

# Teshuvah

## תשובה

Shalom**Learning**



**Week 1**

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# **Preparing for a New Start**

## **Fixing Mistakes**

### **Learning From Mistakes**

### **Teshuvah – Roots of the Word**

### **Brain Break!**

### **Rosh Hashanah Rituals**

### **Teshuvah on Rosh Hashanah**

### **Virtual Tashlich**

### **Wrap Up**

**Outline for Today**

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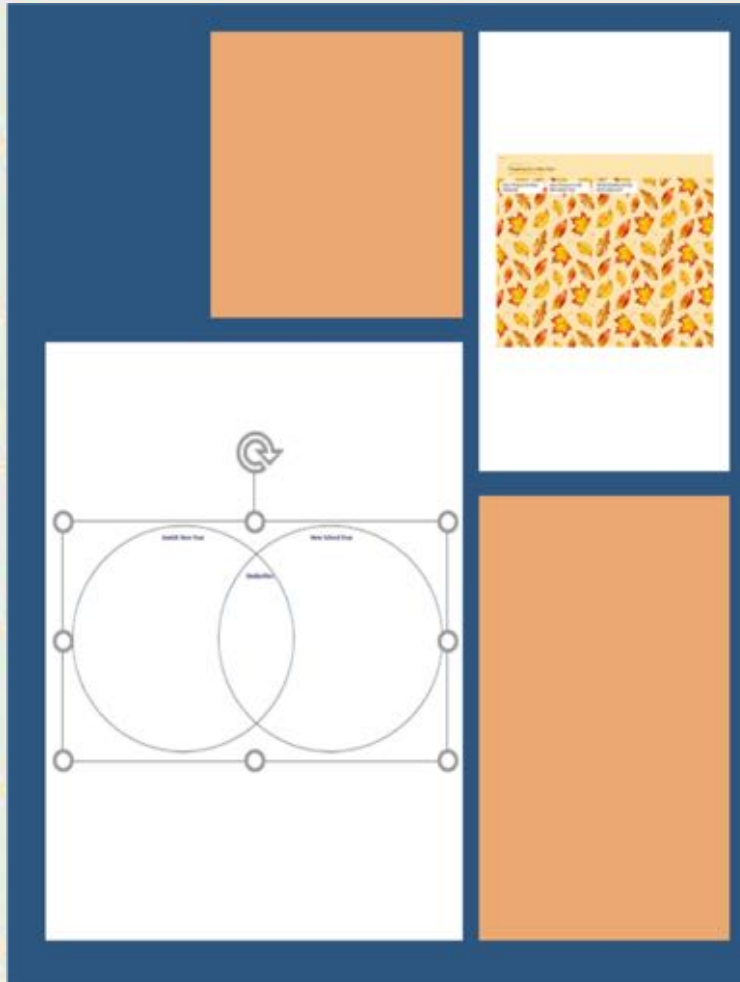
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# Prepare for the New Year!



**Compare how you prepare for the new school year to how you prepare for Rosh Hashanah.**

- What kinds of supplies do you need?
- How do you dress?
- What kinds of things do you think about before you start the school year? Before you gather with family to celebrate?
- How do you feel on Rosh Hashanah? How do you feel on the first day of school?

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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 mistakes were made in this story?
- ② Who made them?
- ③ Can the mistakes be fixed? How?

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# LEARNING FROM MISTAKES

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





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# All of these inventions were mistakes!



**LEARNING FROM  
MISTAKES**

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# Chocolate Chip Cookies

Ruth Wakefield ran a very popular restaurant called the Toll House Inn, located on the toll road between Boston and New Bedford, Massachusetts in 1930. While making a batch of chocolate cookies for her customers, she discovered she was out of baker's chocolate, and substituted semi-sweetened chocolate to the dough. Instead of blending it in with the dough, the chocolate did not mix and thus, the chocolate chip cookie was born. They were named Toll House cookies after Ruth Wakefield's inn, and are the most popular variety in America today. It is said Mrs. Wakefield sold the recipe to Nestle in exchange for a lifetime supply of chocolate chips. Over seven billion chocolate chip cookies are purchased each year. Every bag of Nestle chocolate chips sold in North America has a variation of her original recipe printed on the back.





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# Ice Cream Cone

In the 1904 World's Fair in St. Louis, Missouri two vendors stood next to one another – one was serving zalabia; a crisp pastry cooked in a hot waffle-patterned press, and the other was serving ice cream. The climate was hot and the ice cream vendor soon ran out of cups to serve his ice cream. The vendor next to him rolled up his waffle into a cone-shape, and topped it with the ice cream. It was a hit! The waffle vendor was Ernest A. Hamwi. Although this story is the most accepted version of the ice cream cone invention, 6 months earlier, an Italian pushcart vendor in New York City named Italo Marchiony sold lemon ice in a cone. He received a patent for a mold for making pastry cups to hold ice cream (not the actual cone) in December, 1903 – 6 months before the World's fair.





