

# Camp ROSH HASHANAH Activity Book

Have a sweet-as-summer new year  
— ONE HAPPY CAMPER style!



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FOUNDATION FOR  
**JEWISHCAMP**  
**one happy  
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# A New Year TIME CAPSULE

Rosh Hashanah literally means “head of the year” but it is usually translated as “New Year” or “The Birthday of the World”! The new year reminds us to think about what matters most to us.

Preserving memories in a time capsule is a fun way to celebrate the year now and later.

## You're How Old?!

According to the Jewish calendar, the world is **5778** years old!

That's **40,446** in dog years and **17,334** months of summer vacation!

**Instructions:** Collect items like the ones in the list below, that remind you of the past year. Pile everything into a small box, seal and attach this label to the box, then stow it away in a cool, dark place until next year!

## TIME CAPSULE

Created by: \_\_\_\_\_

Sealed on: \_\_\_\_\_

Recent test or paper from school that you're proud of

**Photos**

Letter to yourself to read in the future

Notes to you in the future from family members and friends

**Report card**

Newspaper articles



**Ticket stubs**

List of popular expressions (slang)

Menu from your favorite restaurant

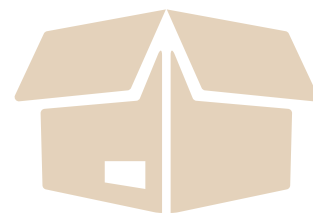
Predictions for the future

Comic strips

**List of the top 10 songs of the year**

Birthday card

Your favorite emoji



**Important: Do not open until 5779!**

## MAKE IT A PARTY!



Invite friends & family. Have them bring items too.



Give out party hats



Listen to music from around the world



Eat food inspired by nature or other cultures

# APPLE S'MORES

3 WAYS

On Rosh Hashanah, we eat apples dipped in honey for a sweet year. At camp, our favorite sweet treat is s'mores! Here's our take on three apple and s'mores mashups!

YUM

## Nut Butter Apple S'mores

### Ingredients

- 1 apple
- Big marshmallows
- Creamy nut butter
- Chocolate chips

### Directions

1. Use an apple corer to remove the core from the apple.
2. Slice the apple into 1/4 inch thick rounds.
3. Spread half of the apple slices with nut butter and sprinkle the chocolate chips on top.
4. Roast the marshmallows over an open fire until melty and golden brown.
5. Place the marshmallows over the nut butter and chocolate chips. Top with the remaining apple slices.

YUMMY

## Campfire Baked Apple S'mores

### Ingredients

- 1 apple
- Small marshmallows
- Chocolate chips
- Aluminum foil

### Directions

1. Use an apple corer to remove the core from the apples.
2. Wrap in aluminum foil, leaving the top open.
3. Add your chocolate chips, marshmallows, and any other toppings you want into the middle of the apple.
4. Close the foil, and toss into the campfire for 5-10 minutes.
6. Let cool slightly, and eat warm.

## New Year's Greetings

It is customary to greet each other by saying, "**Shanah Tovah U'Metukah**" — *Have a good and sweet year!*

## BLESSINGS FOR APPLES DIPPED IN HONEY:

Barukh Atah Adonai Eloheinu Melekh Ha'olam boray peh-ree hah-aytz.

*Blessed are you, Lord, our God, king of the universe who created the fruit of the tree.*

Yehi ratzon Adonai Eloheinu sheh-tee-cha-daysh ah-lay-nu shana tovah u'meh-tu-kah.

*May it be Your will, Lord our God that we are renewed for a good and sweet year.*

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YUMMIEST

## Apple Pie S'mores

### Ingredients

- Oatmeal, snickerdoodle, or sugar cookies
- Big marshmallows
- 1 package of Rolos®
- 2 apples
- 1 tbs butter

### Directions

1. Use an apple corer to remove the core from the apples.
2. Add a little butter to each and bake apples at 400 degrees for 20 minutes.
3. Let cool slightly and slice.
4. Toast your marshmallow until gooey and brown.
5. Assemble your cookie, apple, Rolos®, marshmallow tower. Top with another cookie, and enjoy the delicious mess!

# FRUITS & PLATTERS

**How to play:** Find a small object to be your game piece. (*Ideas: a sticker, ring, lego, checker, small figurine, pen cap*) For each food that you ate this year (*or right now!*), move your game piece the listed number of spaces.

Each player gets to make only 1 move at a time, so choose your foods wisely!

Tape this page to the next page to make your game board.

On Rosh Hashanah, we eat foods that symbolize good things we hope for in the coming year.

**Start**

(Place your pieces here)

**Bonus!**  
Make up your own blessing for a new food!  
Move 1 space

Have you eaten enough of these foods to get you from this year, 5778, to next year, 5779?

