

Tefilah is an integral part of every Matan Katan lesson. The goals of *Tefilah* in this curriculum are:

1. to introduce students to prayer
2. provide students with a positive association with *tefillot*
3. introduce students to tunes or *tefillot* that they will likely hear in other spaces (synagogue, camp, etc.)

“*Tefilah* Time” is also designed to account for the many different needs students might have while learning/reciting prayers. There will be time for students to sit calmly and consider their breathing, as well as time for movement and expending energy. Structuring it this way aims to help each student feel successful, both during and after *tefilah*.

For the first 4 weeks of the year, spend *Tefilah* Time teaching each individual *tefilah*. The goal is to teach one new prayer every week and review the old ones every time until you have taught all of them. Then you will maintain a routine of saying all 4 *tefillot* every week as part of the routine of *Tefilah* Time.

Provide the accompanying visuals either in large poster print-outs or as individual handouts (or both!) for students to use to follow along.

The Tefilot:

Modeh Ani (to the tune of “You Are My Sunshine”)

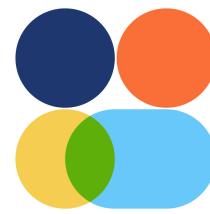
Ask students to pretend to go to sleep. Ask them, how do you wake up for the day? An alarm clock? a parent?” Each time you sing Modeh Ani, give students each a turn to “wake up” the group. Then sing Modeh Ani together. Encourage students to stretch, stand up, move around, and get their bodies ready for the day.

**Oh every morning, when I wake up, I open up my eyes and say
Thank you Hashem for, my neshama, and for granting me this new day.**

**Modeh ani Lifanecha, Melech Chai, Vikayam
She-he-chezarta bi nishmati
Bechelmlah rabah emunatecha**

Shema

Teach the sign language and have students sing the shema in sign language
Optional: include the ve’ahvta with the shema if your students are up to the challenge. Use [this video](#) to teach the sign language as well. Adapt the signs as needed to simplify them for your group of students.



Amidah

Pinwheels/breathing with “*adonai sefatai tiftach*”

Explain to students: The Amidah is a time when we get to talk to God “privately”. We should take this time to thank God for everything that he has given us and ask God for help if we need it.

We can also use this as a time to teach students techniques for when they are feeling dysregulated and need to calm down. Have your students work on breathing and relaxing their bodies.

Teach the song:

“Adonai Sefatai tiftach, oofi yegid Tehilahtecha.”

“Adonai open up my lips so that I can praise your name.”

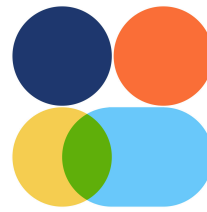
Have students take 3 steps forward and 3 steps back as they sing this song.

Next, give students each a pinwheel and have them sit and practice taking deep breaths while making their pinwheels move. As they let each breath out, have them think about something they want to ask God for or something they are thankful for.

Adon Olam

Use this as an opportunity for students to get some energy out after they have focused for so long during their tefillot. Have them dance to any Adon Olam tune you prefer ([here](#) is an option for an upbeat one).

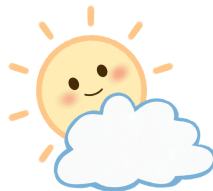
As the year goes on, slowly teach the students the words so they can sing along if they would like to. If they learned the other tefillot quickly, teach the words to Adon Olam. If they are struggling to learn the other Hebrew words, allow this time to just be dancing to Adon Olam.



Modeh Ani

To the tune of "You Are My Sunshine"

Oh every morning



When I wake up



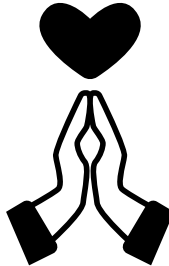
I open up my eyes



and say



Thank you God for



My *Neshama*



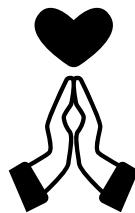
And for giving me



a brand new day!



Modeh ani Lifanecha



Melech Chai, Vikayam



She-he-chezarta

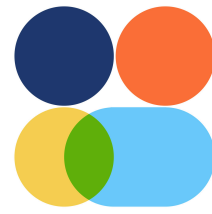


bi nishmati



Bechemlah rabah emunatecha





Shema Yisrael



Shema



Yisrael



Adonai



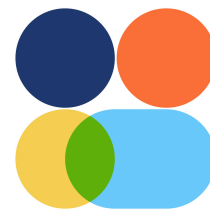
Elohainu



Adonai



Echad



Ve'ahavta



Vahavta Et Adonai Elohecha



B'chol L'vavcha U'vechol Nafshecha



U'vechol Meodecha.



