

High Holidays

AT HOME



..... THE 10 DAYS OF RETURNING

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.

1

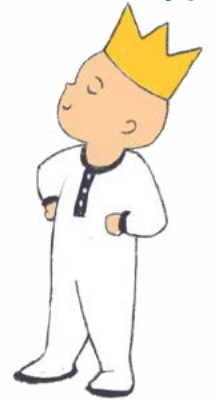
THINK ABOUT YOUR ACTIONS.

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.