

# Rosh Hashanah Activities

## (All Ages: Birth–Kindergarten)

### Infants (Birth–12 months)

#### 1) “Sweet New Year” Sensory Basket

**Materials:** soft yellow/gold fabrics, textured balls, baby-safe mirror, board books about families/feelings

**How:** Babies explore on a blanket; name colors and textures.

**Teacher talk:** “Soft. Gentle. Sweet.”

#### 2) Calm Music + Rocking Routine

**Materials:** soft music, scarves (adult-held)

**How:** Sway slowly; practice calming breaths.

**Teacher talk:** “New day, calm body.”

#### 3) Handprint Apple Art

**Materials:** washable paint, cardstock, wipes

**How:** Make a handprint “apple” (add stem/leaf).

**Teacher talk:** “A special gift.”

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### Young Toddlers (12–24 months)

#### 4) Apple Color Sort

**Materials:** red/green/yellow apple cutouts (paper or felt), 2–3 baskets

**How:** Sort by color, count 1–3 together.

**Teacher talk:** “Red apple! Green apple!”



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## 5) “Dip & Dot” Apple Painting

**Materials:** paper apples, dot markers or sponge dabbers, washable paint

**How:** Children dab paint on apples (process art).

**Teacher talk:** “Dot, dot—beautiful!”

## 6) Kindness Routine Practice

**Materials:** a plush “kindness buddy”

**How:** Practice: “gentle hands,” “help a friend,” “share.”

**Teacher talk:** “We start our year with kindness.”

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# Toddlers (2–3 years)

## 7) “New Year, New Friends” Name Circle

**Materials:** soft ball

**How:** Roll the ball and say: “Hello, \_\_\_!”

**Teacher talk:** “We welcome friends.”

## 8) Shofar Sound Exploration

**Materials:** paper towel tube, cone/megaphone, kazoos (optional), rhythm sticks

**How:** Make gentle “announcement” sounds: hum, blow softly, tap rhythms.

**Teacher talk:** “Some families hear a special horn sound. We can explore sounds gently.”

## 9) “Sweet Wishes” Sticky Wall

**Materials:** big paper, stickers, marker

**How:** Kids add stickers while teacher writes their wish: “I hope for…” (happy, friends, play).

**Teacher talk:** “We’re sharing kind wishes.”

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# Preschool (3–5 years)



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## 10) Apple & Honey Dramatic Play (pretend center)

**Materials:** play apples, bowls, spoons, honey bottle (empty/clean), napkins, menus

**How:** Kids “serve” sweet snacks in pretend play.

**Teacher talk:** “Families have special foods to celebrate. We can pretend together.”

## 11) “New Beginnings” Reflection

**Materials:** chart paper

**Prompt:** “A new year is a time to...” (try again, help others, learn, be kind).

**Teacher talk:** “We can make good choices and start fresh.”

## 12) Kind Deeds Tree

**Materials:** paper tree, leaf cutouts

**How:** Children add leaves with teacher-written kind actions.

**Teacher talk:** “Kindness grows!”

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# Kindergarten (5–6 years)

## 13) Goal Setting: “This Year I Will...”

**Materials:** writing paper, crayons

**How:** Children write/draw a goal: “I will be kind / try hard / help.”

**Teacher talk:** “We can grow and learn.”

## 14) “Repair & Apologize” Practice (role play)

**Materials:** scenario cards (bumped a friend, took a toy, interrupted)

**How:** Practice a repair script:

- “I’m sorry.”
- “Are you okay?”
- “How can I help?”

**Teacher talk:** “We can fix mistakes and try again.”



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# Whole-Program Ideas (All ages)

## 15) Family Traditions Share (optional)

Send a note: "Some families celebrate Rosh Hashanah. If you'd like, share a tradition or a 'sweet wish' for the class."

## 16) Classroom "Sweet Wishes" Wall

Add children's wishes (pictures or dictated words). Keep it inclusive and optional.

## 17) Apples Everywhere Day

Apple stamping, apple counting, apple read-alouds, apple taste test (if allowed) — all framed as "new year + harvest + kindness."



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