

Bar/Bat Mitzvah Monthly Activity

Cohort Meeting #1



Expectations of Bar/Bat Mitzvah and Jewish Engagement

As you and your parent(s) begin this year of Bar/Bat Mitzvah preparation, you may be filled with a wide range of emotions. This activity will help you and your parents explore some of your thoughts and feelings about the year ahead, the service, and life after your Bar/Bat Mitzvah.

Process:

1. Students: Answer the questions below, in writing, independently.
2. Parents: Answer the questions on the next page, in writing, before sharing them with your son or daughter.
3. Once completed, share your responses with each other. Talk about ways you can best support each other.
4. Find a way to celebrate the beginning of the Bar/Bat Mitzvah journey!

Becoming A Bar/Bat Mitzvah For the Student to Complete

Complete the following statements about being Jewish and becoming Bar/Bat Mitzvah. Be honest! After you have completed this sheet, and your parent(s) have completed their sheet, discuss your answers together.

1. Two or three things I appreciate about being Jewish are:

2. Two or three things (or more) that I can gain by continuing to be involved at TRS are: (consider the possibilities relating to youth group, N'tivot, camp, holidays and Shabbat, etc.)

3. I'm excited about becoming Bar/Bat Mitzvah because:

4. My biggest fear in becoming a Bar/ Bat Mitzvah is:

5. I think my parent(s) biggest fear about me becoming a Bar/Bat Mitzvah is:

continued...

12 month activity continued...

**My Child's Bar / Bat Mitzvah
For the Parent(s) to Complete**

Complete the following statements about your child being Jewish and becoming Bar/Bat Mitzvah. Be honest! After you have completed this sheet, and your child has completed his/her sheet, discuss your answers together.

1. Judaism or religion is important to me because:

2. Two or three things (or more) that my child can gain by continuing to be involved at TRS are: (consider the possibilities relating to youth group, N'tivot, holidays and Shabbat, etc.)

3. I am excited about my/our child becoming Bar/Bat Mitzvah because:

4. I think my/our child's biggest fear in becoming Bar/Bat Mitzvah is:

5. My biggest fear about my child becoming a Bar/ Bat Mitzvah is:



Monthly Service Attendance



MACHBERET T'FILLAH: SERVICE JOURNAL *12 Months Before your Bar/Bat Mitzvah Ceremony*

After your meeting with the Cantor please join your monthly cohort at Shabbat morning services. This is your first chance to become more familiar with what you will do on your special day.

Take note of what the Bar/Bat Mitzvah does in the service.

1. What prayers did the Bar/Bat Mitzvah lead at the beginning of the service?
2. Describe what the Bar/Bat Mitzvah did at the Torah service?
3. Did the Bar/Bat Mitzvah seem to enjoy him/herself in leading the service and reading the Torah?
4. What looked the hardest? Scariest? Most exciting?