Saying "I'm sorry" is all about vulnerability, and that's no easy thing. Luckily, there's a season for that! It's called Aseret Yemei Teshuvah — the Ten Days of Repentance. In the Jewish calendar, it begins with Rosh Hashanah (the Jewish New Year) and concludes with Yom Kippur (the Day of Atonement). It's a time to reflect on our lives, on the past year, and on relationships we need to repair. The High Holidays are a traditional time to apologize to people you've wronged. (Offering a beautiful fruit and veggie basket, like the Ziz does, isn't traditional — but it can't hurt.) To learn more, visit pjlibrary.org/hardestword.

Apology Instruction Manual
Saying sorry is only the beginning. The medieval philosopher Moses Maimonides laid out four steps of repentance (known in Hebrew as teshuvah, which literally means "turning") — turning away from our mistake and toward becoming a better person. It begins with recognizing a wrong action, owning up to it, and apologizing for it. But here's the key: the next time you're in the same situation, you do your best to get it right. This "apology instruction manual" can help us find our way out of bad situations and onward to better ones.

Create a Kindness Wheel
Yom Kippur is a great time to think about ways to show kindness to the people we care about. Here's a craft to help encourage the process.

Supplies
- Paper plates
- Markers or crayons
- Scissors
- Brass paper fastener
- Piece of thin cardboard

Using the marker or crayon, divide the back of the paper plate into pie-shaped wedges. Write one person's name inside each wedge. Cut an arrow shape out of the thin cardboard and use the brass fastener to attach it to the center of the plate. Spin the arrow, see who it lands on, and then decide on an act of kindness to do for that person. Repeat often.

A Yom Kippur Story
by Jacqueline Jules
Illustrated by Katherine Janus Kahn

The Hardest Word

What's so hard about apologizing?

Let's find our way out of bad situations and onward to better ones.