



## 42 Ways to Approach the 10 Days

Dr. Howard Gardner’s Theory of Multiple Intelligences suggests that learners approach content through a variety of modalities. Gardner asserts that the realization of different approaches to learning should empower learners to explore the world through multiple avenues. Use the following activities to celebrate Rosh Hashanah and Yom Kippur in a variety of ways.



### Logical / Mathematical

**The Seeds of Commandments**—Cut a pomegranate into 6 wedges. Count the seeds in one wedge and multiple by 6. See how close you get to 613 (it is said that there are 613 seeds representative of the 613 mitzvot.) Be careful—pomegranate juice stains!

**How High Are Them Apples?**—Estimate your height in apples rather than inches. Get a bushel of apples, lay them in a long column, and see how closely your prediction matches your apple height.

**Happy New Year!**—Use either a Venn Diagram or Popplet to compare and contrast blowing the shofar on the High Holidays with blowing noise makers on New Year’s Eve.

**Teruah!**—*Shofarot* appear in different roles in the Torah. Research and then make a chart that shows the different times in the Torah where a shofar is used. Expand your search to how and when the shofar is used in *Nevi'im* (Prophets) and *Ketuvim* (Writings). Use your chart to compare and contrast the shofar’s role in each section of the *Tanakh*.

**Transgressive Pairs**—There are 22 pairs of *heits* in the *Al Heit* list. They are divided into three sections in the *Mahzor*. Count how many pairs are in each section. How else might you divide them?

While focusing on the themes and actions of the ten days from Rosh Hashanah through Yom Kippur, it might helpful to be familiar with the following words and phrases:

מְחֻזָּר	<i>Mahzor</i>	A holiday prayer book
תְּשׁוּבָה	<i>Teshuvah</i>	Repentance (from the root “return”)
עֶשְׂרֵת יְמֵי תְּשׁוּבָה	<i>Aseret Yemei Teshuvah</i>	The Ten Days of <i>Teshuvah</i>
מְחִילָה	<i>Mehilah</i>	Forgiveness
וִידוּי	<i>Vidui</i>	The confessional prayer that begins “ <i>Ashamnu</i> ”
חֵטָא	<i>Heit</i>	Transgression
תְּקִיעָה, שְׁבָרִים, תְּרוּעָה	<i>Teki’ah, Shevarim, Teruah</i>	The three main sounds of the <i>shofar</i>



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### Verbal / Linguistic

**Break the Internet**— Create a Rosh Hashanah hashtag and try to go viral. Tweet messages. Record a clip and/or create images to post to Instagram to express your hopes for the new year.

**Big Fish**—The Haftarah on Yom Kippur afternoon is *Sefer Yonah* (the Book of Jonah). Divide the various parts (narrator, Jonah, God, etc.) and read the narrative out loud with others. Make sure to emote as best you can. Bonus points for the best giant fish impression.

**Siman Tov**—Many families have the custom to put *simanim* (symbolic foods, literally “signs”) on their Rosh Hashanah dinner table to help ensure a good year. Each of these *simanim* has an accompanying *Yehi ratzon* (“May it be your will”) blessing that is a pun on the food. Check out some [examples](#) to get you started. Then, come up with your own *simanim* and make your own food puns. Consider using chocolate; it is sweet after all.

**Shofar Poetry**—Traditionally, there are 100 blasts of the shofar on Rosh Hashanah (101 in the Sephardic tradition). Working by yourself or with a partner, compose a 100-word poem about the Shofar. Include at least one reference to what the sounds of the shofar mean to you.



### Visual / Spatial

**White Out**—Many synagogues have the custom of changing the décor of the sanctuary to white during the *Aseret Yemei Teshuvah*. Many people also wear white, especially on Yom Kippur. Find something white to add to your outfit. Why do you think white is so symbolic for this time of year?

**Today Is the Day**—Create an *Aseret Yemei Teshuvah* calendar. On each day of the calendar, include one thing that you will do better this year, starting on that day. Check off the day as you begin.

**Kudus to You**—Find pictures online of images of *shofarot* made from different animals. Even better, if possible collect *shofarot* made from different animals. Compare the shapes and sizes of the *shofarot*. How do the different horns represent the themes of Rosh Hashanah?

**Lego My Shofar**—Build Lego *shofarot*, apples, honey, etc. Use them as table settings at your Rosh Hashanah meals. Want to earn the title of Master Builder? Try to make a working shofar.

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### Musical / Rhythmic

**Hallelujah!**—*Tehillim* (Psalm) 150 exhorts its audience to praise God through dancing and playing musical instruments such as the shofar, lyre, and cymbals. Start a band and joyfully celebrate the Divine. Try playing one of the tunes associated with *Tehillim* 150. Want an easier song to start with? Try *Tapuchim uD'vash l'Rosh Hashanah*.

**Blast Off**—Replicate the shofar notes using a kazoo or air from a balloon. Find a shofar app and compare the sound of the kazoo/balloon to that of the shofar app (and to a real shofar).

**How Do You Confess?**—Experiment with different tunes for the *Vidui*. Try major keys and minor keys. Upbeat and slow. Explore how your outlook towards the different themes of the *Vidui* changes depending on the tune.

**Get in the Mood**—Listen to the tune of *Kol Nidrei*. How does it make you feel? Now listen to the tune while also focusing on the words. How well does the tune fit with the meaning of the words? How will the tune affect your mood going into Yom Kippur?



### Body / Kinesthetic

**Round out Your Menu**—Many communities have the tradition to eat round challah on Rosh Hashanah. Use your favorite recipe (or try a new one) and bake round challah. Make extras and deliver them to friends and/or neighbors.

