

HEBREW THROUGH MOVEMENT

ישמחו



Originally developed as a complement to the JECC's curriculum,
Lakum ... La'amod, plus V'ahavta

Jewish Education Center of Cleveland

March, 2016

**A project of the Curriculum Department of the Jewish Education Center of Cleveland,
funded by the Fund for the Jewish Future of the Jewish Federation of Cleveland**

INTRODUCTION TO USING HEBREW THROUGH MOVEMENT WITH PRAYERS AND BLESSINGS

This unit is one of a series developed by the Jewish Education Center of Cleveland as a starting point for planning prayer and blessing lessons using Hebrew Through Movement. Indeed, the power of Hebrew Through Movement is in its ability to introduce and reinforce key vocabulary of Jewish prayers and rituals by using the foundational commands that have students walking, running, turning, and pointing. With HTM, students learn Hebrew by listening and reacting, and as a result, words and phrases stick in their heads much easier than when they attempt to memorize a list of words.

A few things to note:

- At the stage of language that Hebrew Through Movement operates, students will never fully be able to understand all the Hebrew words and phrases of a blessing or prayer. But they can be introduced to enough vocabulary so that the blessing begins to take on meaning.
- To work with the prayers and blessings, students need to have completed Foundational Level Five in the curriculum guide (available for free download from the home page of: HebrewThroughMovement.org).¹ This level of learning provides the basic vocabulary to introduce and reinforce the complicated language of Hebrew prayers. Core commands that will be helpful include:

לָקוּם	get up
לְלַכּוֹת אֶל	walk to
לְקַפוֹץ אֶל	jump to
לְהַצְבִּיעַ עַל	point to
לְקַחַת	take
לְגַעַת ב	touch
לְהַרְיֵם אֶת	raise up
לְהוֹרִיד אֶת	lower
לְשִׂים _____ עַל	put (the)(a) _____ on

- Most of the time, HTM focuses on individual words, but at times an entire phrase is offered as the object of a command.
- Note that the JECC develops curriculum in response to the needs of local Cleveland congregations. After evaluation and revision during a pilot year, our materials are then shared nationally. The Hebrew Through Movement lessons are embedded into two JECC prayer curricula:
 - *Lasim Lev* (a focus on the *Sh'ma* and its Blessings, plus *Kiddush*)
 - *Lakum...La'amod* (a focus on the *Amidah*, plus *V'ahavta*)

¹ Teachers gain the basic skills for working with Hebrew Through Movement through the 10 hour online-seminar offered by the Jewish Education Center of Cleveland: <http://www.hebrewthroughmovement.org/online-seminar-registration.html>

Both are available for free download from JECCMarketplace.com. If your program needs a specific prayer, blessing, or vocabulary that is not included, use the general template provided in these lessons to create your own.

This guide contains:

- Suggestions for the vocabulary a teacher might choose in working with a prayer or blessing
- Ideas for teaching each of the chosen vocabulary words
- Resource Sheets with pictures that will help with the teaching of concepts (print these in color, preferably on cardstock; lamination is optional)
- Explanations of when students may have learned specific vocabulary if your program uses *Lasim Lev* or *Lakum...La'amod* OR if your program has been teaching the prayers/blessings in the same order by which these guides are organized.

Three teaching tips:

- Teachers are welcome to introduce vocabulary from this guide in any order they wish BUT it is helpful to complement student learning with words that match the current focus of their *t'fillah* class. Thus, if you are a Hebrew Through Movement teaching specialist, be sure to stay in contact with the classroom teacher so you choose the most helpful vocabulary, weekly
- Remember to start each lesson with a review of past vocabulary. This review should contain words students have already learned that will assist in the rest of the lesson. For instance, if you know students will be touching objects (לְגַעַת בּ) and picking them up (לְהָרִים אֶת), include those verb forms in the review.
- Anytime you complete a Hebrew Through Movement lesson based on a prayer, blessing or ritual, end your session by helping your students recite the actual blessing. This creates immediate and strong reinforcement between the vocabulary just learned and the actual prayer.

Make sure to recite or sing יְשׁמְחוּ after your HTM teaching session.

