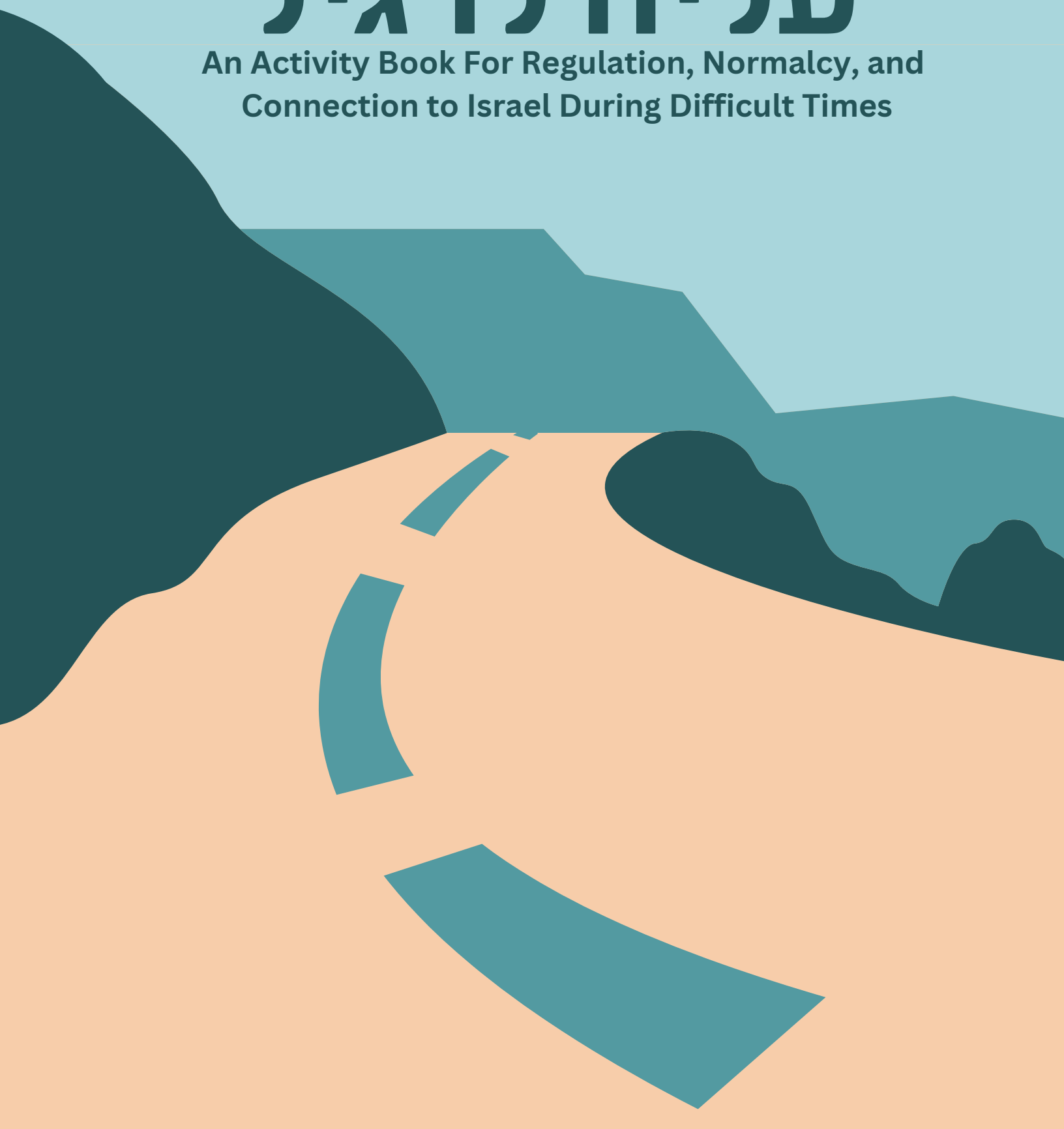


עליה לרגיל

An Activity Book For Regulation, Normalcy, and
Connection to Israel During Difficult Times



For Parents and Educators

Nobody could have predicted that we would find ourselves guiding our children through a war in Israel and heartbreaking tragedy. We all want to help our children feel connected during this time, but without causing trauma or undue damage. Some of that is a matter of exposure but there is also a lot about this situation that is out of our control, and we are processing new information and losses on a daily basis.

