



This activity augments the Rodef Reads selection for 2018-2019, *My Jewish Year* by Abby Pogrebin. It is designed to support at-home family celebration of the Jewish holidays.

## Tashlich at Home

*Tashlich is a traditional ritual where Jews discard their sins (often symbolized by bread or pocket lint) into a natural body of flowing water such as a river, lake, sea, or ocean. The practice comes from a reference in the Prophets (Book of Micah): "You will cast all their sins into the depths of the sea."*

In this activity you will symbolically throw away a specific sin.

**When to do this activity:** On Rosh Hashanah or between Rosh Hashanah and Yom Kippur

**Preparation:** You will need:

- Leaves. Some people use bread or pocket lint, but leaves are more environmentally-friendly.
- Fine-point, water-based markers
- Bucket of water or garden hose.
- If possible, go to a body of water such as a lake or stream. If you are not near a body of water, go to an area where you can use a garden hose.

**Activity:**

1. With your family, go to the body of water or gather where you can use your hose or spill you bucket of water.
2. Each person identifies a trait or behavior that they want to throw away (stop doing)  
Some examples, but do not feel limited to these:
  - Defensiveness when someone makes a suggestion to you.
  - Impatience with friends or family members
  - Guilt (about something)
  - Rudeness (to parent, teacher, sibling)
3. Using a marker, write the trait on a leaf.
4. Throw the leaves into the water or wash them away.