

Shanah Tovah, Shanah M'tukah: New Songs for the New Year

Joanie Calem

SESSION SUMMARY

Come sing and dance with new uses for traditional folk songs and original interactive songs and dances in Hebrew and English for each of the holidays in the Jewish year. These activities are all child-tested for kids ages 0–12, with age-applicable adaptations.

ABOUT THE AUTHOR

Joanie Calem is a singer/song-writer and teacher. As well as serving as the music teacher at the Columbus Jewish Day School, Joanie performs both Jewish and secular programs in Columbus. As a mother of a young adult with autism, Joanie leads concert conversations, advocating for inclusive communities through original songs, stories, and conversation

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In this interactive song and dance workshop I present movement activities to accompany traditional folk songs and some of my original songs and dances in Hebrew and English for each of the holidays in the Jewish year. These activities are all child tested for kids from ages 0 – 12, with age appropriate adaptations. I am a firm believer that physical involvement of participants enhances the depth of learning in any subject, but because some participants may not have physical flexibility, in the spirit of “Universal Design for Learning”, there are always ways to adapt all of these songs so that everyone can find their level of comfortable participation. This handout will include songs, dances and other activities for the holidays of Tishrei.

Songs for *Rosh HaShanah*

1. *Tapuchim U'Dvash*: Trad. folk song, body percussion arrangement © Joanie Calem, 2010
For younger children, give the children red and yellow scarves, and have the red scarves move on the words Apples and *Tapuchim*, and the yellow scarves move on the words Honey and *Dvash*. Toss all of the scarves in the air gently on the chorus: *Shanah Tovah, Shanah Metukah*.....but we all know this song, so for older participants we can add body percussion to it, and then add some boom whackers! For all ages.

BY LEONARD BLOCH, D.D., F.A.S. 1984-1985, F.R.S. 1986

Ta-pu-chim u'dvash Li-Rosh Ha-Shanah
 / / / / X X / /

Ta-pu-chim u'dvash Li-Rosh Ha-Shanah
 / / / / X X / /

Sha-nah To-vah, Sha-nah m'tu-iah
 ! ! ! ! X X / /

Sha-nah To-vah, Sha-nah m'tu-iah
 ! ! ! ! X X / /

Ta-pu-chim u'dvash Li-Rosh Ha-Shanah
 / / / / X X / /

Ta-pu-chim u'dvash Li-Rosh Ha-Shanah
 / / / / X X / /

/ = clap, C
 X = patsch, G
 ! = snap, F

2. The Birds Are Flying South © words and music by Joanie Calem, 2001

As the song opens, the children put on bird wings and gently fly around the room. The song will lead the children through the actions on the fast parts, with them returning to "bird wings" for the slower parts. Musically, this song teaches a variety of contrasting musical elements, such as legato and staccato, allegro and andante, and forte and piano. Suitable for pre-school through Grade 3.

YouTube link: https://www.youtube.com/watch?v=88B8ab0w5ok&index=23&list=PLA23E73q6Dcc8P3cc2A8U6K9cHE_c0Dm2

The birds are flying south, telling us a holiday is near,
Goodbye to all that was, hello to a brand new year.
Shanah Tovah, clap your hands, (2x) Clap your hands!

We think of all we've done, the good, the bad, the fun.
We're sorry for the bad, and for the good we're glad.
Shanah Tovah, stomp your feet, (2x) Stomp your feet!

So now we've come to say, thank you for this brand new day.
We're given a new chance to try, and let our dreams reach the sky.
Shanah Tovah, jump around, (2x) Jump Around! AND
Shanah Tovah, stomp your feet, (2x) Stomp your feet! AND
Shanah Tovah, clap your hands, (2x) Clap your hands! AND
Shanah Tovah, do all three, (2x) Do all three!

The Birds Are Flying South

Joanie Calem

Shanah Tovah!

Joanie Calem

The birds are fly-ing south, wil-ling us a hol-i-day is near. Good-
bye to all that was, Hel-lo to a brand new year. Sha-nah To-vah! Jump a-round! Sha-
nah To-vah! Jump a-round! Sha-nah To-vah! Jump a-round! Jump - a - round!