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# Popsicle



In 1905, 11-yr-old Frank Epperson invented the Popsicle by accident. A popular drink back then was mixing soda water powder and water. He mixed some and left the mixture on the back porch overnight with his stirring stick still in it. The temperature dropped to a record low that night, and the next day he had a stick of frozen soda water to show his friends. Eighteen years later in 1923, Frank Epperson remembered his frozen soda water mixture and began a business producing frozen drinks on a stick in 7 fruit flavors at Neptune Beach, an amusement park in Alameda, California. He received a patent for the “Epsicle Ice Pop”. The name was later changed to the Popsicle at his kid’s request. In 1925, Epperson sold the rights to the Popsicle to the Joe Lowe Company of New York. In 1989, Good Humor bought the rights. Over 3 million Popsicles are sold each year. There are more than 30 different flavors. The favorite is still orange.

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# 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 teshuvah?
- 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?



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# TESHUVAH – ROOTS OF THE WORD

תשובה

שוב = return



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# TESHUVAH – ROOTS OF THE WORD

**Get up and move, then come back!**

- 1. Why was it important to return?  
Without it, would we have been  
able to continue class?**
- 2. When you make a mistake, do you  
need to do anything to continue on?**
- 3. Why do you think that we use the  
word return when we talk about  
fixing our mistakes?**

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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/רֹאשׁ /head in . . .



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# ROSH HASHANAH RITUALS

**Rosh Hashanah is the Jewish new year.**

- ① How many of these Rosh Hashanah rituals do you recognize?**
- ② Why is each one symbolic of the New Year?**





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# TESHUVAH ON ROSH HASHANAH



**We blow the shofar on Rosh Hashanah to “wake us up” to do teshuvah.**

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

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# TESHUVAH ON ROSH HASHANAH

**Maimonides (Rabbi Moshe Maimonides, Spain-Egypt, 1135-1204) says there are four parts to Teshuvah:**

- **Recognize your mistake**
- **Regret what you did**
- **Apologize/confess and try to make it right**
- **Make a plan so you will not do it again**

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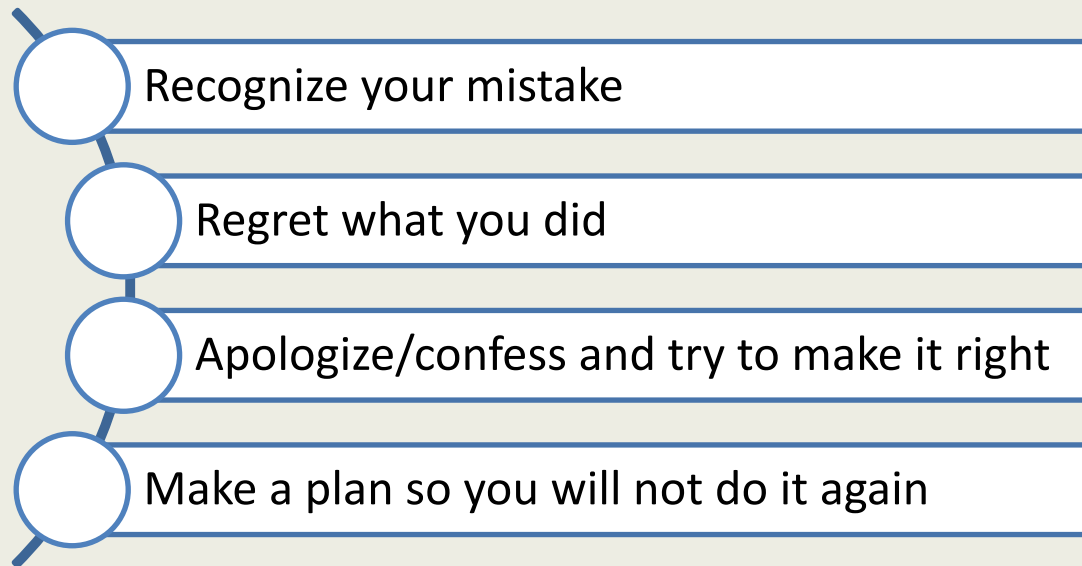
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# TESHUVAH ON ROSH HASHANAH



- ① Why do you think each part is important?
- ② How would these four steps help a person do teshuvah?



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# VIRTUAL TASHLICH תַּשְׁלִיךְ

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



Create your own ritual for tashlich!

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# WRAP UP

**Everyone makes mistakes, but you can become a great person if you don't give up and work to fix your mistakes**

**Rosh Hashanah rituals remind us that every year we have a new beginning and can fix our mistakes**

**Next week: Teshuvah 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](http://MyShalomLearning.com), in Teshuvah Week 2**