

Mishkon Tephilo Values Based Learning

Rabbi Rebecca Schatz - July 11, 2023

Value: Starting Something New, Saying Sorry

In Hebrew: *Teshuva, Selicha*

Holiday: Rosh HaShanah, Yom Kippur (beginning of year)

In school -

Terms to use:

- 1) *Shana Tova* - good year
- 2) *Teshuva* - return, do better
- 3) *Selicha* - sorry

Books to read:

- 1) Beautiful Oops
- 2) It's Ok to Make Mistakes
- 3) The Day the Crayons Quit



Songs to sing:

- 1) Children's Ashamnu as set by Ellen Sugeran (Traditional Melody - repeat each line)

We are good
And we try every day
To do our best
But we all make mistakes

Sometimes we forget
To put away our toys
Or play nicely and share
With other girls and boys

Ay, ay, ay....
I am sorry!

Sometimes we forget
To say thank you and please
Or cover our mouths
When we cough and sneeze

We will try
To do our best each day
And if we make mistakes
We will say

Ay, ay, ay...
I am sorry!

- 2) Apples Dipped in Honey for *Rosh HaShanah*
Shana Tova, Shana Metukah
Apples Dipped in Honey for *Rosh HaShana*

- 3) Shofar Blast by Ellen Allard ([Shofar Blast](#) sung by Elana Jagoda)

I like to hear the shofar blast
Sometimes slow and sometimes fast!
I like to hear the shofar blast
Happy, happy happy new year! (to end, repeat last line 3x)

1. T'ki-ah----- (echo) (chorus)
2. Sh'va-rim----- (echo) (chorus)
3. T'ru-ah ha ha ha ha ha ha ---- (echo)
4. T'ki-ah g'dolah----- (chorus)

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Activities to do:

- 1) Make a honey jar and have each kid tell you something that is sweet in their life. You can write it underneath or use mod podge to paste it on the bottom so when they dip they can see it
- 2) Create a "say *selicha*" board for when we can and should say sorry. You can use stickers to show when the class has said sorry for certain things (i.e. pushing down someone's blocks, taking a toy, not talking nicely to a friend, etc)
- 3) Make shofars with each kid (paper plates and kazoos work) and use the different sounds to mean different things throughout the day: many short blasts - time to clean up, long blasts - rest time, three medium length blasts - circle time (or whatever works best for your class)

At home -

Activities:

- 1) Make their own "say *selicha*" board for the whole family
- 2) Make a target magnet chart for when we miss the mark moving the target closer and further away (closer to doing great - positive reward, moving away from target - needing to recenter and take a break)

Terms to use:

- 1) *Selicha* - sorry
- 2) *Todah* - thank you
- 3) *Shana Tova* - good year



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Value: Welcoming Guests

In Hebrew: *Ha'Ch'na'sat Or'chim*

Holiday: Sukkot (October-ish)

In school -

Terms to use:

- 1) *B'ru'ch'im Ha'ba'im* - welcome everyone
- 2) *Shalom* - hello, goodbye
- 3) *Bayit* - home
- 4) *Or'eh'yach* - guest



Books to read:

- 1) Welcome to Our World
- 2) Stلالuna (with some developmentally appropriate page turns)
- 3) Brown Bear
- 4) It Could Always be Worse
- 5) No Matter Who You Are - Everyone is Welcome

Songs to sing:

- 1) Shalom Chaverim

Shalom Chaverim, Shalom Chaverim, Shalom, Shalom

L'hit'ra'ot, L'hit'ra'ot, Shalom, Shalom

Goodbye my friends, Goodbye my friends, Goodbye, Goodbye

We'll see you again, We'll see you again, Goodbye, Goodbye

Shalom, Shalom

- 2) Good morning "*Boker Tov*"

<https://music.apple.com/us/album/shiron-lgan-jewish-songs-for-children-ages-2-5/310960235>

- 3) Mishpacha Song  Mishpacha Song

These are the members of my family, in Hebrew we call it *mish'pa'cha*
(*mish'pa'cha*)

We all live in a *bayit* (a *bayit*), the home of my *mish'pa'cha*

There's my mom, that's *eema* say *eema* (*eema*)

My dad, he's *abba*, say *abba* (*abba*)

There's my brother he's *ach*, say *ach* (*ach*)

There's my sister, *achot*, say *achot* (*achot*)

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My grandma, she's *savta*, say *savta* (*savta*)

There's my grandpa, he's *saba*, say *saba* (*saba*)

My aunt *doda* say *doda* (*doda*)

My uncle *dod*, say *dod* (*dod*)

My doggy, *kelev*, say *kelev* (*kelev*)

