



HANDS ON!



Easy Baked Apple Dessert

Make your family a sweet treat for a sweet new year.

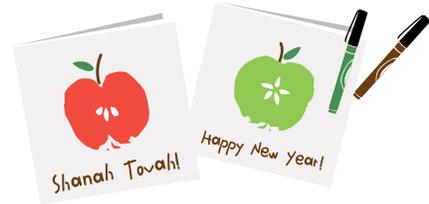
INGREDIENTS

- 4 APPLES
- 3 TBSP MELTED BUTTER
- 2 TBSP HONEY (PLUS MORE FOR DRIZZLING)
- ½ CUP ROLLED OATS
- ½ CUP RAISINS



Preheat oven to 375 degrees. Carefully core the apples with a paring knife (a grown-up's job). Mix 2 Tbsp of the butter and the honey, oats, and raisins together in a small bowl, then scoop the mixture into the cored apples. Brush apples with the remaining tablespoon of butter. Arrange apples in a baking dish or on a cookie sheet and bake for 20 to 25 minutes or until apple pierces easily with a sharp knife. Cool for a few minutes, drizzle with a little more honey, and enjoy!

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Make Apple Cards

Many people send cards to their friends and families around Rosh Hashanah to wish them a happy new year. You can create apple stamps to make your own homemade cards.

SUPPLIES

- | | |
|--------------|--------------------|
| APPLES | ACRYLIC PAINT |
| FORKS | FINE-TIPPED MARKER |
| PAPER PLATES | HEAVY CARD STOCK |

- 1 Cut apples in half. Any shape works, but if you cut them across the middle, you'll have a star.
- 2 Stick a fork in the back of the apple for a handle.
- 3 Spread paint out on a paper plate. Dip the apple in the paint, then stamp it on your card stock.
- 4 Let paint dry, then embellish with a little stem or leaf. Add a new year's message such as "Shanah tovah — Happy New Year!"





HAVE A BLAST!

Hear the shofar and make your own

In the Bible, Rosh Hashanah is not called Rosh Hashanah. It's called *Yom Teruah*, the day of blasting the *shofar* (ram's horn).

On Rosh Hashanah, the voice of the shofar is like a wake-up call: Pay attention to yourself and ways you can improve! Pay attention to the world and how you can help make it better!

The shofar is sounded 100 times during a traditional Rosh Hashanah service. And a long and loud shofar blast marks the end of the fast day of Yom Kippur.

While the blower must first take a big breath, the shofar only sounds when the air blows out. This is a symbol for Rosh Hashanah: we turn inward to fix ourselves so we can then burst out and contribute to the world.

Here are the four shofar sounds we blow on Rosh Hashanah and Yom Kippur:

- 1 **TEKIAH** (THE SINGLE BLOW)
- 2 **SHEVARIM** (THREE "BROKEN" BLOWS)
- 3 **TRUAH** (NINE OR MORE RAPID BLOWS)
- 4 **TEKIAH GEDOLAH** (THE GREAT BLAST)

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Make Your Own Shofar

A real shofar is made from a ram's horn, and it takes some skill to blow it. You can make a pretend shofar at home that's easy to "blow," since the sound is your own voice.

SUPPLIES

- LARGE PAPER PLATE
- STAPLER
- MASKING TAPE

- 1 **Roll the paper plate** into a cone and staple it in place. (You may need an adult's help with this.)



- 2 **Bend the paper plate** to look like a horn. Use masking tape to help hold the shape. Then wrap the whole shofar in masking tape to give it a horn-like look.



- 3 **Hold the shofar up** to your mouth and make loud shofar noises, letting everyone around you know it's time to pay attention and make the world better!



Can you make each of the four sounds on this page?

