

Preparing for Yom Kippur and the New Year: *Slichot Reflections*

This exercise encourages families to reflect on the year that has been and create goals for the changes they wish to make in the new year. The project involves replacing the acts the participant wants to be forgiven for with the participant's upcoming goals.



Families may wish to complete this activity together. It is designed for family members older than Year 4, although the activity could be adapted for younger children. Parents/Carers can complete this activity alongside children, and guidance for parents/carers to facilitate this activity are noted below in blue.

To complete this activity, you will need:

- meditative music
- Paper and pen/textas
- small hand-held mirror

Activity:

1. **Participants take 5 minutes listening to relaxing music, reflecting on the past year.**

Parents/Carers should help by asking questions to the silent room. Such as: What are regrets you have from the previous year? Is there anyone you feel the need to apologise to? Are there any situations you wish could have gone a different way? Feel free to expand on the questions. Questions should focus on reflection and repentance.

2. **Participants split their A4 paper in half, landscape direction. On one side of the paper write all the reflections they had from the year prior, answering the questions asked during the reflective time.**

3. **Participants place the mirror in front of their reflection, and look into the mirror.**

This symbolises their ability to reflect on themselves rather than the events that have happened in their past. Parents/Carers should mention that in the New Year, rather than reflecting on the past, participants should reflect on who they are at that moment.

4. **Participants will take 5 minutes listening to relaxing music, reflecting on the year to come.**

Parents/Carers should ask: What goals do you have to be a better you this upcoming year? How can you bring joy to yourself and others this upcoming year? Again, parents/carers should not feel limited to these questions. Questions should focus on future goals, expectations, and bettering one's self.

5. **Participants will write their goals and aspirations for the next year on the opposite side of the paper.**

Family members may wish to keep these pieces of paper, perhaps somewhere near a mirror, as a reminder during the upcoming year of the goals they set, and how a mirror reminds us that we have the ability to change our ways at any moment.