My fish, that's *dog*, say *dog* (*dog*)

Activities to do:

- 1) Create decorations for the sukkah with the kids' faces (they can decorate) and someone they are welcoming into the sukkah (parent, sibling, animal, grandparent, teacher, TV personality, etc)
- 2) Making bird houses (a welcome environment for nature to visit us)

At home -

Activities:

- 1) Find a way to invite different people in your life to your home or sukkah if you have one and give your kiddo something to "do" to prepare the table/house

Terms to use:

- 1) *Todah* - thank you
- 2) *Bevakasha* - please
- 3) *Lo Todah* - no thank you
- 4) *Mishpacha* - family



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Value: Dedication (to family/community/self) and Gifts of Light

In Hebrew: *Kehillah, Chanukah, Or*

Holiday: Chanukah (December)

In school -

Terms to use:

- 1) *Matana* - gift
- 2) *Chinuch* - education
- 3) *Or* - light
- 4) *Ner* - candle
- 5) *Kehillah* - community
- 6) *Chanukah* - dedication
- 7) *Mishpacha* - family
- 8) *Echad, shtayim, shalosh, arbah, chamesh, shesh, sheva, shmoneh* - #1-8



Books to read:

(there are so many - choose books that focus on bringing family together and lights - something that is not “just” Jewish but a holiday theme for everyone)

Songs to sing:

- 1) Lighting candles blessing:
Baruch atah, Adonai Eloheinu, Melech haolam, asher kid'shanu b'mitzvotav v'tsivanu l'hadlik ner shel Hanukkah
Baruch atah, Adonai Eloheinu, Melech haolam, she-asah nisim laavoteinu bayamim hahaeim baz'man hazeh.
Baruch atah, Adonai Eloheinu, Melech haolam, shehecheyanu v'kiy'manu v'higiyanu laz'man hazeh.
- 2) [Hanukkah Oh Hanukkah - The Kiboomers Preschool Songs for Circle Time - Chanukah Song](#)
- 3) [Pink Martini - Ocho Kandelikas \(HQ\) with Lyrics and Translation](#) (Ocho Kandelikas is Ladino - a Spanish and Hebrew language)

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Activities to do:

- 1) Make a menorah out of anything that can hold candles - clay, nuts/bolts/washers, legos, etc
- 2) Do a counting project: each day you focus on the number of that night's candle (i.e. Three - Reduce, Reuse, Recycle - a day to learn about trash and recycling, Five - days of school - creating a weekly calendar for each kid to know morning, noon and night routines for the school week, etc)
- 3) Put up a mezuzah in your classroom - have each kid make a mezuzah (can use a test tube or you can buy wooden boxes) to put on their doors at home (they could write their own blessing to dedicate their room with what they want to do and how they want to feel in their space - safe, quiet, play, etc)

At home -

Activities

- 1) Light candles each night with the menorah they made at school (with or without blessing depending on if they are Jewish or not)
- 2) Keep a number chart to keep track of each night of the holiday - and reinforce counting
- 3) Put up the mezuzah as a dedication of their room
- 4) Come up with a week of giving gifts - each night has a different theme: giving away clothes I do not wear, giving away books I do not read, giving away toys I do not play with, getting a new book to read as a family, getting a game to play as a family, getting something I can use for school, getting something I can share with my friends, etc.

Terms to use

- 1) *Or* - light
- 2) *Chanukah* - dedication
- 3) *Ner* - candle
- 4) *Mishpacha* - family
- 5) *Echad, shtayim, shalosh, arbah, chamesh, shesh, sheva, shmoneh* - #1-8



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Value: Taking Care of Our Earth

In Hebrew: *tza'ar ba'alei chayim, Tikkun Olam*

Holiday: Tu B'Shevat (Jan/Feb), Earth Day (May)

In school -

Terms to use:

- | | |
|--------------------------|----------------------------|
| 1) <i>Etz</i> - tree | 5) <i>Perach</i> - flower |
| 2) <i>Olam</i> - world | 6) <i>Chayot</i> - animals |
| 3) <i>Yarok</i> - green | 7) <i>Shemesh</i> - sun |
| 4) <i>Perot</i> - fruits | 8) <i>Mayim</i> - water |

Books to read:


- 1) Tu B'Shevat is Coming
- 2) Happy Birthday Tree!
- 3) Lily's Earth Story
- 4) My Friend Earth
- 5) We Are All Connected



Songs to sing:

- 1) *Tu bi'sh'vat higyah, chag la'ilanot x2*
- 2) My roots go down down into the earth, my roots go down
My trunk stands strong strong in the wind, my trunk stands strong
My branches reach reach for the sky, my branches reach
My leaves they turn to the light, my leaves they turn
My fruits I give give from my heart, my fruits I give
My seeds they bring forth new life, my seeds they bring
Shorashay amukim ba'adama, ba'adama

 [My Roots Go Down](#)

- 3)  [If I Were A Tree \(Tu B'shevat Song\)](#)
- 4) I've Got the Whole World in My Hands

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Activities to do:

- 1) Go around the shul/school and pick up trash - cleaning our world
- 2) Hands on learning: have a table or tub full of items that the kids have to sort out by trash or toys
- 3) Plant seeds of parsley to use for Passover - talk about needing sun, water and soil, just like our bodies need water, sun and good food
- 4) Have a Tu Bishvat seder trying fruits and vegetables
- 5) Have kids take something home to take care of - could be alive or a stuffed animal - have the family document how they took care of the thing

At home -

Activities:

- 1) Give your kiddo responsibility to help with sorting trash and then taking the trash out every week
- 2) Plant an herb in a garden or in your kitchen that they can help water and watch grow
- 3) Come up with a chart so that each day they know that they're taking care of their bodies like we take care of the world: sun (play time outside), water, good for our body food
- 4) If you have a pet: have your kiddo help you bathe and feed the pet - a way of showing that we take care of all living things

Terms to use:

- 1) *Tikkun Olam* - cleaning up our world
- 2) *Mayim* - water
- 3) *Etz* - tree
- 4) *Yarok* - green



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Value: Made in Image of God, Feeling our Feelings Out Loud

In Hebrew: *B'tzelem Elohim, Simcha*

Holiday: Purim (Feb/March)



In school -

Terms to use:

- | | |
|--------------------------|--------------------------|
| 1) <i>Elohim</i> - God | 4) <i>Shir</i> - song |
| 2) <i>Simcha</i> - Joy | 5) <i>Panim</i> - face |
| 3) <i>Masecha</i> - mask | 6) <i>Tzelem</i> - image |

Books to read:

(there are lots of books on diversity and inclusion - choose the ones best suited for your classroom and community mission)

Songs to sing:

- 1) [4 Mitzvot 4 Purim! New Children's Purim Song](#)
- 2) *Mishenichnas Adar Marbim B'Simcha*
[יונינה- משנכנס אדר | Yonina- Mishe Mishe](#)
- 3) Head, shoulder, knees and toes
- 4) [B'tzelem Elohim](#)

Activities to do:

- 1) Create a feelings board for each kid to put how they are feeling when they come into class
- 2) Have students do an "all about me": age, sex, height, skin color, eye color, hair color, glasses or not, curly or straight hair - what they like to do, what they like to eat, what are they good at, etc (and take a picture to add to the page)
- 3) Make masks for them to wear as part of their dress-up and as a way of connecting to the Purim story of wearing costumes
- 4) Make a collage of classroom handprints or footprints
- 5) Make a book of family recipes (showing where every kid comes from, their differences, similarities and sharing with each other)

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At home -

Activities:

- 1) Make a growing wall - to show how each family member is growing in different ways: height, skills, trying new things, taking care of pets, etc
- 2) Have a night to dive deeply into your culture through food, family stories, pictures, etc. to enhance the connection to being proud of who you are
- 3) Take silly dress up photos to bring to school in celebration of Purim

Terms to use:

- | | |
|--------------------------|------------------------|
| 1) <i>Elohim</i> - God | 4) <i>Shir</i> - song |
| 2) <i>Simcha</i> - Joy | 5) <i>Panim</i> - face |
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Value: Creating Family: From Generation to Generation

In Hebrew: *l'dor v'dor*

Holiday: Passover (March/April)

In school -

Terms to use:

1. *Mishpacha* - family
2. *Dor* - generation
3. *Seder* - meal with order
4. *Mitzraim* - Egypt
5. *Pesach* - Passover



Books to read:

- 1) Sammy the Spider's First Passover
- 2) It's Passover Grover
- 3) Family Dynamics: Embrace Your Sound
- 4) A Handful of Buttons
- 5) The Family Book
- 6) My Family, Your Family
- 7) Acceptance is my Superpower

Songs to sing:

- 1) *Mishpacha*  *Mishpacha Song*

These are the members of my family, in Hebrew we call it *mish'pa'cha*
(*mish'pa'cha*)