Wars are not fought to create sadness. This war is being fought so that Israel can return to peace and normal living. Embodying that peace in the process of its arrival can change how our children will experience and remember this time. It requires an aliyah l'ragil, an ascent to normalcy, which we can create by helping our children stay connected and regulated throughout this process.

This packet focuses on the mitzvah of Aliyah L'regel and building a connection to Israel and its beautiful mitzvot. It also includes a somatic exercise called the butterfly hug that uses bilateral stimulation to restore nervous system regulation in just a couple of minutes. This is an amazing tool for kids and adults as we maneuver frightening times. Once your children have this tool available to them you will be surprised to see how often they utilize it.

If we can bring ourselves to a place of regulation despite how hard it is and show up for our kids in a stable and calm way, they will remember this time as one of community, tefillah, and hope.

May we be zocheh to fulfill the mitzvah of Aliyah L'regel very soon.

Do you know what aliyah l'regel is?

Aliyah means “to go up” and l'regel means “on foot.” There were three times a year when Bnei Yisrael were expected to make their way to the Beit Hamikdash. These three times were Sukkot, Pesach and Shavuot. This journey was called an aliyah because no matter where they were coming from on the map, those people were going to a place that was holier than any other place in the world. They were traveling up to a higher level of connection to HaShem.

When someone moves to Israel today we also call it an aliyah. They are going to a holier place than the place they were living in before and moving up in kedushah.

In this packet we're going to learn a little bit about aliyah l'regel and the chagim that they're connected to. There will also be some games and coloring pages along the way.

Are you ready?
Let's make aliyah.



What's the most important part of aliyah l'regel?

Walking! You can actually travel in a car, a plane, a train, or a boat. The most important thing is that you get yourself to Yerushalayim. So we're going to start with a special aliyah exercise. We'll do this exercise at the beginning of each of the Chagim in this packet.

Cross your arms in front of you so that you're giving yourself a hug. Your right hand should be on your left upper arm and your left hand on your right upper arm. Now we're going to start tapping one hand at a time.

Imagine that your hands are footsteps: right foot, left foot, right foot, left foot. Close your eyes and keep tapping, imagining that you are walking up the road leading to the Beit Hamikdash. Right foot, left foot, right foot, left foot.

Let's keep tapping for a few minutes, slowly making our way towards Yerushalayim.



SUKKOT

זמן שמחתינו

Did your family build a sukkah this year? Was it made out of wood or canvas? How did you decorate it? Maybe you visited a family or friends sukkah, what did theirs look like?

Sukkot is one of the most exciting Chagim, in part because the mitzvot of the Chag are so special. We build a beautiful sukkah, buy a lulav and etrog, say Hallel, and go on fun Chol Hamoed trips with our family. Maybe this is why Sukkot is known as זמן שמחתינו - the time of our happiness, and being happy on Sukkot is special mitzvah.

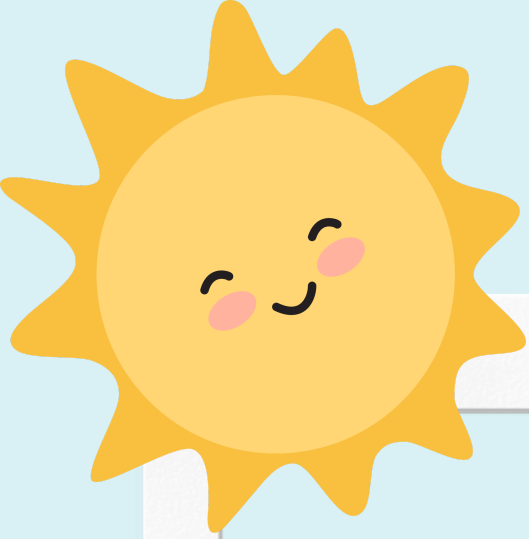
וְשִׂמְחָת בְּחַגְךָ... וְהֵייתָ אֶךְ שִׂמְחָה

And you should be happy during the Chag... and be only happy

Only happy? You're not a smiley face emoji!
How can you be happy all the time for ALL of Sukkot?

