



Rosh Hashanah Themes



Rosh Hashanah is often called the birthday of the world, a time for new beginnings. It's a moment for families to pause together, to reflect on the year gone by, to share stories, and to plant seeds of kindness and hope for the year ahead.

Grandparents and grandchildren can use the following themes for meaningful conversations, laughter, and love across generations.

B'ree'ah (Creation)

B'ree'ah (Creation) is the moment the world began with light and possibility. Every time we help someone, care for the earth, or make something that matters, we add to that light and keep creation alive.

Grandparent: Share a memory of when you helped make something new — a garden, meal, project, friendship — and how it felt.

Ask your grandchild: What's something you did this year that added light or kindness to the world? Who helped you make it happen?



B'rachah (Blessing)

B'rachah (Blessing) means noticing and counting the good in our lives. Blessings can be big, like welcoming a new sibling or moving to a new town, or small, like the smell of fresh challah, a good hug, or laughing so hard your belly hurts.

Grandparent: Share a moment from your childhood that felt like a gift or a happy surprise.

Ask your grandchild: What is one good thing that happened to you this year? Who helped make it possible?

T'shuvah (Returning)

T'shuvah (Returning) is reflecting, thinking about what we did well, where we messed up, and how we want to do things differently next time. It begins with noticing, then trying to make things right and perhaps saying “I’m sorry.” If we hurt someone, we can try to fix it. If we broke something — a toy, a promise, a friendship — we can repair it. *T'shuvah* means coming back to who we are and who we hope to be. We believe people can grow. We can change. Together, we can turn toward better ways of being.

Grandparent: Share a time when you made a mistake as a child and what you did to make it better.

Ask your grandchild: What’s something you did this past year that you tried to fix? Were you able to make it better?



Closing Blessing

As we step into this Jewish New Year, may our reflections lead us to gratitude, our gratitude inspire kindness, and our kindness guide us back to one another. May we return to courage, to compassion, to the joy of being together, and to the best within ourselves. This is the holy work of *t'shuvah*.

CREDITS

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