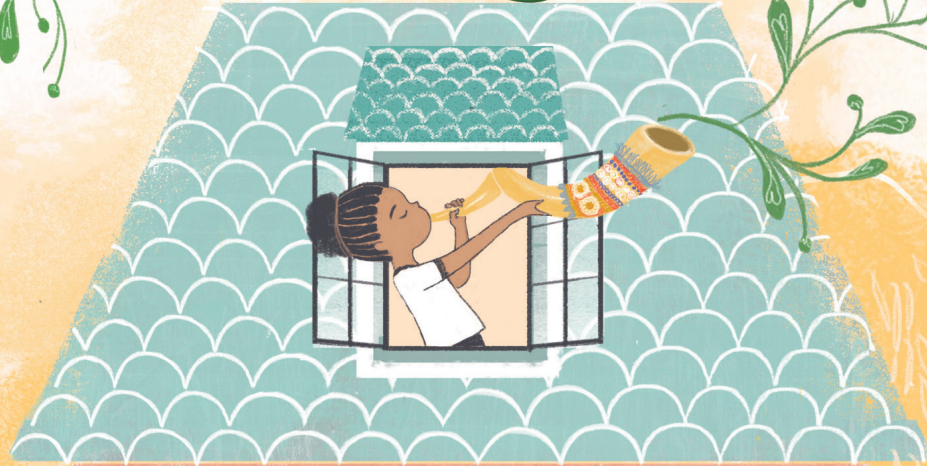


A PJ LIBRARY FAMILY GUIDE FOR STARTING THE JEWISH NEW YEAR

# A TIME TO GROW



# FAMILY CONVERSATIONS

The Ten Days (including Rosh Hashanah and Yom Kippur) are a good time for having thoughtful one-on-one conversations or a sit-down talk as a whole family. You can use these prompts to guide you. **Want to learn more? See page 35.**

*Tear out these pages for easy use,  
and download more copies at*

➡ [PJLIBRARY.ORG/GROW](http://PJLIBRARY.ORG/GROW) ⬅



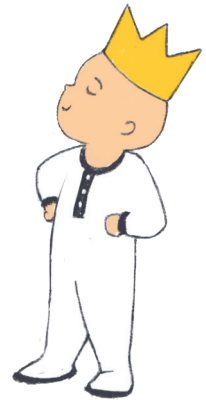
THINK ABOUT  
YOUR ACTIONS.

## MAKING MYSELF (EVEN) BETTER

What things have I done this past year that I'm proud of?

---

---



What can I do this new year that I'll be proud of?

---

---

How can I get started?

---

---



# 2

HAVE A ONE-ON-ONE CONVERSATION WITH A FAMILY MEMBER OR FRIEND.

## MAKING FAMILY AND FRIENDSHIPS STRONGER

What are some kind things we've done for each other this past year?

---

---

How have we disrespected or hurt each other this past year? Now is the time to apologize for those acts and to offer each other forgiveness.

---

---

What's the best way to keep these things from happening again?

---

---



# 3

SIT AS A FAMILY TO DISCUSS YOUR GOALS FOR THE NEW YEAR AND WAYS TO GROW EVEN KINDER TO EACH OTHER.

## FAMILY GOALS

When do we feel most connected as a family? When is it harder to get along?

---

---

How can we support each other better?

---

---

What are some ideas for making family time more special in the new year?

---

---

### == EXAMPLES ==

No phones or gossip (lashon hara) at the dinner table. Sharing Friday night (Shabbat) dinner together. Eating healthier food or spending more time outdoors together. →

---

---



# 4

AS A FAMILY,  
DISCUSS WAYS  
TO REACH OUT TO  
OTHERS IN YOUR  
NEIGHBORHOOD,  
YOUR COMMUNITY,  
AND THE WORLD.

## FIXING THE WORLD (tikkun olam in Hebrew)

Do we have a neighbor who lives alone or friends who are going through a difficult time? What can we do to help them?

---

---

Are there people in our community who need food, clothes, or shelter? Are there people who aren't treated fairly? What are some ways we can support them?

---

---

What are our tikkun olam goals (helping animals, helping the environment, visiting the elderly, etc.) and what project ideas can we think up?

---

---



### == TIP ==

If your family has a tzedakah box for collecting money for charitable donations, this is a good time of year to talk about where to give the money when the box gets full.