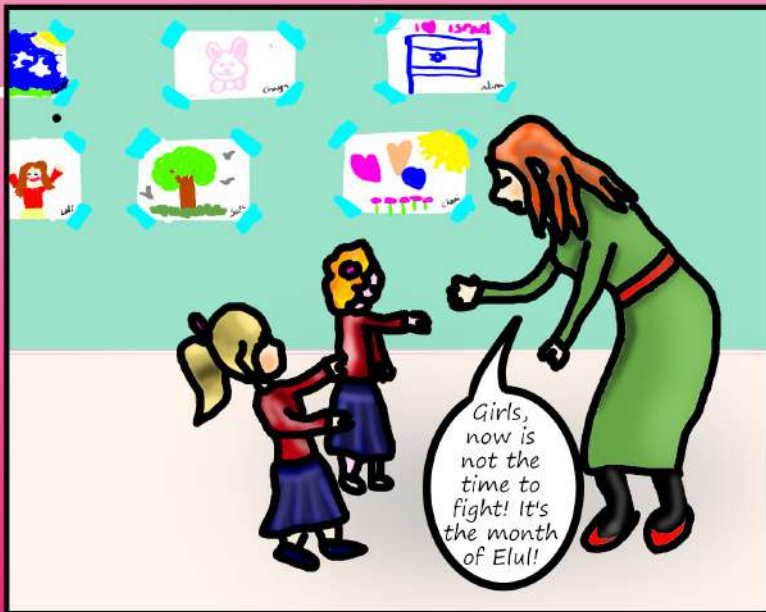
By licking its body, the cat cleans itself from any dirt that might have stuck on its fur, little bugs that might be hiding underneath the fur, and removing hairs that fell out.

Cats are also careful to not leave “souvenirs” behind them as other animals do, and make sure to cover it with dirt before they go away.



A mother cat makes sure to also keep her kittens clean, and licks them as well, until they learn to do so by themselves.

We can learn cleanliness from the cat, and try to always look neat and clean by tucking our shirt in, wear clean clothes, brush our hair neatly, and have our whole appearance neat and respectful.





A FRESH START

ROSH HASHANA IS DRAWING NEAR,
THE WORLD IS FILLED WITH AWE AND FEAR.
EVERYONE'S GIVING EACH OTHER CARDS,
ASKING FOR FORGIVENESS, AND SENDING REGARDS.

EVERY PERSON HAS A SCALE UP HIGH,
IT WEIGHS THEIR GOOD AND BAD DEEDS IN THE SKY.
EVERYONE HAS IT, GENTILE OR JEW,
ME, HIM, HER, AND EVEN... YOU.

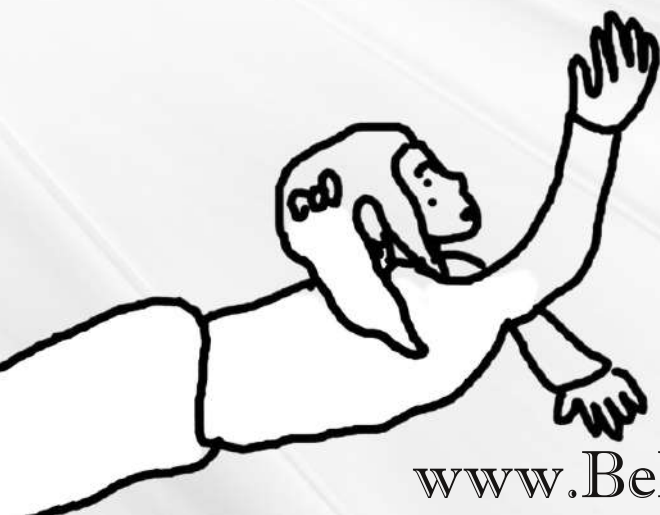
LET'S DO MITZVOT AND DO WHAT'S RIGHT,
LET'S MAKE OUR MITZVOT SHINE SO BRIGHT.
SO THAT WE GET A GOOD YEAR, NOT BAD.
BE KIND AND SMILE, AND DON'T BE SAD.
MAY YOUR YEAR BE FILLED WITH JOY AND DELIGHT,
A YEAR GLAZED WITH HONEY, SHINING SO BRIGHT!



Friends

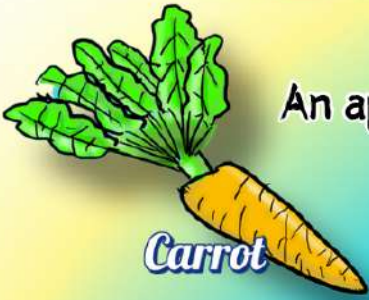
Forever

If your friend fell off his/her bike,
 Or tripped during your scenic hike,
 Don't let them sit there, hurt from the fall.
 Help them up, it's a Mitzvah for all!



