

Teshuvah

תשובה

Shalom**Learning**



Week 1

Activity 1

Fixing Mistakes

Activity 2

Learning From Mistakes

Activity 3

Teshuva – Roots of the Word

Brain Break!

Brain Break!

Activity 4

Rosh Hashana Rituals

Activity 5

Teshuva on Rosh Hashana

Activity 6

New Beginnings

Activity 7

Virtual Tashlich

Wrap up

Wrap Up

Outline for Today

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MISTAKES HAPPEN!

There are only two minutes left in the big soccer game and Abigail's team is down by one. Abigail gets the ball and makes a perfect pass to her teammate Sherry who is standing right in front of the goal. Sherry kicks the ball but it bounces off of the goal post and doesn't go in. Game over. After the game, Abigail tells Brenda that Sherry is a terrible player. Brenda tells Sherry that Abigail said that about her. Next day in school Sherry refuses to speak to Abigail.



- ① What mistake did Abigail make?
- ② How can she try to fix her mistake?

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Wrap up

LEARNING FROM MISTAKES

Former Apple CEO John Sculley:
“You Learn From Your Mistakes, Not Your
Successes”



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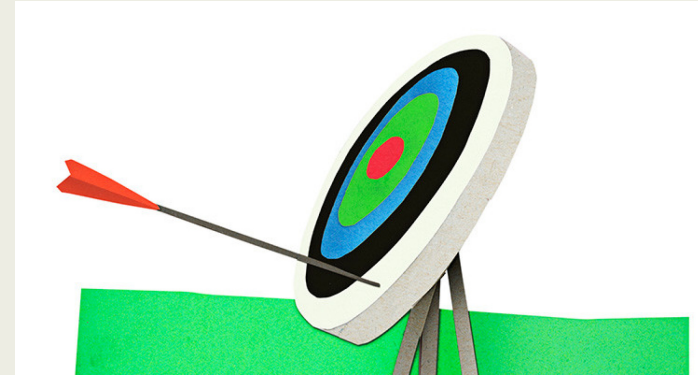
Activity 6

Activity 7

Wrap up

LEARNING FROM MISTAKES

- ① Why do some people not want to admit that they have made a mistake?
- ② How can recognizing you made a mistake help you become a better person?
- ③ In the video, John Scully says that the mark of a good entrepreneur is “never give up.” How does this apply to teshuva?
- ④ Can you think of a time that you made a mistake? Was it hard for you to recognize the mistake and learn from it?



Activity 1

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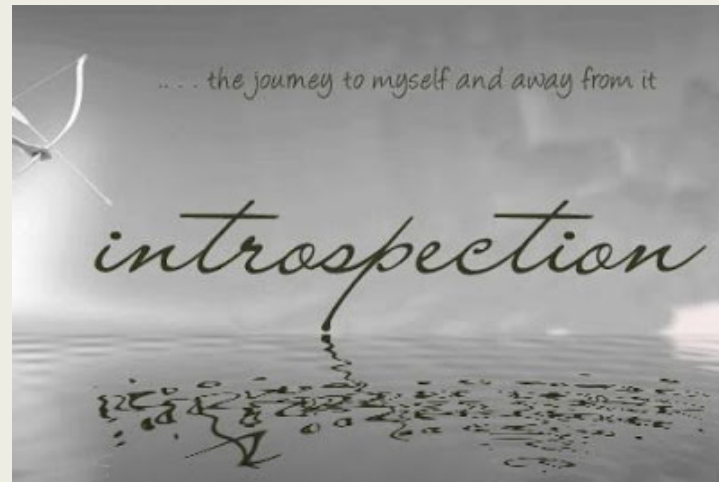
Activity 7

Wrap up

TESHUVA – ROOTS OF THE WORD

Teshuva / תְּשׁוּבָה

Repentance and Introspection



TESHUVA – ROOTS OF THE WORD

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תְּשׁוּבָה

ח = שׁוּב

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TESHUVA – ROOTS OF THE WORD

- ① In Hebrew, every word has a root that tells us something about the word.
- ② Why do you think the root of the word teshuva is shuv – return?

Write your answers in the chat box!

- ① What are we returning to when we do teshuva?

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BRAIN BREAK!

Time to do the Hokey Pokey!

- Put your right yad/יָד/hand in, put your right yad/יָד" out.... And shake it all about.
- Put your left yad/יָד/hand in . . .
- Put your right regel/ רֶגֶל/ foot . . .
- Put your left regel/ רֶגֶל in . . .
- Put your rosh/ ראש/head in . . .



ROSH HASHANA RITUALS

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Rosh Hashana is the Jewish new year.

- ① How many of these Rosh Hashana rituals do you recognize?
- ② Why is each one appropriate for the new year?



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TESHUVA ON ROSH HASHANA



We blow the shofar on Rosh Hashana to “wake us up” to do teshuva.

- ① Why is Rosh Hashana a good time to do teshuva?
- ② If you would do teshuva on Rosh Hashana, how could it change your year?

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TESHUVA ON ROSH HASHANA

Maimonides (Rabbi Moshe Maimonides, Spain-Egypt, 1135-1204) says there are three parts to Teshuva:

- **Regretting what you did**
- **Saying it out loud**
- **Trying to never do it again**

- ① **Why do you think each part is important?**
- ② **How would these three steps help a person do teshuva?**

NEW BEGINNINGS

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Humanity: Change yourself to a better person



NEW BEGINNINGS

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Discussion Questions

- ① Which action from the video did you find to be most meaningful?
- ② What new beginnings did you notice in this video?
- ③ What new beginnings would you want for the coming year?
- ④ What preparations could you do to achieve it?

Activity 1

VIRTUAL TASHLICH תַּשְׁלִיךְ

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Tashlich is a ritual we do on Rosh Hashana in which we symbolically throw our sins into the river.

On a piece of paper in front of you, write down the 3 behaviors from the list that you want to work on this year. You can keep it private.

Wad them up in a ball and toss them into a recycling bin or trash can. Think about how you plan to change those behaviors in the coming year.



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WRAP UP

- **Everyone makes mistakes, but you can become a great person if you don't give up and fix your mistakes**
- **Rosh Hashana rituals remind us that every year we have a new beginning and can fix our mistakes**

**Next week: Teshuva can help you
be a better friend!**

Table Talk: What is a mistake you made that you wish you could go back and fix? Discuss!

MYSHALOMLEARNING ACTIVITY

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**Listen to Aladdin's "You Never Had a Friend Like Me"
...in Hebrew!**

**On the discussion board, describe a time when you
were a good friend to someone.**

**You can find this video and the discussion board under
on MyShalomLearning.com, in Teshuva Week 2**