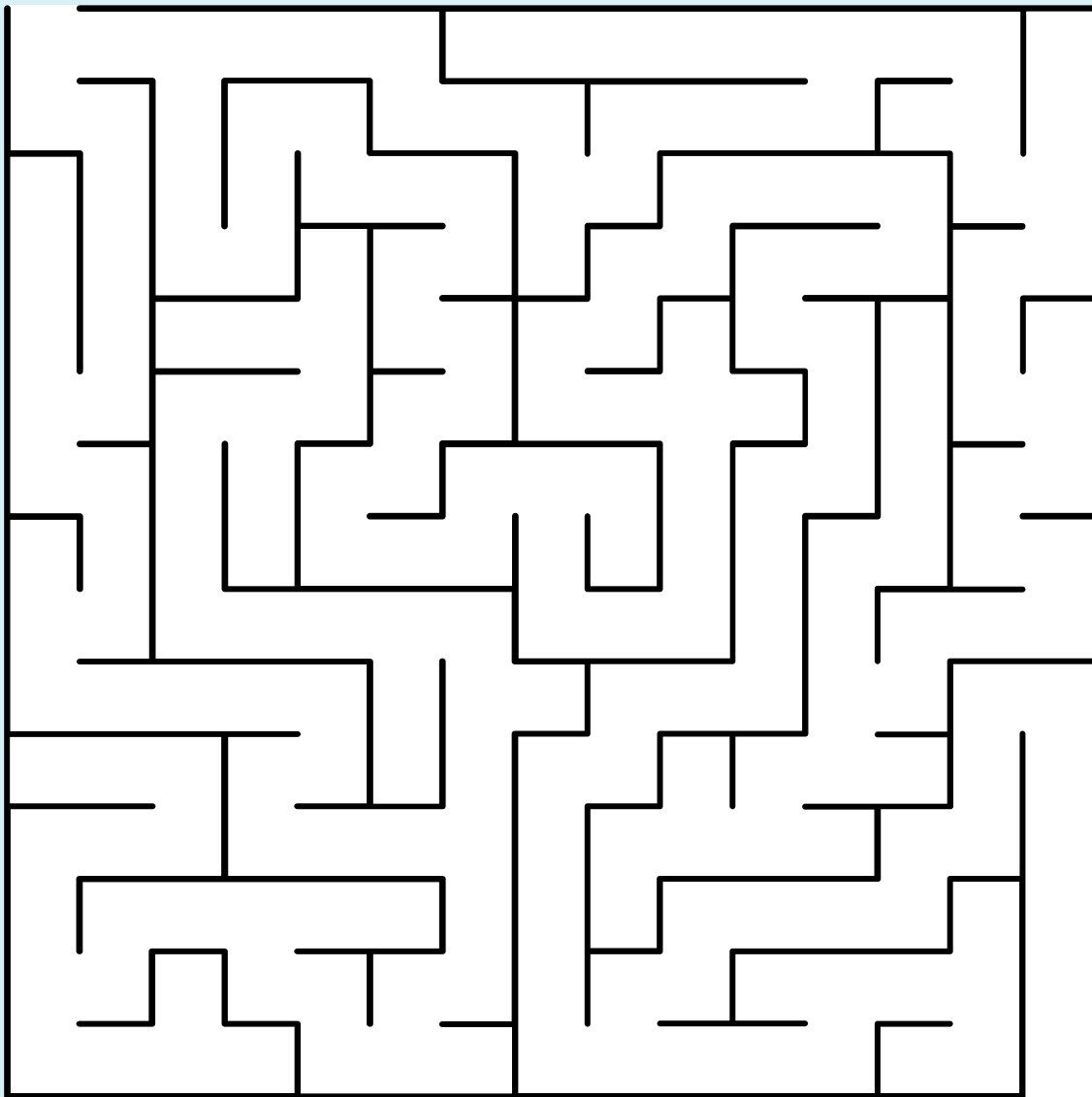
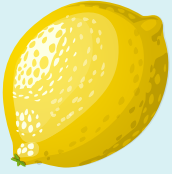
Rashi teaches us that this passuk is not לְשׁוֹן צְוִי, it's not a commandment. Instead it's לְשׁוֹן הַבְּטָחָה, a promise. HaShem is not telling us that we *have* to be happy, He's promising us that He will help *make* us happy. Our job is to keep an eye out for all the happiness that He sends us.





