

{How can you make your heart lighter?}

## It's Time for a Change

Izzy loves “this changing time of year,” and good thing, too, because Rosh Hashanah is all about change. (In fact, the Hebrew words Rosh Hashanah literally mean “head of the year.” The Hebrew root for shanah, “year,” is leshanot, “to change.”) On the Jewish New Year, we change from one year to the next — and we also think hard about how we can change, and take active steps in that direction. When we examine our mistakes and apologize for them, we acknowledge that each of us is constantly growing — not just kids, but adults, too. Each year we have the opportunity to improve just a little more.

## Fall Cleaning

The ritual of tashlich — tossing bread crumb “sins” into the water — is a physical and symbolic way of saying goodbye to our mistakes. But according to Jewish law, first we need to apologize directly to the people we have hurt, like Izzy does, and promise to try to do better in the future. (In a case like Mrs. Bickerson, we may need to take a rain check!) Then we’ll be ready for tashlich — and when those bread crumbs float away, we might find we feel lighter — or, as Izzy puts it, “cleaner.” To learn more, visit [pjlibrary.org/newyearatthepier](http://pjlibrary.org/newyearatthepier).

## Peace Treaty

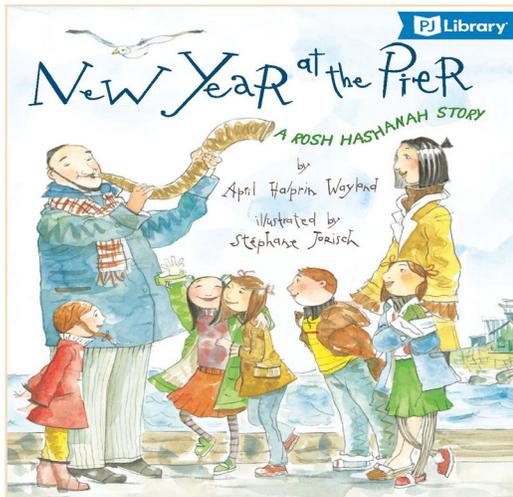
Izzy isn’t looking forward to apologizing to his friend Ben — but when he finally says he’s sorry, he realizes that this friendship is sturdier than he gave it credit for, and the act of forgiveness makes their friendship even stronger. Will this new peace last a “long-long-long-long” time? Well, that’s up to them. The High Holidays inspire each of us to continue to try to be our best selves, all year long. (And because we’re human, we know that we will mess up along the way . . . so we can always look forward to next year’s tashlich.)

## TALK IT OVER WITH YOUR KIDS

**IZZY** loves the changing season at Rosh Hashanah. What is your favorite thing about this time of year?

**HAVE** you ever worried about apologizing for something? How did you feel afterwards?

**WHO** have you been friends with for a long-long-long time? Have you ever had to apologize to each other?



## HANDS ON!

### A Twist on Tashlich

In this story, the seagulls and fish love Izzy’s bread crumbs, but bread isn’t healthy for all animals, and some communities discourage throwing food into rivers and streams. While bread is customary, there are other ways to cast your mistakes away. Try these twists on tradition:

Small pebbles. The trick with stones is to toss them gently, making sure no one is in the stone’s path.

Bits of leaves . . . or flower petals, pine needles, or something else that already exists in your ecosystem.

Bird seed or fish food. If animals are going to eat it, it may as well be good for them, right?

No matter what you decide to toss, remember that tashlich is like “cleaning your heart’s closet.” Think about things you regret having said or done, then let them go. Shanah tovah — happy new year!