**Amidah Motions**

Goal: Teach chanchies about the prayers in amida and have kef!

Activity: Chanchies are divided by tzrif and are given a summarized sentence of a prayer from the amida. Each tzrif will work together to create an action that represents the prayer summary. This will allow chanchies to learn about what the prayers really mean.

Prayers: Slips of paper to be cut up

**Knowledge**

You grant knowledge and wisdom to everyone, and teach understanding to humans

**Forgiveness**

Forgive us, God, for we have sinned, You are a forgiver. Blessed are You, L-rd, gracious One who forgives understandingly.

**Healing**

Heal us, O L-rd, and we shall be healed. Send complete healing for our every illness, for You, Divine King, are the faithful, merciful doctor. Blessed are You, L-rd, who heals the sick

**For peace**

Establish peace, well-being, blessing, grace, loving kindness, and mercy upon us and upon all Israel, Blessed are You, L-rd, Who blessed His people Israel with peace.

**Saying Thanks**

We give thanks to the L-rd our God. In every generation, we shall thank you for Your miracles that are daily with us, and for Your amazing deeds and goodness that occur at all times, evening, morning, and noon. blessed art You, L-rd, Whose name is goodness; it is pleasing to give thanks to You.

**For Yerushalayim (Jerusalem)**

Thank you for giving us Jerusalem and all of its holiness

**Against slanderers and heretics**

Blessed are You, L-rd, who removes evil from the world to keep us safe

Materials:

Paper with summarized prayer