Rosh HaShana

SIMANINIM (Symbols)



An apple dipped in honey on Rosh HaShana we eat,
To make our year so good and sweet.

We eat a carrot and we say,
"Bad decrees, please go away!"



We eat beets and say loud and clear,

"All our foes should be removed", so everyone can hear.

We take a date, delicious and sweet,

"Our foes should disappear", we say before we eat.



We want our Mitzvot to become more and more,

So we eat a pomegranate that we bought from the store.

We want to be heads, not tails, no sirree!

So we eat a fish head, straight from the sea.

Fish swim forward with a steady pace,

May our year be filled with blessings and grace.

Because of this we eat also fish,

We place it on a platter or a nice serving dish.

May these symbols bring us a blessed year,

Overflowing with blessings, happiness and cheer!



YAMIM NORA'IM

DAYS OF AWE

Once upon a time there was a small town called Grimple. The mayor of Grimple was a very kind man who always thought of ways to help and improve the lives of the people who lived there. However, to keep the town functioning, he had a set of rules which everyone had to obey.

The mayor had workers who looked around and gave him an exact report about each of the citizens; who followed the rules and who didn't.

Once a year, the mayor would take the reports of all the citizens and go through them. People with a good report would get rewarded by the mayor, and those who broke the rules would have to be punished, and even expelled from the town.

During the year, the citizens wouldn't care so much about the rules. They liked the mayor and tried to follow the rules, but here and there they didn't pay

attention and broke the rules. But once the annual checkup got closer, people started getting nervous. They tried harder to keep the rules, and also asked the mayor to forgive them for breaking the rules before.

When the mayor saw that people were sincere, he would erase all their former misbehavior, and on the annual checkup day he would give them a new, blank paper for next year's report.

This story is not real, but rather a parable.

HaShem is like the good mayor who gives us so many good things, and just like the mayor, He, too, has a set of rules - the Torah, that we must follow. Although we usually try to do HaShem's will, sometimes we fail. During the year we might not even notice that, but when the month of Elul comes, it's time to do Teshuva, so that HaShem gives us a 'blank page' for next year.



The days between the first day of the month of Elul and Yom Kippur are called Yamim Nora'im, meaning Days of Awe'. On these days we look at our deeds and try to improve them, we ask forgiveness from our friends, we say Slichot and blow a Shofar. The shofar sound is like an alarm to wake us up to do Tesheva.

It is said that on the month of Elul, even the fish in the sea are trembling with fear. What's so scary about Elul and Rosh HaShana?

There was once a man who was summoned to a court case by the king. When the news arrived, he shook as he thought about what he could've done wrong. All

day he was busy trying to find good lawyers to help him in this court case. He had no appetite and barely slept. He was very nervous. In the end, he got off innocent.

A few weeks later, it was Rosh HaShana. The very same man whistled cheerfully as he walked to Shul (synagogue). He was careful not to get his new shoes dirty. He was thinking of all the delicious food that is waiting for him at home. He was enjoying the beautiful sunset around and felt festive in his new suit. He was not nervous at all. How come this man was so scared to face the human king, and not at all afraid to face The King of all kings?



When some people hear the words 'Rosh HaShanah', they think about apples and honey or a card for the new year. But Rosh HaShana is neither about new dresses and shoes, nor about apples and honey.

Rosh HaShana means 'The head of the year'. Just like the head is the beginning of the body, Rosh HaShana is the beginning of a new year. On this day HaShem judges the entire world.

On a big scale in the heavens, HaShem weighs every person's Mitzvot and Averot. Then, three books are being opened: the book of Tzadikim (righteous people), the book of Resha'im (evil people), and the book of Beinoniyim (medium people).

People whose Mitzvot are heavier than their Averot, get written in the book of Tzadikim right away, and will have a good and blessed year.

People whose Averot are heavier than their Mitzvot, get written in the book of Resha'im right away, and will unfortunately get punished.

But what about those whose Mitzvot and Averot weigh the same? These people get written in the book of Beinoniyim, and because HaShem doesn't want to punish, He gives them a present called 'Aseret Yemei Teshuva' (Ten Days of Repentance). These are the days from Rosh HaShana to Yom Kippur, the day in which Hashem seals the verdict that was given on Rosh HaShana. Those who have the same amount of Mitzvot and Averot, this is their chance to change their entire year ahead to be a good one, by quickly grabbing more Mitzvot.

