

## The Happiness of Yom Kippur

<b>Description</b>	Students will write down three of the worse things they have every done. Using a paper shredder, have the students "shred their sins." (Another way to facilitate this activity is with fire but there are significantly more challenges with that) Then lead a discussion about this idea. To end this session have students write down 3 goals for the year. It can be things they hope to do or not do in the coming year.
<b>Shopping List</b>	<ol style="list-style-type: none"><li>1. Paper</li><li>2. Pens</li><li>3. Shredder</li></ol>
<b>Message</b>	Discuss the idea that those sins are gone forever (unless they are <i>bein adam lchaveiro</i> ). Ask teens what it feels like to have their sins gone. Explain that this is the joy of Yom Kippur! Ask teens to imagine if they broke something at home and their parent busts them and then tells them to write down what they did, the parent proceeds to shred the paper and says "FORGIVEN." That is the idea of Yom Kippur.
<b>Details</b>	Give out a new piece of paper and have them write down a goal for this year