3. Happy Birthday to the World © words and music by Joanie Calem, 1999

This is a call and response song. Invite participants to respond with "Rosh HaShanah clap clap" following each line of lyrics. Everyone can join in on the chorus, making sure to clap twice after each line. An extension for pre-school and older audiences is to ask for other suggestions of what they would like to give the world as a birthday present. For all ages.

YouTube link: https://www.youtube.com/watch?v=Q_PEGh2EAg8I&list=PLA23E73q6Dcc8P3cc2A8U6K9cHE_c0Dm2&index=22

There's a holiday that comes to celebrate a birth, *Rosh HaShanah XX*
 It's the birthday of our great big earth, *Rosh HaShanah XX*

Chorus:
 Happy Birthday to the world *XX* (3x)
Rosh HaShanah XX, Rosh HaShanah XX

So we've got to give the world a great big present, *Rosh HaShanah XX*
 What would the world find very pleasant? *Rosh HaShanah XX*
 Chorus

Well I'm gonna give the world a whole lot of love, *Rosh HaShanah XX*
 And I'm gonna give the world a great big hug, *Rosh HaShanah XX*
 Chorus

Happy Birthday to the World

Joanie Calern

Joanie Calern

There's a hol-i-day that comes to cel-e-brate a birth, Rosh Ha - Sha - nah!

It's the birth-day of our great big earth, Rosh Ha - Sha - nah! Hap-py

Birth-day to the world, Hap-py Birth-day to the world, Hap-py Birth-day

to the world, Rosh Ha - Sha - nah! Rosh Ha - Sha - nah!

4. The Gifts of the Year, © words and music by Joanie Calern, 2004

This song teaches the names of the months in Hebrew, which is one of the many things that we celebrate at the beginning of the year. The song describes what each month brings in Israel, hinting at each holiday. Audience members can clap and echo each month's name.

For younger children, have the children stand in a circle, clap after each month's name, and the whole group can turn in a circle on the chorus. For older children (age 5 and up) this can be a partner dance: Have the children "patty-cake" their partner's hands after the name of the month, and then during the chorus the children can do either a two-handed turn or an elbow turn with their partner.

YouTube link: <https://www.youtube.com/watch?v=Hf8tGJZfivc>

Tishrei XX (*Tikvat*) *XX* is for apples and honey.
Cheshvan XX (*Cheshvan*) *XX* is when the first rains fall.
Kislev XX (*Kislev*) *XX* is for eight shining candles.
Tevet XX (*Tevet*) *XX* is the coldest month of all.

Chorus:
 Oh the world turns 'round and time passes on
 And each moon brings us its own special song
 Yes, the world turns 'round and time passes on
 And each moon brings us its own special song,
 It's own special song.

Shvat XX (Shvat) XX is the birthday of the trees.
Adar XX (Adar) XX is when Esther beat Haman.
Nissan XX (Nissan) XX is when we all left Egypt.
Iyar XX (Iyar) XX is for Lag BaOmer fun.
 Chorus

Sivan XX (Sivan) XX is when we bring the first fruits,
Tammuz XX (Tammuz) XX is the beach time of the year.
Av XX (Av) XX is when the temple fell.
Elul XX (Elul) XX whispers that the fall is near.
 Chorus

The Gifts of the Year

Joanie Calera

Joanie Calera

♩ = 120

Tish - ri, Tish - ri, is for ap - ples and lec - ur, Chest -
 -nut, Chest - nut, is when the first rain fall. Kis -
 -lev, Kis - lev, is for eight skin - ing sea - iles, Te -
 -vet, Te -vet, is the cold - est month of all. And the world turns 'round and
 time pass - es on and each moon brings us its own spec - ial song, yes the world turns 'round and
 time pass - es on and each moon brings us its own spec - ial song
 it's own spec - ial song.

Songs for Yom Kippur

5. *Slicha* © words and music by Joanie Calem, 2004

This is a slow, gentle "zipper" song, written to encourage reflection for even the youngest children. (A "zipper" song is a song that participants can add their own new verses to.) Everyone can participate in the refrain of "I'm sorry" and "Slicha". Whenever circumstances allow, I then invite the children to "zip" in the things they may have done that they could say "I'm sorry" for.

