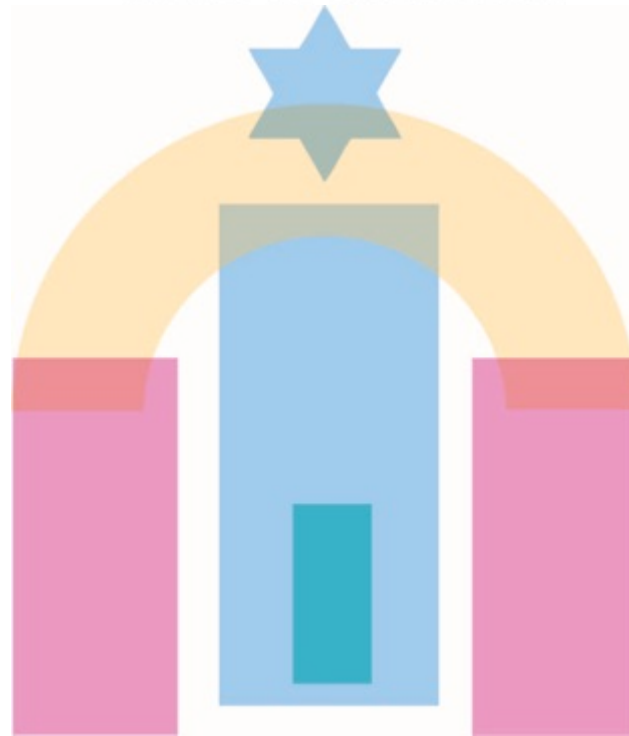




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# My Yom Kippur Story





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# Yom Kippur



Yom Kippur

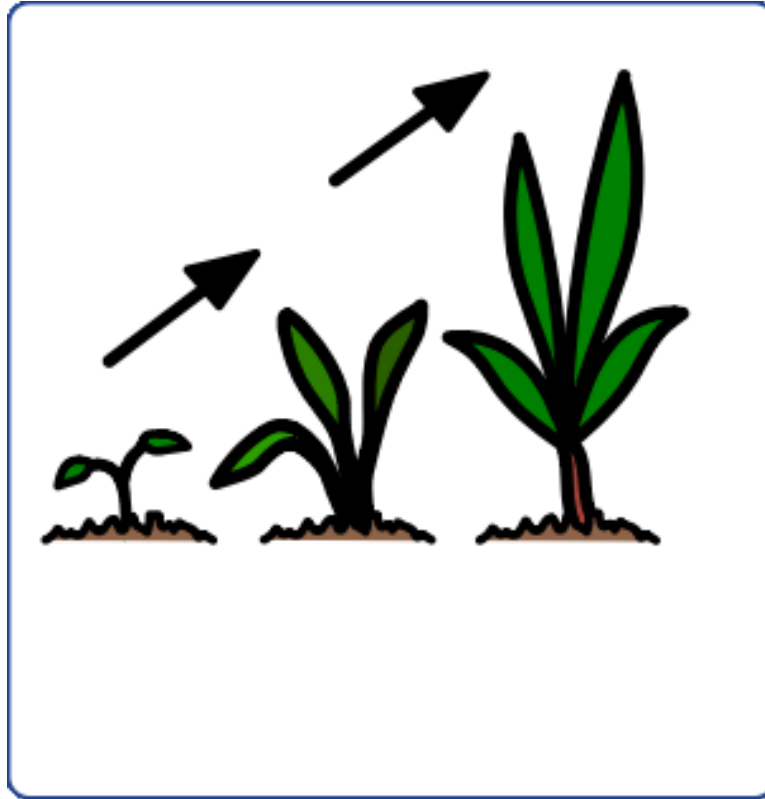
Yom Kippur is a Jewish festival.

It is the day of Atonement.

Atonement means saying sorry.

On this day things may be different to my normal day.





On Kippur we think about what we have done well this year.