Me in my dream sukkah

Adina can't find her etrog and her Abba is ready to leave for shul.
Can you help her?



We're about to go into Pesach, and that means it's time for our aliyah exercise!

Do you remember how to do it? Cross your arms in front of you so that you're giving yourself a hug. Your right hand should be on your left upper arm and your left hand on your right upper arm. Now we're going to start tapping one hand at a time.

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Pesach is in chodesh ha'aviv, the springtime. You can imagine that the sun is out, there are birds chirping, and lots of little flowers are starting to pop out of the earth. You can't wait to see the Beit Hamikdash.

Let's keep tapping for a few minutes, slowly making our way towards Yerushalayim.



PESACH

זמן חירותנו



Pesach celebrates the amazing time when HaShem took us out of Mitzrayim. At the beginning of the story we are slaves to Pharaoh, and at the end of the story we are on the other side of the Yam Suf, free.

A slave has no power in their own life and they have to do whatever they are told. What does it mean to be a free person?

**חֲרוֹת עַל הַלְּחֹת, אֶל תִּקְרָא חֲרוֹת אֶלֹּא חֲרוֹת, שְׂאִין לְךָ
בֶּן חוֹרִין אֶלֹּא מִי שֶׁעוֹסֵק בְּתַלְמוּד תּוֹרָה**

The commandments were etched on the tablets. Do not read it as etched but as free, because the only free person is one who is learning Torah. Pirkei Avot

How does Torah make you free?

Torah teaches us about choices. Some mitzvot tell us what we should do and some tell us what we shouldn't do. The Torah shows us that there are always options, and it's up to us to pick the best one.

Being free doesn't always mean saying yes to everything. Part of being a free person is being able to say no. When we are guided by the mitzvot we can learn to make good choices, and say yes or no in the right way.



YES or NO

Your friend offers you some of her chips, but they aren't kosher, Should you eat the chips?

You forgot to turn your shabbos lamp on! Should you turn it on even though it's already shabbos?

Your brother wants to play with the new toy that you got for your birthday. Can you nicely tell him that you're not ready to share?

Your Mommy wants you to help clean your room, but you're in the middle of homework. Can you politely ask her for some more time?

	
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Sometimes when you're a kid it can feel like you don't get to make any choices for yourself. But being a Jewish kid means that choices are always possible and always important. No matter what else is happening around you, you can make some important choices for yourself and be in control of those decisions.

You can choose to read a book that calms you down if you're stressed

You can choose to use kind words with your friends

You can choose to daven in the morning or say Shema before you go to bed

You can decide which snack you're taking to school today

You can pick out your clothes for the day

You can decide what game to play or what show to watch

WORD SEARCH

a	i	s	r	a	e	l	b	u	c	h
m	y	k	i	d	s	t	h	c	h	a
i	b	l	t	k	i	n	d	d	o	t
t	c	s	a	c	i	l	m	y	i	h
z	h	n	t	f	u	y	b	t	c	l
v	a	a	s	l	a	v	e	m	e	f
a	y	c	y	m	b	y	d	g	s	r
h	a	k	l	b	d	f	y	a	y	e
f	l	u	t	i	a	d	l	m	i	e
c	i	t	o	r	a	h	d	e	c	y
b	o	o	k	y	m	c	f	i	h	a