Vocabulary options for HTM are indicated in red:

יְשׁמְחוּ בְּמִלְכוּתְךָ

שׁוֹמְרֵי שַׁבָּת

וְקוֹרְאֵי עֲנֵג (שַׁבָּת)

• יְשׁמְחוּ

This word means, “they will be happy” and is referring to the those who celebrate Shabbat. Those using *Lakum...La’amod* will be cued into the singular version of this word that students might know:

חַג שְׂמֵחַ (traditional greeting: “happy holiday”)

יּוֹם הַוּלְדֵת שְׂמֵחַ (“happy birthday”)

Use the photos on pages 7-21 (below) that are labeled יְשׁמְחוּ. There are also photos that don’t show happy people. Students may respond with a thumb’s up or down when you ask: כֵּן / לֹא - יְשׁמְחוּ. Also use Foundational commands like:

לְהַצְבִּיעַ עַל _____
 לְגַעַת בְּ _____
 לְהָרִים אֶת הַ _____
 לְהוֹרִיד אֶת הַ _____
 לְשִׂים _____ עַל _____

• שׁוֹמְרֵי שַׁבָּת

This phrase means “people who guard (or keep) Shabbat.” The concept is introduced in *Lakum...La’amod*. Use the photos on pages 23-29 (below) and ask students to respond with a thumb’s up or down when you ask: כֵּן / לֹא - שׁוֹמְרֵי שַׁבָּת

• עֲנֵג (שַׁבָּת)

In the song, the chorus ends with the word עֲנֵג, but when singing, people combine it with the word שַׁבָּת. Thus, it becomes the phrase, “עֲנֵג שַׁבָּת” (or rejoicing in Shabbat). The phrase may be familiar to students as the name we give to the “refreshment and schmoozing” time after services on Friday night. This phrase is also part of the *Lakum...La’amod* lesson. Use the photos provided on pages 11 and 31-35. Ask students to respond with a thumb’s up or down when you ask: כֵּן / לֹא - עֲנֵג שַׁבָּת. You may also work with all the photos together by using foundational commands like:

לְהַצְבִּיעַ עַל _____
 לְגַעַת בְּ _____
 לְהָרִים אֶת הַ _____
 לְהוֹרִיד אֶת הַ _____



https://upload.wikimedia.org/wikipedia/commons/b/b3/Shabbat_meal.jpg



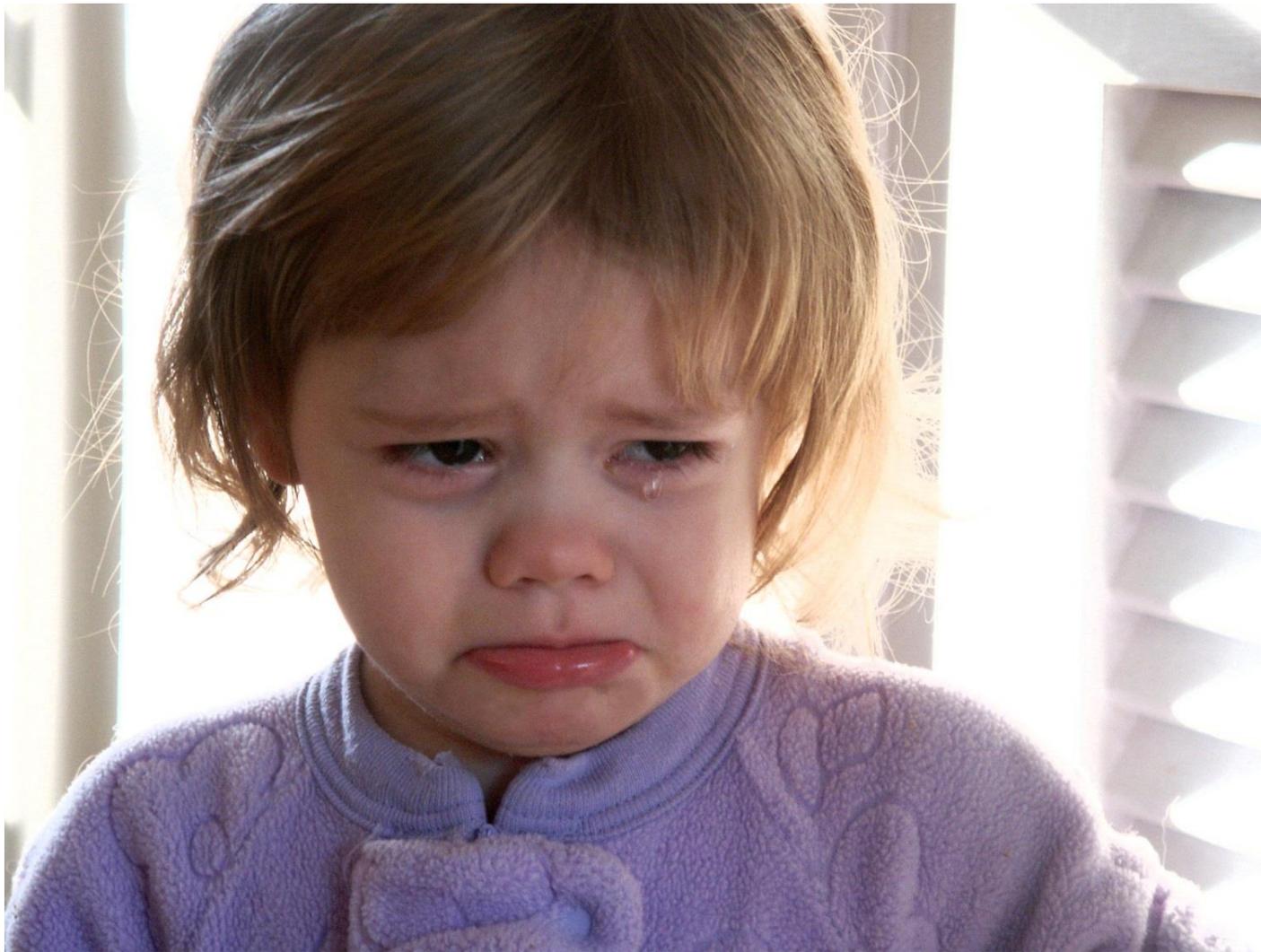
<http://blogg.equmeniakyrkan.se/files/2014/04/Lasse7.jpg>

