



APPLES AND HONEY

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With each exciting Rosh Hashanah activity shown, little ones begin to explore the meaning and traditions of the Jewish New Year.

Rosh Hashanah, literally “head of the year;” is celebrated for the first two days of the Jewish month of *Tishrei* (some observe a one-day new year). The holiday falls during September or early October and offers a chance to reflect on the past year and consider the one to come.

Many Jews celebrate *Rosh Hashanah* by attending synagogue services and sharing festive meals with family and friends. The holiday dinner associated with *Rosh Hashanah* is characterized by symbolic foods such as apples and honey, which represent the wish for sweet new year to come. Other foods include a round *challah* representing renewal and the cycle of life and the presence of some fall harvest foods that are eaten for the first time during this season.

One of the most powerful moments during the *Rosh Hashanah* service is the blowing of the *shofar*, the ram’s horn. The sound is meant to awaken a sense of introspection and a desire to renew ourselves. *Rosh Hashanah* begins a period of repentance which culminates on *Yom Kippur* (The Day of Atonement) ten days later.

USING THIS BOOK AT HOME

Rosh Hashanah is a great time to establish family traditions. Reading *Apples and Honey* with the family provides an opportunity to begin teaching young children about

the traditions and values associated with *Rosh Hashanah* and the High Holidays.

Following the example of the characters in the book, create prints of your children’s hands and feet with paint or ink for holiday cards. As you send these to family and friends, include a family photograph. Keep a card to compare to those in future years. You’ll *kvell* (a Yiddish word meaning “take pride and pleasure in”) as time passes, and your children will love seeing themselves, and their creations, grow and change.

While the text of this book may be too sophisticated for young children to comprehend, remember that you can “talk through” a book. Point out the colors, shapes, and objects in the book, such as apples, flowers, pets and the *shofar* pictured. Little hands will surely enjoy opening the flaps and finding each of these drawings! *Apples and Honey* can be enjoyed for several years: when your children are a bit older, you might enjoy the craft activity at the end of the book. Pj

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