mitzvah

slave

free

choices

Torah

Israel

kids

kind

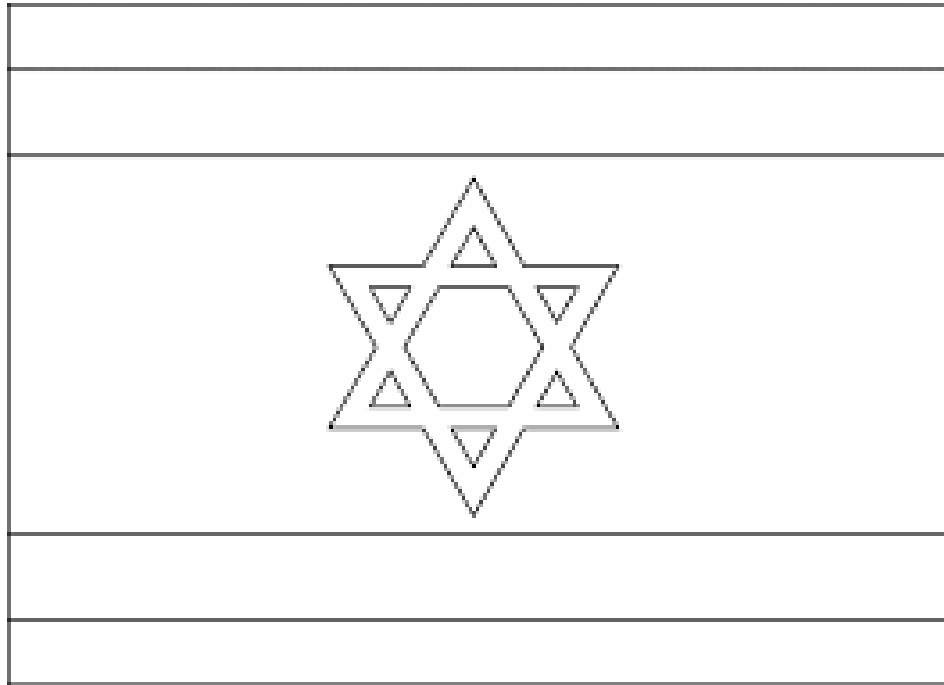
Chayal

snack

game

book

Our beautiful degel Yisrael is really a degel cheirut, a freedom flag. It represents the Jewish people's freedom on our own land through the creation of the State of Israel. After you color in Israel's flag, create your own flag below. Think about who you are, what choices you make, and what your flag should look like.



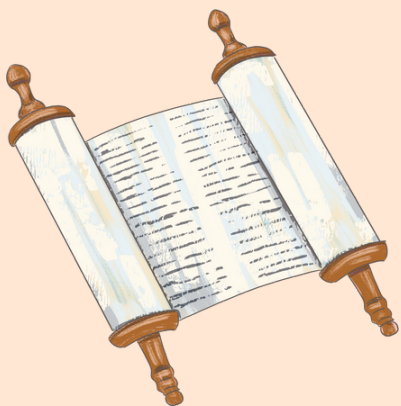
We're about to go into Shavuot, and that means it's time for our aliyah exercise!

Do you remember how to do it? Cross your arms in front of you so that you're giving yourself a hug. Your right hand should be on your left upper arm and your left hand on your right upper arm. Now we're going to start tapping one hand at a time.

Imagine that your hands are footsteps: right foot, left foot, right foot, left foot. Close your eyes and keep tapping, imagining that you are walking up the road leading to the Beit Hamikdash. Right foot, left foot, right foot, left foot.

Shavuot is the beginning of the harvest season, and farmers had to bring their first fruits to the Beit Hamikdash. This was called bikkurim and it was a big celebration. You can imagine instruments playing music for you as you walk towards the Mikdash and flowers and decorations all over the road.

Let's keep tapping for a few minutes, slowly making our way towards Yerushalayim.



SHAVUOT

זמן מתן תורתנו



One of the things that all of these Chagim have in common is that in our davening we add Hallel. Hallel is where we thank HaShem for really special miracles through singing and poetry. Imagine the best present you could ever get. When you unwrap it would you shout? Run around? Scream? When HaShem gives us something really special, we can't stay quiet either. We need to sing and celebrate the gift we've been given.