עֲנֵג שַׁבָּת and יְשׁוּחָו



[https://upload.wikimedia.org/wikipedia/commons/3/3b/Shacharit Live at USY International Convention.jpg](https://upload.wikimedia.org/wikipedia/commons/3/3b/Shacharit_Live_at_USY_International_Convention.jpg)

לא ישמחו



<https://upload.wikimedia.org/wikipedia/commons/c/c0/Crying-girl.jpg>



[https://upload.wikimedia.org/wikipedia/commons/7/79/Flickr - The Israel Project - Shocked residents of Kiryat Malachi weep at the news that 3 neighbors were killed by a Hamas rocket..jpg](https://upload.wikimedia.org/wikipedia/commons/7/79/Flickr_-_The_Israel_Project_-_Shocked_residents_of_Kiryat_Malachi_weep_at_the_news_that_3_neighbors_were_killed_by_a_Hamas_rocket..jpg)



https://upload.wikimedia.org/wikipedia/commons/3/31/Group_tourists_Israel.JPG



[https://upload.wikimedia.org/wikipedia/commons/6/67/Flickr - Israel Defense Forces - Soldiers Raising Morale.jpg](https://upload.wikimedia.org/wikipedia/commons/6/67/Flickr_-_Israel_Defense_Forces_-_Soldiers_Raising_Morale.jpg)



<https://i.ytimg.com/vi/SH4XE1C2PXo/maxresdefault.jpg>



https://upload.wikimedia.org/wikipedia/commons/5/5b/Rabbi_Shabbat_Dinner_DVIDS119678.jpg



https://c1.staticflickr.com/9/8061/8170409108_605d459a02.jpg

שומרי שבת



http://1.bp.blogspot.com/_rzOI7zmlhEo/S0ACM6SHcsi/AAAAAAAAAmk/rbCv4HXCE-g/s320/shabbat-dinner.jpg



<https://i.ytimg.com/vi/7tHMUSsn1-o/maxresdefault.jpg>



https://upload.wikimedia.org/wikipedia/commons/1/13/Cookie_table.jpg



https://pixabay.com/static/uploads/photo/2014/11/08/16/22/dessert-table-522428_960_720.jpg

לא ענג שַׁבָּת



<http://tse4.mm.bing.net/th?id=OIP.M243036557a85c18b765772b6b2fda5c4o0&pid=15.1>

