

FROM CHAI MITZVAH GRANDPARENTS AND BEYOND
SOURCEBOOK 9: ARC OF THE FALL HOLIDAYS

TESHUVAH SECRET HANDSHAKE

INTRODUCTION:

Often translated as repentance, the Hebrew root of *teshuvah* (*shuv* שׁוּב *shin-vav-bet*) holds the ideas of returning or turning. On the simplest behavioral level, [Maimonides](#) writes, *teshuvah* involves “returning” to a situation in which one had previously failed and not making the same mistake a second time. It means being given a second chance.

ACTIVITY:

Teshuvah Secret Handshake

PRE-K through GRADE 2

TESHUVAH actually means “turning” – turning to a new way of behaving. You might think of it in three steps:

1. Think about it.
2. Say “I’m sorry.”
3. Don’t make the same mistake again.

Click on the photo for a way to say all of that with a secret handshake.

Try this one, or make up your own!



CONVERSATION:

Why would you not do something that you know is wrong? Put the following reasons in the order of what is most meaningful to you.

- You don't want to disappoint your parents
- You're afraid of punishment
- You know that it is immoral
- You know that it would hurt someone
- Somebody else told you what to do (or not to do)

Can you think another reason for not doing something that you know is wrong?



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