

Temple Emanu-El My High Holy Days Story

Celebrate **community** with Temple Emanu-El



Many thanks to Alyssa Resnick MA, BCBA, LBA-NY for her contributions to this story.

This year, I am going to celebrate Rosh Hashanah and Yom Kippur with my family at Temple Emanu-El.

This year, instead of going to temple I will be participating from home and watching on Zoom.



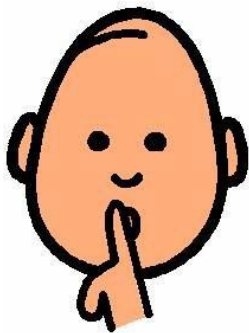
When we sign onto zoom, I will see kids and parents from the temple. We may be able to say Happy New Year or “L’Shana Tova” to people via the zoom chat. We will see many people we know.



Rosh Hashanah and Yom Kippur may be a little different this year. The Temple sent us a prayer book. All we need to do is log on to zoom and sit down on the couch.



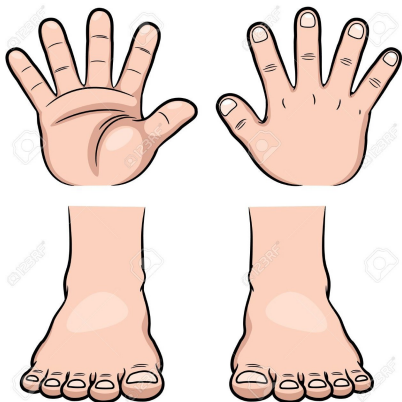
Just like at Temple, I will have a quiet voice, calm body, and nice hands and feet on Zoom.



Quiet Voice



Calm Body



Nice Hands and Feet

I am going to sit with my family in our house and we will watch the zoom service together.



I can use a fidget or draw quietly in my seat during the service



**If I need a break during the service, I will
ask mom or dad.**

Things I can do if I need a break:



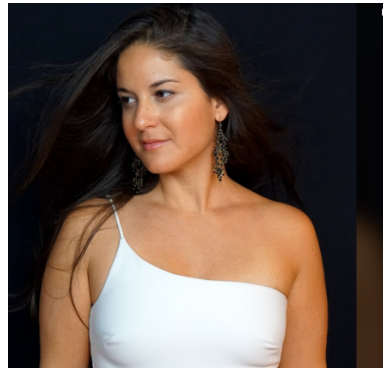
**Take a walk around
the apartment**



Read a book

**When I'm done with my break I will go back
and sit with my family.**

During services, I will hear singing and see the Rabbis and Hadar on the Bima. There will be lots of instruments playing music.



When the service begins, Hadar will lead us with a song. She has a beautiful voice!



I can sing during the service if I know the songs.

If the service is too loud, it's okay to take a break or ask mom and dad to lower the volume.



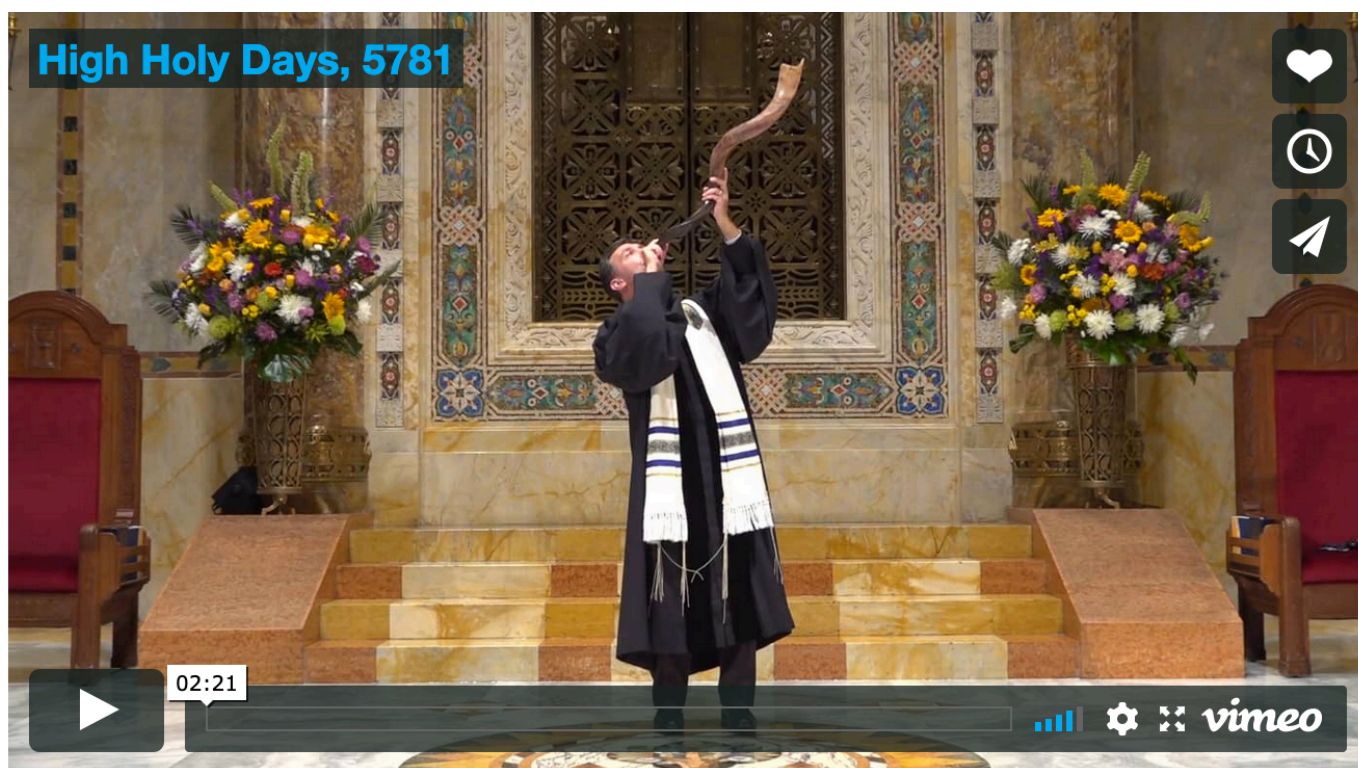
During the service, the Teens will teach us about what the holiday means. We will hear the Torah being read and make blessings for it.



When Saul asks us, we will shout, “We are strong, getting stronger, getting strength from each other.”



We will hear the shofar being blown, Rabbi Davidson will bless us, and we will wish each other a Happy New Year!



When services are done, I can get a high five and ice cream for doing a great job!

