

Camp ROSH HASHANAH Activity Book

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



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... and more!

OneHappyCamperNJ.org



Jewish Federation®
OF GREATER METROWEST NJ

FOUNDATION FOR JEWISH CAMP

**one happy
camper**

JEWISH FEDERATION OF
GREATER METROWEST NJ

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 **5780** years old!

That's **40,460** in dog years and **17,340** 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 5781!

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.

Start

(Place your pieces here)

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

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, 5780, to next year, 5781?

Winner!

Uh oh. Did you eat nuts?

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

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

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!



DJ SHOFAR



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!**

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

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

MY HIGH HOLIDAY PLAYLIST:

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 150 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 or a need-based scholarship for eligible campers.

Visit **OneHappyCamperNJ.org** for more details and to find your perfect camp.



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