**See, Hear, Touch**—Experience the shofar through different senses. Hear the sounds it makes as someone blows it. Touch the shofar; is it smooth, rough, etc.? Look at the shofar; what does it remind you of? Try blowing the shofar and experience how it feels on your lips; does it sound different if you blow it yourself? It is recommended that you do not taste the shofar.

**Feel the Rhythm**—Jump to the musical notes of the shofar. Can you keep up to the sounds of the *Teruah*?

**Pass the Rimon**—Play circle games like Hot Pomegranate instead of Hot Potato. If you catch the pomegranate, call out a Hebrew word related to the holiday.



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**Fast Festively**—Yom Kippur is called *Shabbat Shabbaton* (*Vayikra* 16:31, et al.) in the Torah. However, where Shabbat is usually associated with feasting, Yom Kippur is associated with fasting. Track how your body feels while fasting on Yom Kippur. Track how well you are able to focus on the prayers while you are fasting. How aware of fasting are you while you pray? Contrast fasting on Yom Kippur with feasting on Shabbat.

**Toss-lich**—Try this new twist on the custom of *tashlich*. Instead of tossing bread crumbs into water, get rid of your sins by tossing your shoes—but not into the water!! Reflect on what you can do better as you toss.

**Pack It On and Lighten Your Load**—[Feel the weight](#) of misdeeds by writing them down, tying them to rocks and placing the rocks into a backpack. Lighten the load by making a plan to do *teshuvah* for the misdeeds.

**Ready, Fire, Aim!**—Try darts, archery, target practice, etc. It is very difficult to hit the center of the target when you start but it becomes easier when you practice. Practice good *middot* as well so that you can hit your moral center throughout the year. Note that the Hebrew word for sin (*heit*) and the Hebrew word for arrow (*heitz*) are homophones.

**Change Your Shoes**—Many observe the custom not to wear leather shoes on Yom Kippur. One reason is that we should not be comfortable on that day, and leather shoes were the most comfortable shoes at the time that tradition began. Try wearing uncomfortable shoes this year. How does doing so change your approach to the day? Can't wear uncomfortable shoes? Think about an outfit in which you might feel uncomfortable and how that discomfort might affect you.



### Naturalistic

**Apples and Honey for Rosh Hashanah**—Both apples and honey come in a variety of flavors. Make a dipping chart, set up a tasting station, and compare! Serve the winning combination at your holiday dinner.

**Have a Tart New Year?**—Sample several varieties of apples and rank order them from tart to sweet. Finish off the sampling by brainstorming how to add more sweetness to your life in the coming year.

**Time for Something New**—Many have the custom to eat a new fruit (one they have not eaten for a year) on Rosh Hashanah so they can say *Sheheh<sup>h</sup>iyanu*. Try something exotic or reacquaint yourself with a fruit you had forgotten how much you like.



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### Interpersonal

**Say You're Sorry**—Ask for *mehilah*. Pick three people you need to say you are sorry to and tell them how you are going to do better next time. Do they live far away? Arrange a FaceTime or other video-chat. Having a hard time starting the conversation? Write a text or record a video to break the ice.

**Writing a Good Year**—Wish a “*Shanah Tovah Tikateivu*” to family, friends, and strangers.

**Feed Others**—For Yom Kippur, take the money you (and/or your family) would have spent on food for the day and donate it to a local food bank.



### Intrapersonal

**Start a Video Diary**—Record a video describing the experiences of asking for *mehilah* and giving *mehilah* to someone else. Describe what each action means to you, how the actions are similar, and how they are different.

**All about Me**—Create a journal entry focusing on self-reflection / self-judgment / self-compassion.

**Reflect**—Take a few minutes to sit in front of a mirror. Who do you see? Describe yourself. Dig deeper; what values do you see reflected in your eyes? Go even deeper; what are the characteristics you would like to show the world during the next year? It is OK to talk to yourself as you work through this exercise.

**We Are Great**—Write a [positive vidui](#). What things have you done well this year? What will you continue to do well in the upcoming year?

**Make a Clothes Call**—On Rosh Hashanah some people wear new clothes. Describe the way you feel when you wear your newest item of clothing; describe how it feels when you wear your oldest, or most worn in. Think about the last few things that you purchased, or someone purchased for you. How many were needs and how many were wants? Think of how you could purchase wisely in the coming year.



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### Existential

**Forgive Me for I Will Transgress**—Read the text of Kol Nidrei closely. (Doing so in your native tongue works.) Notice that you are asking to be forgiven for your transgressions for the upcoming year. How can you ask to be forgiven for something that you haven't done? What does it mean for you as a person that you admit that you will fail in some way?

**Marbim b'Simchah**—Yes, Yom Kippur is a day for reflection, asking for *meḥilah*, and focusing on how to improve oneself in the upcoming year. However, its full Hebrew name *Yom haKippurim* (see for example *Vayikra* 23:27) hints at something else about the day. It is a *yom k'Purim*, a day like Purim, a day that should be joyous. How can a day focused on reflection, *meḥilah*, and self-improvement be joyous? What will you do this year to bring joy to the day?

**Make the Call**—In the *Shema Koleinu* prayer, the *aron* (ark) is opened and the congregation calls out for God to hear their voices. Consider what it means to be heard. What does it mean to ask someone to hear you? To ask God to hear you? How can you be open to hearing others? To hearing God? Choose the way that will best remind you to be open to hearing others.

**Hey, God! Are You Out There?**—God is portrayed as both a parent and ruler in the *Avinu Malkeinu* prayer. Draw a picture of a parent and a ruler, one on each side of a piece of paper. Write what you go to a parent and a ruler for on the appropriate side. Take that reflection and think about the same thing for God. When do you need God as a parent and when as a ruler? How does this difference affect your understanding and relationship with God?