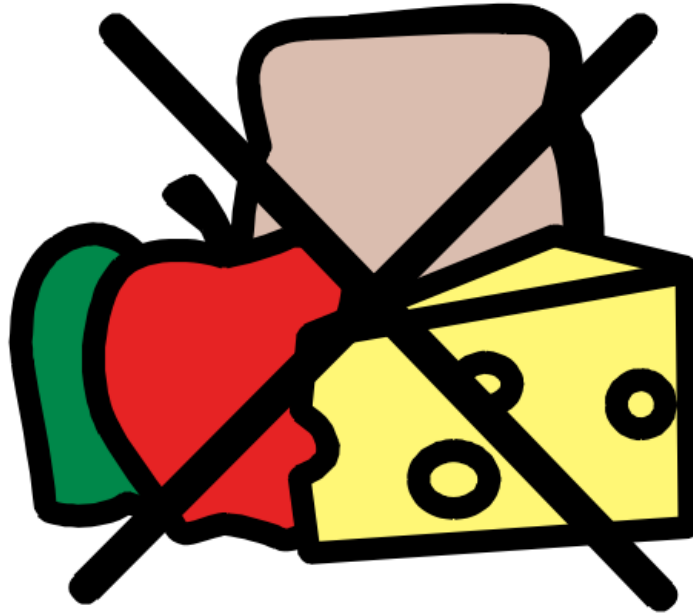
We also think about how we can be better.

This is good. It means we are always growing.





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On Yom Kippur many Jewish adults do not eat.

This is called fasting.

Jewish adults do this to show that they are sorry for anything they have done wrong.



We only fast on a few days in the year.



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My parents may fast on Yom Kippur.

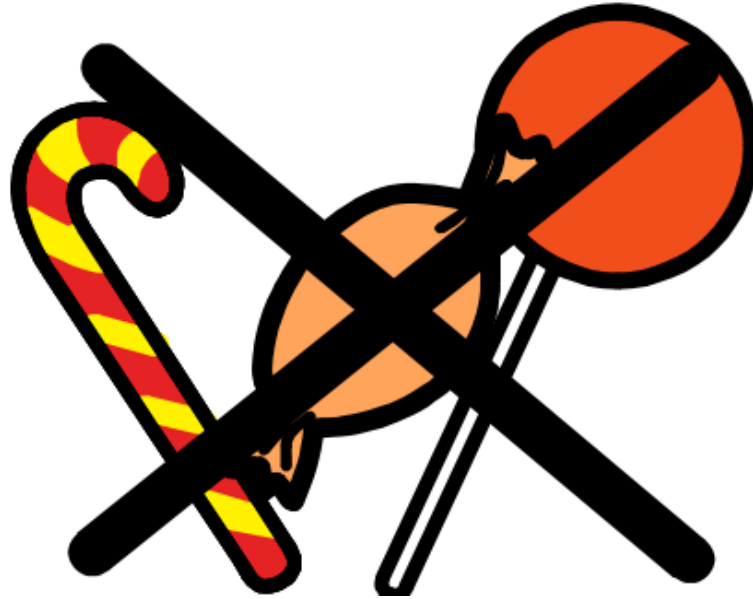
Boys may fast if they are over Bar-Mitzvah age (13).

Girls may fast if they are over Bat-Mitzvah age (12).





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Younger children do not fast on Yom Kippur.

Some children choose not to eat sweets on Yom Kippur.

This is a healthy way to take part in Yom Kippur.





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When people fast, they may feel hungry and tired.

My parents may feel hungry and tired.

They might want to lie down and rest.





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We might go to synagogue on Yom Kippur.

Some of my friends also go to synagogue.

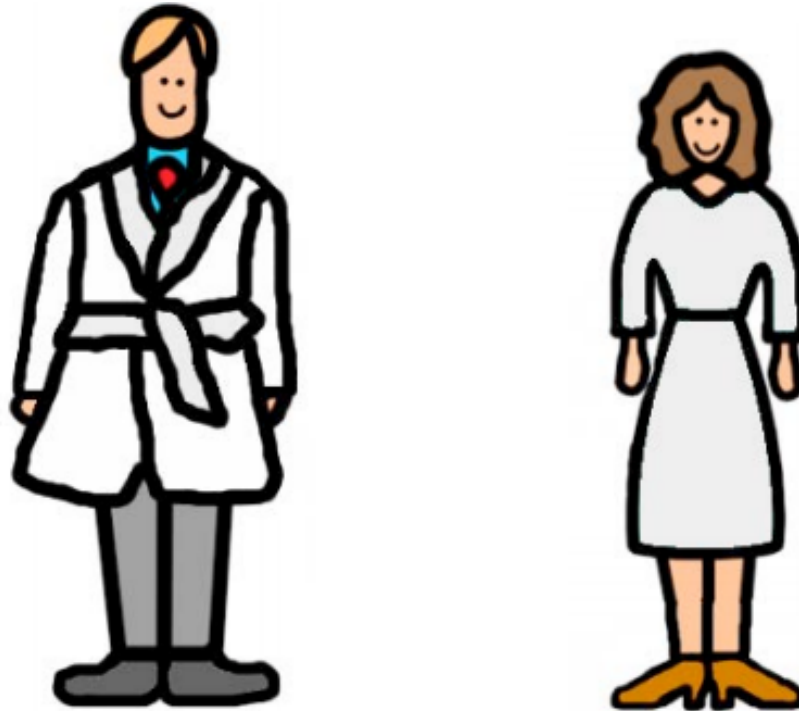
There are also lots of other adults.