We all live in a *bayit* (a *bayit*), the home of my *mish'pa'cha*

There's my mom, that's *eema say eema (eema)*

My dad, he's *abba, say abba (abba)*

There's my brother he's *ach, say ach (ach)*

There's my sister, *achot, say achot (achot)*

My grandma, she's *savta, say savta (savta)*

There's my grandpa, he's *saba, say saba (saba)*

My aunt *doda say doda (doda)*





My uncle *dod, say dod (dod)*

My doggy, *kelev, say kelev (kelev)*

My fish, that's *dog, say dog (dog)*

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- 2) *Dayeinu*  *Dayenu: Learn the words to the Passover Seder song*
- 3) *L'dor v'Dor*  *L'dor Vador (From Generation to Generation)*
- 4) *L'chi Lach*  *Debbie Friedman Tribute - L'Chi Lach*
- 5) *Priestly Blessing*  *Y'varechecha*

Activities to do:

- 1) Family tree - have the parents come in for a day at school and they can fill out a family tree with their kid. They can bring in pictures, have the kids decorate and have a chance to share a bit about their family. This can be combined with the family recipe book from earlier in the year
- 2) Model seder - use the different symbols of Passover to share in the experience of passing down tradition, storytelling and history in community: washing hands, grape juice to bring joy, parsley dipped in salt water to acknowledge challenge, eating spring produce, matzah to tell the story of leaving when things are tough - kids can sing songs from passover and families can be asked to share their stories of family and freedom
- 3) Have teachers share about their families during circle time
- 4) Create seder plates for kids to take home and use at their Passover seder or as a way of sharing the story of Passover

At home -

Activities:

- 1) Share family photos and videos in preparation for the family tree
- 2) Create a family playlist of songs everyone likes and listen to them in the car
- 3) Pick a night to have a symbolic dinner, like the Passover seder, where you can share foods, symbols, stories and memories from past generations

Terms to use:

- 1) *L'dor v'dor* - from generation to generation
- 2) *Mishpacha* - family
- 3) *Seder* - meal with order



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Value: Learning

In Hebrew: *Torah Lish'ma*

Holiday: Lag B'Omer/Shavuot (May/June)

In school -





Terms to use:

- 1) *Torah* - book of learning/stories of Jewish people
- 2) *Moreh* - male teacher, *Morah* - female teacher
- 3) *Beit Sefer* - school
- 4) *Kehillah* - community
- 5) *Tefilla* - prayer

Books to read:

- 1) Bedtime Stories of Torah Values
- 2) JPS Illustrated Children's Bible
- 3) Simchat Torah is Coming
- 4) Bedtime Shema
- 5) Goodnight Sh'ma

Songs to sing:

- 1) *Torah, Torah, Torah x2 Torah tzi'va'lanu Moshe*  *Torah Tzeevah Lanu Moshe*
- 2) Little Torah
Oh little Torah, I love you so
I want to hold you and never let you go
Round and round I dance with you
Hold you tight and kiss you too
Oh little Torah, oh little Torah, oh little Torah I love you
- 3) Hebrew Aleph Bet  Debbie Friedman - The Alef Bet (2001)
- 4) ABC song [The ABC Song](#)
- 5)  Modeh Ani lyrics video: Learn the words to the Jewish morning blessing
- 6) Halleluyah Psalm 150  Hallelu



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Activities to do:

- 1) Daily Hebrew letter tracing (pencil, shaving cream, paint, sand, chocolate spread, whipped cream, markers, glue and buttons, etc) and English sound equivalent (i.e. *bet* is B)
- 2) Create their own Torah scrolls of stories (probably start at the beginning of the year): use paper towel rolls and every time the kids do a project, tape/glue it to the next one creating a scroll of their year - at the end of the year put another paper towel roll at the end
- 3) Make a box of creation - using a shoe box, each day make something new that represents creation: light and dark, sky and sea, animals of sea and land, etc
- 4) Create individual 10 commandments: learn those that make sense for this age (honoring father and mother, not saying bad words, taking a day to rest, being happy with what you have, not taking other people's things, etc) and then have the kids come up with their own (i.e. be nice, do not hit, walk my dog, etc)
- 5) For mother/father's day have the kids create something around "respecting parents" as a commandment

At home -

Activities:

- 1) Come up with a family 10 commandments list
- 2) Make a book pact - i.e. read one book per night, certain number of books per week, etc
- 3) Take on some kind of new learning as a family - instrument, language, cooking, etc - Torah lishma is learning for learning's sake
- 4) Learn the Hebrew and English alphabet together
- 5) Come up with a bedtime prayer routine for whatever religion you have - a way of connecting you and your kiddo to a spiritual practice before sleep

Terms to use:

- 1) *Aleph bet* - Hebrew alphabet
- 2) *Torah* - Jewish Bible
- 3) *Moreh* - male teacher, *Morah* - female teacher
- 4) *Tefilla* - prayer

