**Omanut Tefilot – Birkot Hashachar Flip Books**

July 6, 2018

**Birkot Hashachar – Page 10**

* Today we will be focusing on the birchot hashachar for our tefilot
* Birkot Hashachar is usually the first or second bracha during our tefilot. It gets us ready for davening the rest of the service.
  + Let's start out by reading Birkot Hashachar together on page 10
* The order of the Birkot hashachar is based on the order of things we think about/thank god for each morning when we wake up.
* Each one of the brachot corresponds to some activity that we do when we wake up in the morning.
* Although different siddurim may have a slightly different order of the brachot, the brachot still stay the same.
* There are 15 brachot, that relate to 15 activities that we do in our morning routine.
* First let's look through the birchot hashachar together and come up with morning activities that could connect to each bracha.
  + Read in english
* We are going to make flip books of our morning routines at camp connecting each part of the routine to a bracha.
* First take a piece of paper and write down the 15 parts of your morning. Try to coordinate them to the brachot in birkot hashachar, but just in the same way that different siddurim can have differing orders and each one of us has different individual camp morning routines - its ok to change the order.
* Then turn this list into a flip book.

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* Natan L’sachvi Bina – Open our eyes and see that it is light outside
* She’asani B’tzalmo – Look in the mirror and see that we are made in God’s image
* She’asani Yisrael – Say modeh ani
* She’asani Ben/Bat Chorin – Get out of bed
* Pokeach Ivrim – Open your eyes!
* Malbish Arumim – Put on clothes/get dressed
* Matir Asurim – Stretch
* Zokeif K’fufim – Walk outside to check the weather
* Rokah ha’aretz al hamayim – Look up at the sky
* She’asah li kol tzarki – eat breakfast, able to go to the bathroom, etc.
* Meichin Mitz’adei Gaver – Can get up, walk, move about our days
* Ozer yisrael bigvurah – Tefillin on muscle
* Oter yisrael betif’arah – Head Tefillin, Kippah
* Notein L’ya’eif Koach – Give us strength to start a new day
* Ma’avir sheina me’einai – Yawn/wipe eyes and move on with day

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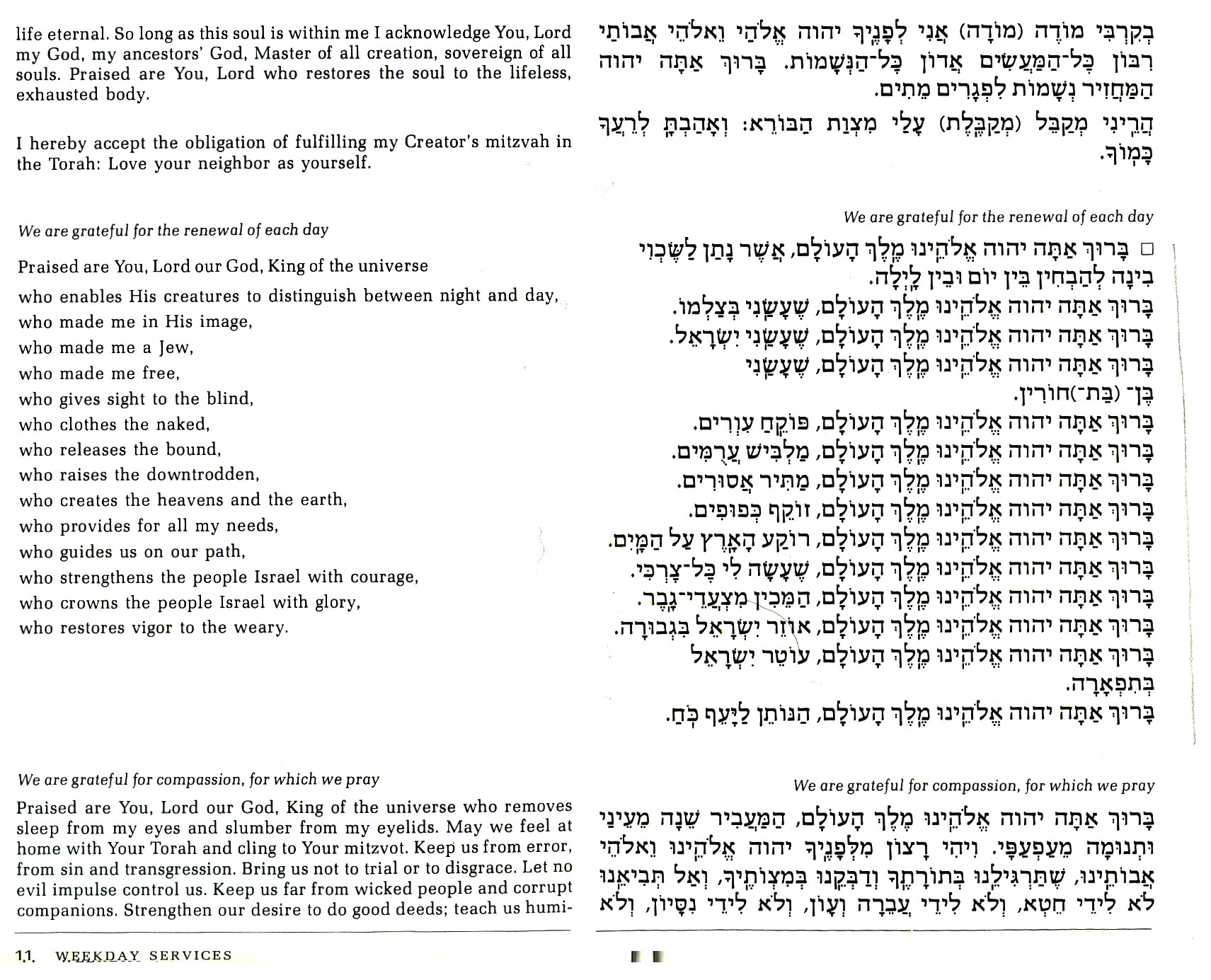
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