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On Yom Kippur some people wear white clothes.

Some men may wear a white robe called a 'kittel'.

They do this to show they have apologised for things they have done wrong.





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Some people do not wear leather on Yom Kippur.

Instead of wearing smart shoes they wear trainers.

I might wear trainers to synagogue on Yom Kippur.





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I may feel excited or worried at synagogue.

This is OK. I can do something to help me feel calm.

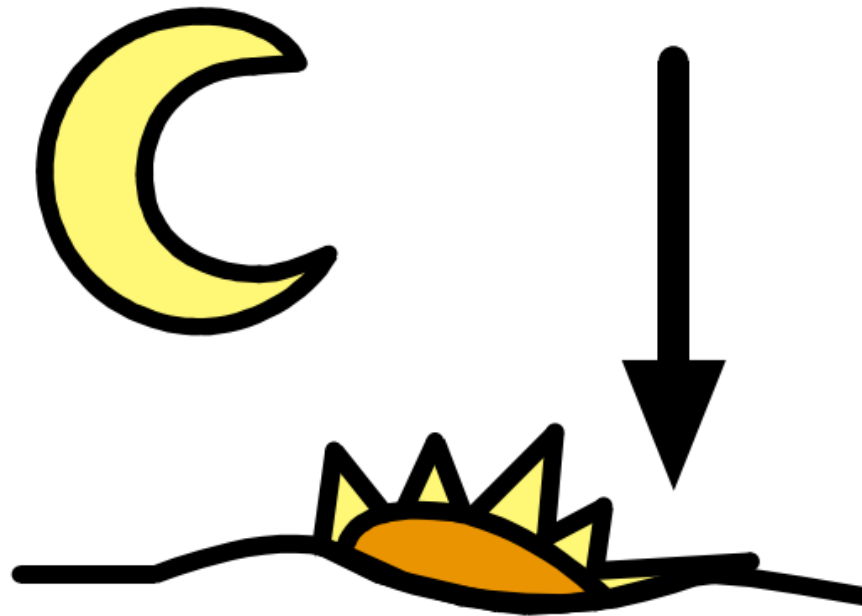
I can play with a quiet toy, read a book or go for a walk.

I can also fiddle or do something that helps me feel calm.





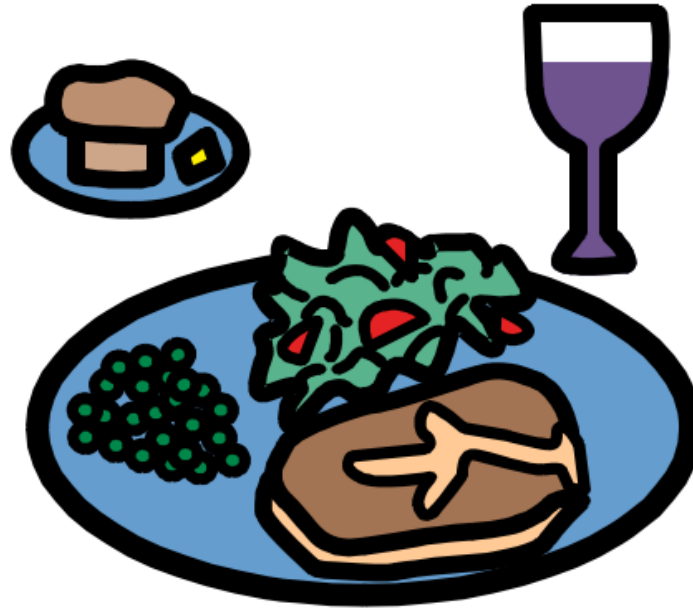
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Yom Kippur ends in the evening.

When the sun goes down people can stop fasting.





Many people eat a special dinner after Yom Kippur.

It is called 'breaking the fast'.

When people say 'breaking the fast', they don't actually break anything.

'Breaking the fast' means eating when the fast is over.





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# Yom Kippur



Yom Kippur

Yom Kippur is a special day.

Sometimes it can be quite hard.

We think about improving ourselves for the new year.





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