YouTube link: <https://www.youtube.com/watch?v=8LsPd73UW4c&list=PL45B1st=PL45B1st=Cw8F1jnsZARUKvoCE48DnUg>

If I hurt someone, or made some one sad
If I made fun of them, if I treated them bad
I'm sorry, I'm sorry, I really don't want to fight
Slicha, Slicha, I want to make things right

If I yelled at my dog, or yelled at my friend
If I hit someone, like my uncle ragins
I'm sorry, I'm sorry, I really don't want to fight
Slicha, Slicha, I want to make things right

If I yelled at my mom, or yelled at my dad
If I made a mess, if I got mad
I'm sorry, I'm sorry, I really don't want to fight
Slicha, Slicha, I want to make things right

Bridge:
Sometimes it's so hard to do what is right
Being a good person feels just out of sight

If I hurt someone, or made some one sad
If I made fun of them, if I treated them bad
I'm sorry, I'm sorry, I really don't want to fight
Slicha, Slicha, I want to make things right
I'll try to make things right, I'll work to make things right.

Slicha

Joanie Calem Joanie Calem

♩ = 110

G D7 G

If I hurt some-one, or made some-one sad, if I made fun of them, if I

3 D7 G D7 G D7 G

treat-ed them bad, I'm sor-ry, I'm sor-ry, I real-ly don't want to fight, Sh-

10 D7 G D7 G 3x C G

-cha, Sh-cha, I want to make things right. Some-times it's so hard, to

14 C G C G A7 D7

do what is right, be-ing a good per-son feels just out of sight. If I hurt some-one, or

20
made some-one sad, if I made fun of them, if I treat-ed them bad, I'm sor-ry, I'm
24
sor-ry, I real-ly don't want to fight, Sh-cha, Sh-cha, I want to make things
30
right. I'll try to make things right, I'll work to make things right.

6. *Yetzer HaTov, Yetzer HaRa* © words and music by Joanie Calam, 2010

In Judaism, there is a belief that we are born with both the impulse to do good and the impulse to do bad, and that we spend our life making choices regarding which impulse will control us. This is a zipper song, for kindergarten and up. A few examples are given of dilemmas that could potentially challenge us, but it is much more interesting for participants to give examples that are relevant to them. *Yom Kippur* is a time to review when we have succumbed to *Yetzer HaRa*, and when we have succeeded in working with *Yetzer HaTov*.

One apple, two kids, what can be done? If everyone is grabbing, *Yetzer HaRa* has won.
We also have a *Yetzer Tov*, the part that knows what's right.
Sometimes *Tov* is as it is, yes, sometimes we forget the light.

Yetzer Tov, *yetzer ra*, which do we choose? *Yetzer tov*, *yetzer ra*, if it's up to me and you.

One toy, three kids... One game, too many friends... Small restaurant, long wait... One job, five adults...

Yetzer HaTov, Yetzer HaRa

Joanie Calam

Joanie Calam

1-10 Am E7 Am E7
One ap-ple, two kids, what can be done? If ev-e-ry-one is grab-bing
11 Dm Am C G C
Yetzer Ha-Ra has won. We al-so have a Yetzer Tov, the part that knows what's right.
12 Am E7
Some-times we let-as to Ra, yes, some-times we for-get the light!
13 Dm Am E7 Am
Yetzer tov, Yetzer ra, which do we choose?
14 Dm Am E7 Am
Yetzer tov, Yetzer ra, it's up to me and you!

Songs for Sukkot

7. **Let the Stars Peek Through** – © words and music by Joanie Calem, 2004

For this quiet song, I lower the lights, invite young children to lie down and imagine the stars sparkling over them at night in the *sukkah*. For older children, this is also a wonderful piece to play on QRF instruments in A minor pentatonic. Children can draw their *sukkah* as the music plays.
 YouTube link: <https://www.youtube.com/watch?v=D8T1Gz71648&list=PLa00R94eac0ay8R2eac2601D5ac0P-r5DmZ>

My *sukkah* stands quiet 'neath the autumn sky of blue,
 I've hung the leaves and branches,
 to let the stars peek through.

