

## Shoafim Tfilot programs:

### Social Media Program:

Talk about a biblical character and relate them to our times. What facebook status would they have? What would their twitter feed look like? Use a specific situation ex. How moses wasnt allowed into Israel. How did he feel? What was his status? Split up into groups and have discussions and then come back and tell the whole edah. Goal is to relate past times to the present.

### Hand Motions for Berkot Hashachar:

There are hand motions that go with each bracha of berkot hashachar. Every baruch atah adonai elohainu melech ha olam has a motion. Baruch you put your palms down in the air, atah you point forward with both hands, adonai you point upwards with both hands, elohainu you keep your fingers pointed upwards and you bring them around in a circle in the air counter clockwise once, melech you motion putting a crown on the top of your head and then ha olam you bring both hands down while making a world motion with your hands open.

### Shrinky Dink program:

Everyone gets a piece of shrinky dink paper and writes the tfillat haderech on it (the prayer for travel). This way once it is shrunk they can always have it with them in their pocket.

## Peulot T'filot

### Candyman

- play "candyman" song and do t'filah aerobics at beginning of t'filot. Be really excited and energize kids.
- Goals: energize kids, teach various motions we do in t'filah

### Adonai Sfatai tiftach

- teach song
- lyrics:
  - אדני שפתי תפתח ופי יגיד תהילתך (x2)
  - O G-d open up my lips as I begin to pray (x2)
  - אדני שפתי תפתח ופי יגיד תהילתך (x2)
- Goals: learn song, think about the idea of asking G-d to open your mouth

## יהיו לרצון אמרי פי והגיון ליבי לפניך השם צורי וגואלי

(May the words of my mouth and the meditations of my heart be acceptable to you O Lord, My rock and my redeemer)

D'var t'filah about concept of communal versus personal prayer. Amidah is communal, we pray for things we don't necessarily want, but at the end (elohai netzur) there is time for personal reflection. This line comes at the end of that paragraph, and it is important that it separates the "words of your mouth" and the "meditations of your heart". What you say (written t'filot, communal t'filot) and what you feel and desire in your heart (personal t'filot) are equally, but separately important