

# Sharing Rosh Hashanah with Preschoolers

Rosh Hashanah is the Jewish New Year, which means some lucky people get to celebrate New Year's twice—how cool is that? The name means “head of the year” in Hebrew and some people consider it the birthday of the world. This holiday happens in the fall and kicks off a special time called the High Holy Days which also includes Yom Kippur, the Day of Atonement. It's like pressing the “reset” button for your heart and soul. One of the most exciting traditions is blowing the shofar, a ram's horn that sounds kind of like a trumpet. It's meant to wake people up—not just from sleep, but to help them think about how they've behaved and what kind of person they want to be. Families celebrate with delicious foods, like round challah bread and apples dipped in honey (for a sweet new year!) and wish each other “Shanah Tova” which in Hebrew means Have a Good Year. Rosh Hashanah is also a time for saying things like “I'm sorry” and “Let's do better.” It helps everyone feel more connected and ready for a brand-new year of good choices, kindness, and fun.

## Crafts

---

### Apple Print Cards:



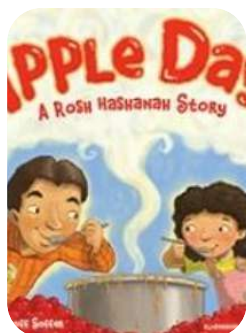
### Toy Shofar:



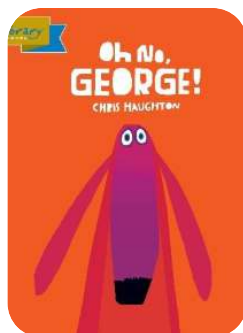
## Books

---

### Apple Days



### Oh No, George



### Are We Still Friends

