



MY OWN ROSH HASHANAH BLESSINGS

ברכות ראש השנה שלי

For each traditional Rosh Hashanah food, think about its meaning and write down your own blessing for the new year!



PEACE & HARMONY

Dates - תמר

Symbolizes ending arguments, peacefulness, and harmony "that strife will end".

Where would you like to see more peace in your life?

*Examples: less fighting with your siblings, classmates being kinder, quiet time at home, etc.



LEAD THE WAY

Fish - דג

Symbolizes leading and being at the top "To be the head and not the tail".

Where would you like to lead or go first?

*Examples: on your soccer team, in a school project, when playing with friends.



GOOD DEEDS

Pomegranate - רמון

Symbolizes doing many good deeds and acts of kindness, as plentiful as its seeds.

What kind things would you like to do this year?

*Examples: helping a friend with homework, feeding your pet, cleaning up the park.



SWEET START

Apple in Honey

תפוח בדבש -

Symbolizes asking for a sweet, happy, and cheerful new year.

What do you want to feel sweeter this year?

*Examples: getting a new puppy, having more playdates, learning to bake cookies.



GOOD LUCK

Carrots - גזר

Symbolizes asking for "good decrees", growing our merits, and sharing our best strengths with the world!

What special strength or talent would you like to grow this year?

*Examples: being a helpful friend, practicing drawing, trying your best in school, or bringing joy with humor.



TOGETHERNESS

Round Challah - חלה עגולה

Symbolizes togetherness, family unity, and the circle of the new year.

What makes you feel connected to your family or friends?

*Examples: game night, Shabbat dinner, sharing secrets with your best friend.



OVERCOMING CHALLENGES

Beetroot - סלק

Symbolizes overcoming challenges and removing obstacles.

What hard challenge would you like to overcome this year?

*Examples: writing, drawing, learning a new sport, a new dance, singing, swimming.



GRATITUDE

Pumpkin - דלעת

Symbolizes gratitude, tearing away negativity, and highlighting the good in our lives.

What things in your life do you feel thankful for?

*Examples: your toys, your friends, your family, your favorite food.



BAD HABITS

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Leek - כרשה

Symbolizes cutting away bad habits and replacing them with good ones.

Which bad habits do you want to toss away this year?

Example: too much screen time, leaving a messy room, too much junk food, staying up too late.