Dear readers, let's do Teshuva and get ready for Rosh HaShana properly, so that HaShem writes us in the book of Tzadikim and gives us a good, blessed year.



KAPAROT

The month of Elul passed by, Rosh HaShanah is almost here,
We ask for forgiveness and regretfully shed a tear.
As the end of The Yamim Nora'im is getting near,
There comes Yom Kippur, the holiest day of the year.

Before Yom Kippur begins we do something special,
'Kaparot' it's called, and it's very beneficial.
We spin a chicken or money around our head,
Transferring our sins to them instead.
Then give it as Tzedakah to the needy and poor,
So we get sealed for good life on Yom Kippur.



BH Kids

YAMIM NORA'IM

art

**Do Teshuva before
Rosh HaShana**



*Miriam Tamar N., 10
Toms River NJ*

Shana Tova card



*Eliana Z., 5
Jerusalem, Israel*

Elul, the month of forgiveness

Shana Tova u'Metuka



*Eliana Z., 5
Jerusalem, Israel*



*Shira Nechama N., 7
Toms River NJ*

other **BKIDS** **TORAH ART**

Shabbat

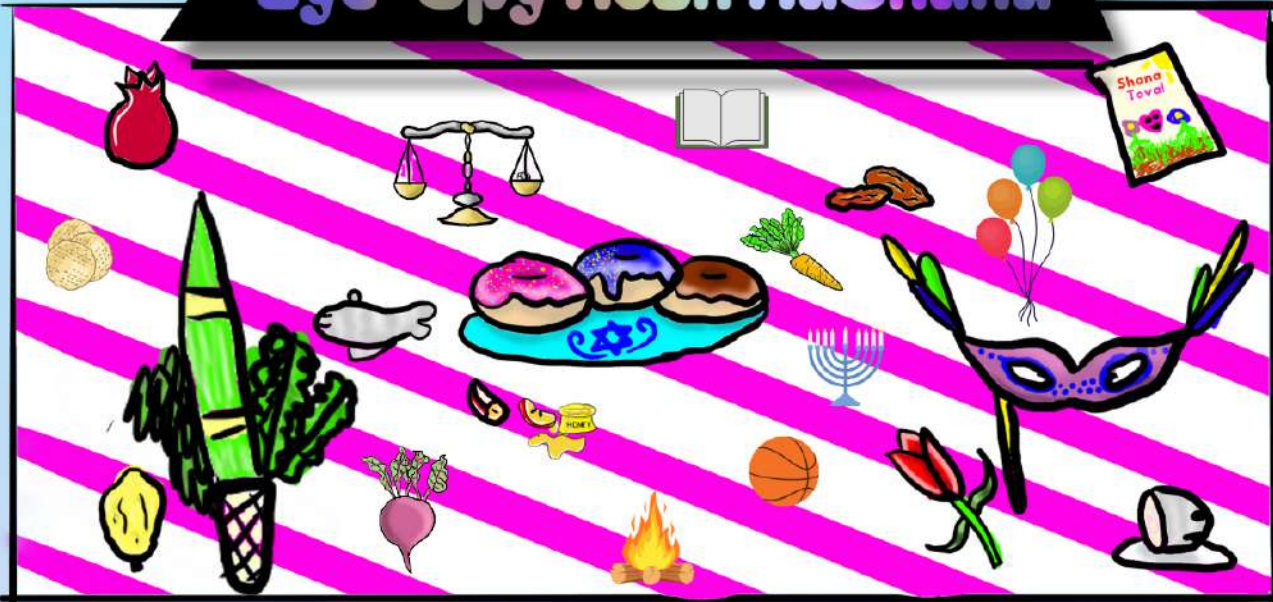


*Shira Nechama N., 7
Toms River, NJ*

If you want your Torah Art to be on next month's issue - Sukkot, please send the picture, together with a short description, your first name, last initial, age, and where you live (city + state/country), to bhkids@beezrathashem.org

Torah Arts should be submitted by October 10th, 2024.

Eye-Spy Rosh HaShana



Find 10 things that belong to Rosh HaShana

Unscramble the Simanim and match

teampognare _____

stead _____

hifs adeh _____

plepa nad ehnoy _____

rotrac _____

sebet _____

hifs _____



BeEzrat HaShem Inc. is wishing all the little Tzadikim & Tzadikot a Shana Tova u'Metuka, full of Torah & Mitzvot!



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