זִמַּן מִתֵּן תּוֹרַתֵנוּ בְּאַהֲבָה

The time that the Torah was given with love

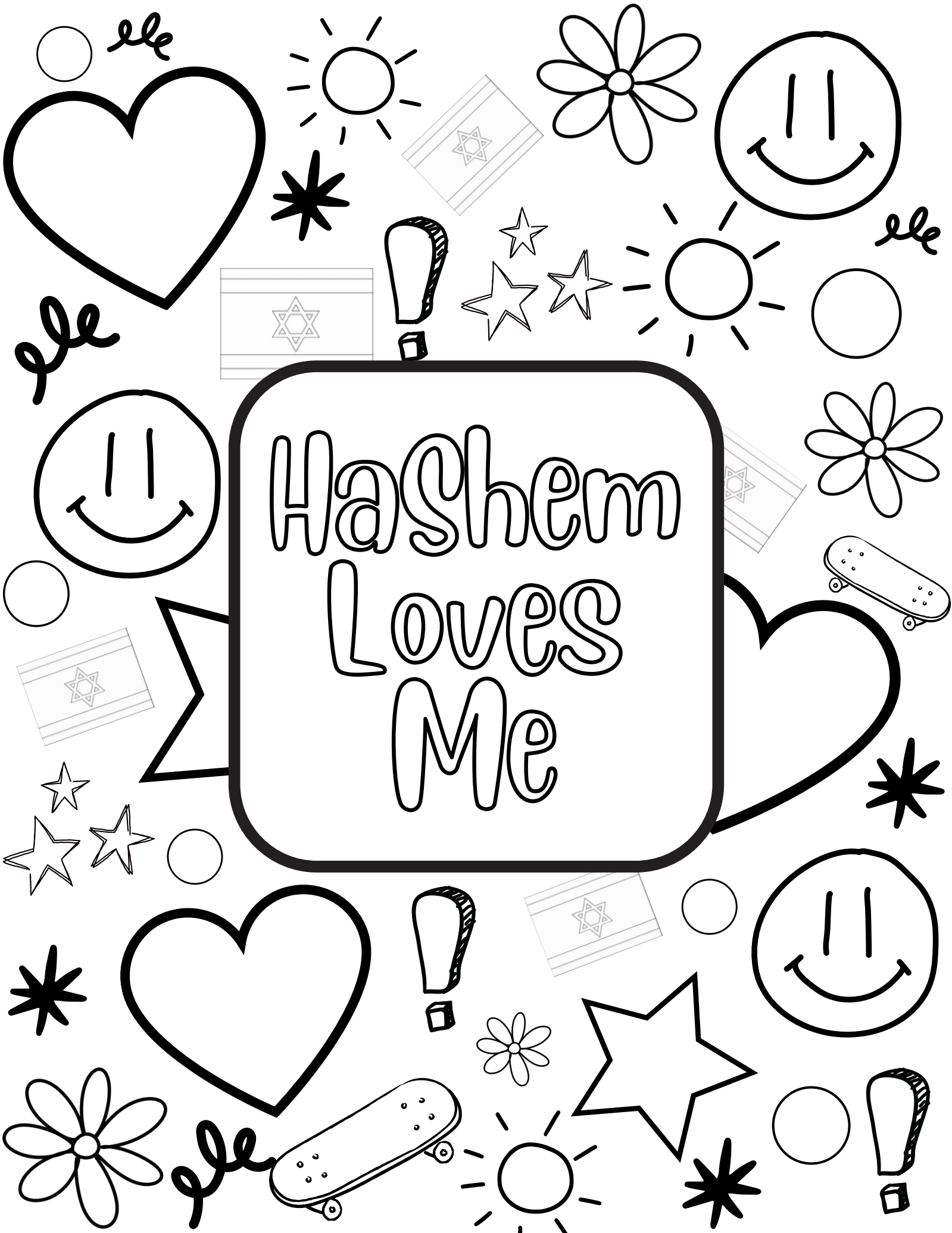
On Sukkot we celebrate how HaShem protected us in the desert. On Pesach we celebrate how He took us out of Mitzrayim. On Shavuot we celebrate that He gave us the Torah. But HaShem didn't have to do any of these things for us.

Why did HaShem give us such amazing things?

HaShem gave us all of these things just because He loves us. When you love someone, you don't need a reason to do something special for them or to show them how much you care. You just do it because you want to.