My *sukkah*'s a simple hut, just three walls make do,
 It reminds me of the ancient days,
 when the stars peek through.

For seven days and nights, my *sukkah* stands true,
 Through the rain falls and the wind blows,
 and the stars peek through.

Ashafim, lulav, etrog, all in the morning dew,
 Help us to remember
 to let the stars peek through.

My *sukkah* stands quiet 'neath the autumn sky of blue,
 I've hung the leaves and branches,
 to let the stars peek through.

Let The Stars Peek Through

Joanie Calem

Joanie Calem

♩ = 70 Am Dm Am Dm Am

My suk - kah stands qui - et 'neath the aut - umn sky of blue, I've hung the
 leaves and branch - es to let the stars peek through.

Songs for Simchat Torah/Shmini Atzeret

8. ***Mashiv HaRuach*** – © words and music by Joanie Calem, 2015

Shmini Atzeret is a time when a traditional prayer for rain is said, praying that the winter season will be rainy to grow our food and that there will be enough water to sustain us through the dry, summer season. This simple version of the prayer is an echo song. For preschool and up.

Mashiv (mashiv)
HaRuach (haruach)
 (Prayer of Hagshonah (Hagshonah)
 Ten tal, v'ten mator;
 L'vracha of p'nei ha'ardama
 Ten tal, v'ten mator;
 L'vracha of p'nei ha'ardama.

Mashiv HaRuach

Mekorot

Prayer for the Wind and the Rain

Joanie Calem

$\text{♩} = 120$

Ma - shiv, (ma - shiv) ha - ru - ach (ha - ru - ach)

u - mo - tid ha - ga-shem (ha - ga-shem.) Ma- ga-shem.) Ten tal

v' ten - ma - tor T - vru - cha al p'nei ha - a - da - mah

9. ***Mayim Chayim*** - © words and music by Joanie Calem, 2015

There are many sources in Judaism that recognize the central importance of water to all life. Between *Shmini Atzeret* and *Pesach*, traditional Jews pray for rain in Israel as part of the *Amidah*. Many children understand why conserving water in Israel's climate would be important, but extending that understanding of water conservation everywhere on the planet requires abstract thinking. The audience can participate by echoing each line in the chorus and snapping or patting to the beat during the verses. For preschool and up.

| | |
|--|---|
| <p>Chorus: Water, water, water, water, o's (ochi) Water, water, water, water, o's (ochi) Water, water, water, water, o's (ochi) Water, water, water, water, o's (ochi)</p> <p>The water from the sky flows down into the puddles; The water from the puddles flows down into the creeks; The water from the creeks flows down into the ponds; The water from the ponds flows down into the streams. Chorus</p> | <p>The water from the streams flows down into the lakes; The water from the lakes flows down into the rivers; The water from the rivers flows down into the ocean; The water from the ocean flows up into the sky. Chorus</p> <p>Water here and there, both sea deep as you are The water is the cycle it is for everyone to share Hear the water flow, hear the water call The water of the earth must be enough for all. Chorus</p> |
|--|---|

Mayim Hayim

Water of Life

Joanie Calem

$\text{♩} = 120$

1 Wa-ter wa-ter wa-ter wa-ter may-im (echo)

5 wa-ter wa-ter wa-ter wa-ter chay-ay - im. (echo)

9 Wa-ter wa-ter wa-ter wa-ter may-im (echo)

13 wa-ter wa-ter wa-ter wa-ter chay-ay - im. (echo) The

17 wa-ter from the sky flows down in - to the pot-dish - The wa-ter from the pot-dish flows

21 down in - to the creeks The wa - ter from the creeks flows

25 down in - to the po-onds the wa-ter from the ponds flows down in - to the streams.

All songs, words and music © Joanie Calem

Feel free to use these songs, but please mention my name as the songwriter.

CD: *Shanah Tovah, Shanah N'tukah - A Cycle of Songs for the Jewish Year*

available at CDBaby: <http://www.cdbaby.com/cd/joanicalem2>

and oysongs: http://www.oysongs.com/products/artist.cfm?artist_id=421

Upcoming CD: *Sharim V'Roldim - Let's Sing and Dance Through The Jewish Year*