



ROSH HASHANAH YOGA BREAKS

BLISS, Song or Game, Mediation

SUGGESTIONS FOR A BLISS

SHANA TOVA !

Let's prepare for Rosh Hashanah by making our holiday challah. (Sit up straight with your feet touching to make a bowl.) "What ingredients do we need??" (Reach up high to grab the ingredients that the kids shout out.) "Hmmm, let's stir our dough." (Make big circles with your upper body making sure to really stretch and lean back. Remind yogis to make their tummy tight when they lean back.) "Our dough is looking good! What else do we need??" (Repeat reaching up & stirring) "This looks good. Let's pound out our dough." (Lean forward & pat your legs.) "Now it's time to make our CHALLAH round." (Sit in "cow face" and wrap your arms around your knees.) "What else should we put on our TABLE? CANDLES! Yes! Great idea! How about some beautiful FLOWERS?? What other Rosh Hashanah treats should we have? Honey? Great Idea! Let's do some BUMBLE BEE BREATHING and make our honey. Now we need some apples to dip in our honey for a sweet new year. Let's go outside to the apple TREE and pick some. Shana Tova!"

ROSH HASHANAH

It is almost Rosh Hashanah, the Jewish New Year. It is a special day in the Jewish calendar. The sanctuary is decorated with fresh FLOWERS. The curtains in front and the covers to the Torahs are replaced with white covers and curtains, and we use a special book called a Machzor. (You can use book movements here.)

At home our TABLE is set for the holiday Meal. There are fresh FLOWERS here, too. Tonight our CHALLAH is going to be round.

The DOG is so excited because she can smell the big dinner that is coming. She keeps going UP and DOWN and getting in everyone's way. Even the CAT can tell something big is coming. Mother has cut the apples, and I get to help remove the HONEY from the jar. On Rosh Hashanah we dip the apples in the honey to symbolize the sweet year that is just starting. It tastes so good I get up and DANCE.

JEWISH FOOD

Let's make some of our favorite Jewish foods for Rosh Hashana! What are some of your favorites? Challah?!? This is a special bread that is braided.. Grab the ingredients and put them in our bowl (legs wide, backs straight) Don't forget the raisins!! Mix it all up, stir left then stir right. Let's braid our bread now. TWIST RIGHT, TWIST LEFT Ok, I think it's perfect! Let's roll out the dough- (TOOTSIE ROLL). Who likes Gefilte FISH? What do we eat when we have a cold (or anytime for that matter?) They call it the best medicine, matzo ball soup! Let's make our matzo balls! HUG KNEES and ROCK N ROLL 3 times and then roll right up to standing. Yummy! Let's sit in this comfy CHAIR and enjoy our meal! Shana Tova!

SUGGESTIONS FOR SONGS & GAMES

Songs:

- Blow Your Shofar *(use your kazoos if you have them)*
- Mashuguna Monkey
- This Little Light of Mine
- Toega *(red & yellow pom poms for apples & honey)*
- Yoga Nagila
- Orange You Grateful *(great song for this time of reflection)*
- Try Try Yoga

Games:

- Read the Book: Ari and the Rosh Hashanah Railroad *(review the activity suggestions in your PDF or the Yoga Yeladim back pages)*
- Pass the Orange
- The Red Sea Parts
- I Went to Visit my Bubbe
- Yoga Nosh
- Aleph, Bet: 4 Corners or 4 Poses
- Mayim, Mayim, Gadol/ Water, Water, Grow! (duck, duck, goose)
- Joggin' Through Judea

SUGGESTIONS FOR BREATHING & MEDITATIONS

Breathing

- Shofar Blowing
- Aleph Bet Breathing
- Hoberman Sphere *(open the sphere as you inhale through your nose, close it as you exhale. If you have a large sphere, work as a group to open & close it together. If you have a small sphere, pass it around the circle & let each child try it 2 - 3 times)*

Meditation

- Have everyone lay on their tummy and gaze at a flameless candle while breathing deeply in through the nose and out through the mouth. Reflect on the beauty of the light.
- Shalom Begins With Me
- Beanie Baby meditation/Beanie on head

More Resources for Rosh Hashanah

- [What To Do on Rosh Hashana](#)
- [Shana Tova Yoga](#)