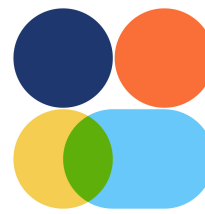
Vehayu Hadevarim Haeleh



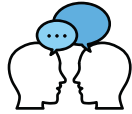
Asher Anochi Metzavecha Hayom



Al L'vavecha.



Veshinantam Levanecha



Vedibarta Bam, Beshivtecha Beveitecha



Uvelechtecha Vaderech



Uveshachbecha Uvekumecha.



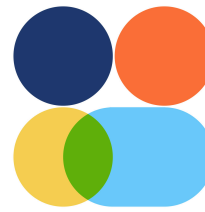
Ukeshartam Leot Al Yadecha



Vehayu Letotafot Bein Einecha.



Uch-tavtam Al M'zuzot Beit-echa U-visha-recha.



Amidah

Sing the beginning words of the Amidah to this tune.

Take 3 steps forward with the first line and 3 steps back with the second line.
Then use a pinwheel or other breathing visuals to sit/stand/or stretch quietly as you think about what you want to thank/ask God for.

Adonai Sefatai tiftach



oofi yegid Tehilahtecha



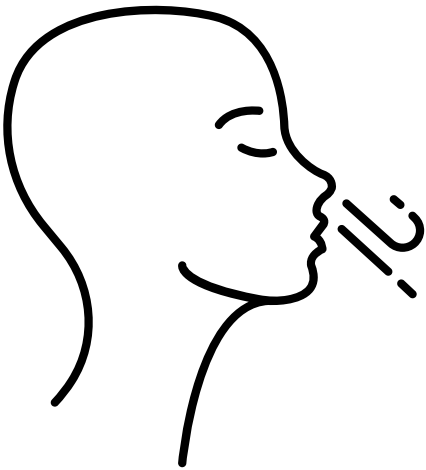
Adonai open up my lips



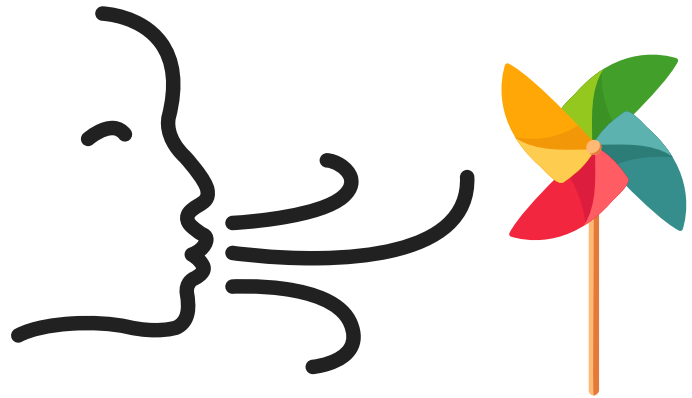
so that I can praise your name



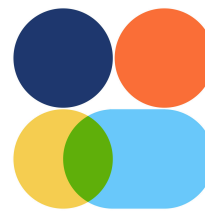
Amidah Breathing Visuals



Breath IN
(think about what
you want to ASK
God for)



Breath OUT
(think about what you want to
THANK God for and watch
your pinwheel turn)



Adon Olam

Dance it out to Adon Olam!



Adon olam, asher malach,



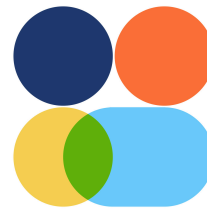
beterem kol yetzir nivra.



Le'et na'asah vecheftzo kol,



azai melech sh'mo nikra.



Adon Olam

Dance it out to Adon Olam!

V'acharey kichlot hakol,
levado yim'loch nora.
V'hu haya, v'hu hoveh,
v'hu yih'yeh b'tifara.

V'hu echad, v'eyn sheni
l'hamshil lo, l'hachbira.
B'li reishit, b'li tachlit,
v'lo ha'oz v'hamisrah.

V'hu Eli, v'chai go'ali,
v'tzur chevli b'et tzarah.
V'hu nisi umanos li,
m'nat kosi b'yom ekra.

B'yado afkid ruchi
b'et ishan v'a'irah.
V'im ruchi g'viyati,
Adonai li v'lo ira.