Uh oh. Did you eat nuts?

On Rosh Hashanah, some people avoid eating nuts.  
Move 1 space

**Winner!**



Align board together along these edges

# Have you eaten:

**Round challah** = a full life, move 1 SPACE

**Apples & Honey** = sweet new year, move 2 SPACES for each

**Fish** = to have everything we need (and be happy with what we have!) in the new year, move 2 SPACES

**Pomegranate** = to do as many good deeds as it has seeds (and a pomegranate has 613 seeds!), move 3 SPACES

**Carrots, Leeks, Cabbage & Dates** = for great friends, move 2 SPACES for each

**Gourds (that's squash, pumpkin, cucumber & melon)** = to see the good in people, move 2 SPACES for each

**Beets** = to be open to new things, move 3 SPACES

**Black Eyed Peas** = for many blessings, move 3 SPACES

**Couscous with 7 Vegetables** = for creativity, move 3 SPACES

**Honey Cake** = a sweet new year, move 1 SPACE

**Head of a Fish** = to be the best you can be, move 4 SPACES

Uh oh. Did you eat nuts?

On Rosh Hashanah, some people avoid eating nuts.  
Move 1 space

## SHORTCUT!

Challenge: To take the shortcut, try a food you've never eaten before.

## Bonus!

Make up your own blessing for a new food!

Move 1 space

YOU'RE ALMOST THERE!

Align board together along these edges

Secret

# SUPERHEROES

Superheroes make the world a better place but not all of them can fly or see through walls. *On Rosh Hashanah, we are all superheroes tasked with making the world a better place in the year to come.*

As an official defender of justice, please fill out your Superhero license and be sure to keep it with you at all times. **Congratulations on your official Superhero status.**

## Official Superhero ID



\_\_\_\_\_

MY REAL NAME

\_\_\_\_\_

MY SUPER NAME

## MY SUPER POWERS!

Here are some ideas!

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**BRAVE** Strong  
Selfless Smart  
Creative Fast  
**Polite** SPECIAL  
Helpful Funny  
Determined

Cut out the badge and tape the front and back together. Laminate with clear tape.



My official emblem!

Secret

cont'd

# SUPERHEROES

Next: Create your super suit!

1. Cut out & decorate this mask
2. Use a blanket or towel for a cape
3. Attach your official emblem to your super suit
4. Use construction paper or paper towel rolls as arm cuffs
5. Find matching knee socks or tights



It's official. You're a HERO in disguise!!

What can you do in the coming year to help make the world a better place? *Put it in a comic strip!*

The Adventures of \_\_\_\_\_

(your superhero name)



Instructions:

Use the word clouds to illustrate your comic!

# DJ SHOFAR



The Shofar is a ram's horn that we blow on Rosh Hashanah and at the end of Yom Kippur.

The blast of the Shofar is supposed to wake us up out of our day-to-day routine. It's like an alarm clock to get us to **PAY ATTENTION!**

*Are there songs that make you feel that way, too?*

MY HIGH HOLIDAY PLAYLIST:

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## CLEAN SLATE CLUB

On Rosh Hashanah afternoon, we go to a body of water for **Tashlich**. Tashlich is a ceremony when we think of the things we've done wrong in the past year and then "throw them away," promising to ourselves that we'll be better in the coming year.

*Think about something you are sorry for or wish you did differently this year.*

### DO IT IN NATURE!

Go to a nearby body of water, like a lake or a river. For each thing you are sorry for, throw a breadcrumb in the water.

### DO IT AT HOME!

Using washable markers, write down what you're sorry for. Put all the papers in a full kiddie pool or bathtub or spray them with a hose. Watch them literally disappear!

If you remember anything that could have hurt someone else, did you apologize? If not, it's never too late to make things right. Sometimes it can even make a relationship stronger.



# Are you **ONE HAPPY CAMPER?**

**Jewish summer camp** is about so much more than campfires and color war. At camp, you get the chance to explore who you are—and who you want to become—while having **a total blast**.  
(Marshmallows included.)



You'll have an **amazing summer** racing down a zipline, singing under the stars, and making lifelong friends. And whether you are an artist or an athlete, an adventure seeker or an analytical thinker, there's a Jewish camp out there that will become your **home away from home – a place where you can truly be your best self**.

With **over 155 camps** and specialty experiences, we've got one that's made just for you. And better yet, you may be eligible **FOR UP TO \$1000 OFF** your first summer.

Visit **[OneHappyCamper.org/NewYear](https://OneHappyCamper.org/NewYear)** for more details and to find your perfect camp.