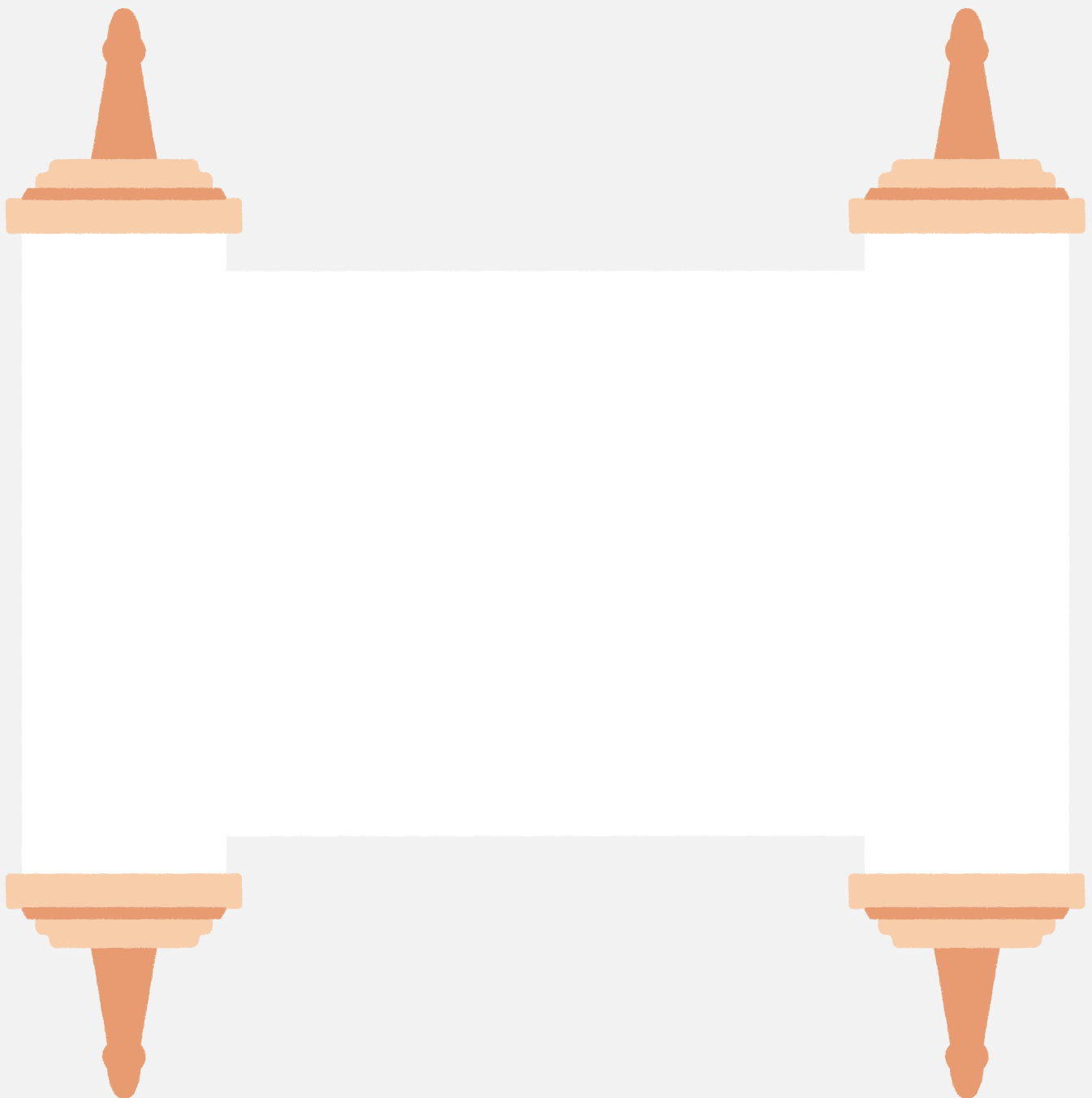
HaShem doesn't only love us some of the time. It's not only when we're doing the right thing or making Him happy. Just like your parents love you all the time, no matter what, HaShem loves us all the time and no matter what. And that means that more miracles are always on their way.

Hashem
Loves
Me



Imagine that things were flipped and you were giving a Torah to HaShem to show Him how much you love Him. How would you decorate it? What would it say inside? What miracles would you ask for today?

If I could ask for any miracle I would ask for:



It's time for our last aliyah exercise!

Do you remember how to do it? Cross your arms in front of you so that you're giving yourself a hug. Your right hand should be on your left upper arm and your left hand on your right upper arm. Now we're going to start tapping one hand at a time.

Imagine that your hands are footsteps: right foot, left foot, right foot, left foot. Close your eyes and keep tapping, imagining that you are walking up the road leading to the Beit Hamikdash. Right foot, left foot, right foot, left foot.

Sometimes it can be hard to imagine things being any different than they are right now. But very soon this war will be over, all of the chayalim will be back home, and things will just be regular again. In the meantime, you can do this aliyah exercise whenever you need some calm and know that your love for Israel and all of your tefillot are doing so much to help.

Let's keep tapping for a few more minutes, slowly making our way towards Yerushalayim.

