

**TEFILLAH**  
**POWER** FOR GIRLS  
תפילה כח  
פסוקי דזמרה

MORAH  
INSTRUCTIONS  
- AND -  
ANSWER KEYS



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## What Your Package Includes:

Dear Esteemed *Mechaneches*:  
*Shalom U'Vracha!*

Thank you for participating in this unique and exciting program created by the V'Ani Tefillah Foundation (VAT) to enhance your students' *tefillah* for life. BE"H, to ensure the success of the **Tefillah Power** Initiative and to make it easy for you to implement, we include the following in your package:

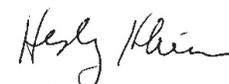
- **Tefillah Power Workbook:** Please distribute to each student and take your own copy of the *Tefillah Power* workbook which includes all the weekly lessons. Each week the student completes one lesson which addresses one small part of שחרית. In as little as 15 minutes each week, your students can acquire valuable information in class or on their own that will, BE"H, enhance their understanding and the power of their *tefillah*. You are encouraged to highlight the salient points of each week's *tefillah* lesson in class.
- **Prize Page:** Please distribute to each student the colorful Prize page which is included separately in your package. The Prize page shows students the different prizes they can win for each raffle (after weeks 4, 8, 12, 16 and 19).
- **Tefillah Power Posters:** There is a poster that corresponds to each week's lesson. Please hang up the colorful 11x17 *Tefillah Power* Poster each week for students to see to help reinforce the week's *tefillah* lesson and focus. To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to that week's **Tefillah Challenge** will be included on the next week's Poster.

### INCLUDED IN THIS BOOKLET:

- **Weekly Instructions and Answer Keys-** For your convenience, an answer key to the questions for each lesson will be included in the weekly letter.
- **Bonus Cards (page 33)-** If necessary, please make copies of the Bonus Card and distribute to your students. For more information, please see page 12, Lesson 4, 'Distribute Bonus Card' in this booklet.
- **Prize Order Form (page 35)-** Please copy and fill out the Prize Order Form after each raffle drawing (Lessons 4, 8, 12, and 16). For more information, please see page 12, Lesson 4, 'Submit Order Form for Prizes', in this booklet.

Together, BE"H, we can empower your students' *tefillah* for the rest of their lives.

Hatzlacha,



Heshy Kleinman  
V'Ani Tefillah Foundation

See Lesson 1 Instructions (page 9) on how to get started.





## Topics מסוקי דזמרה

The chart below is a handy reference guide so that you can easily see which תפילות are covered in each lesson of *Tefillah Power*. In addition, the theme of each lesson is briefly presented to help guide your students.

THEME	WORDS	TEFILLAH	LESSON #
4 parts of שחרית correspond to parts of בית המקדש.		פסוקי דזמרה Intro to	1
Ultimately everything is for the good.	בְּעֵינַי לֵינִי וְלִבִּי רָגַח...	מזמור שִׁיר	2
Power of the א-ב.	בְּרוּךְ שְׂאֵמֵר וְהִיא הָעוֹלָם. בְּרוּךְ הוּא.	בְּרוּךְ שְׂאֵמֵר	3
Hashem fulfills His words and promises.	בְּרוּךְ אֹמֵר וְעוֹשֶׂה. בְּרוּךְ גּוֹזֵר וּמְקַיֵּם.	בְּרוּךְ שְׂאֵמֵר 2	4
Trying is very important.	יִשְׁמַח לֵב מִבְּקָשֵׁי ה'.	הוֹדוּ	5
Awaiting Hashem's kindness.	יְהִי חֶסֶדְךָ ה' עִלֵּינוּ. כְּאֲשֶׁר יַחַלְנוּ לָךְ.	הוֹדוּ 2	6
Hidden happiness in daily life.	עֲבֹדוּ אֶת ה' בְּשִׂמְחָה. בְּאוֹ לִפְנֵי בְּרִנְנָה.	מזמור לְתוֹדָה	7
bring Hashem מצות נחת.	יְהִי כְבוֹד ה' לְעוֹלָם. יִשְׁמַח ה' בְּמַעֲשָׂיו.	יְהִי כְבוֹד	8
We are the chosen people.	כִּי יַעֲקֹב בָּחַר לּוֹ י-ה. יִשְׂרָאֵל לְסִגְלָתוֹ.	יְהִי כְבוֹד 2	9
Importance of the Mesorah.	דוֹר לְדוֹר יִשְׁבַח מַעֲשֵׂיךָ. וְגִבּוֹרֵיךָ יִגִּידוּ.	אֲשֶׁרִי	10
Hashem's kindness to all creations.	טוֹב ה' לְכָל. וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.	אֲשֶׁרִי 2	11
Hashem provides in a way tailor-made to each creation.	פּוֹתַח אֶת יָדְךָ. וּמַשְׁבִּיעַ לְכָל חַי רִצּוֹן.	אֲשֶׁרִי 3	12
Praising Hashem through our life.	אֶהְלֵלָה ה' בְּחַיֵּי. אֲזַמְרָה לְאֱלֹהֵי בְּעוֹדֵי.	הִלְלֵי נִפְשֵׁי	13
Success comes only from Hashem.	אֵל תִּבְטְחוּ בְּנִדְבִיבִים. בְּבֶן אָדָם שְׂאִין לוֹ תְשׁוּעָה.	הִלְלֵי נִפְשֵׁי 2	14
Each person makes a unique contribution in the world.	מוֹנֵה מִסָּפֵר לְכוֹכְבִּים. לְכֻלָּם שְׂמוֹת יְקָרָא.	הִלְלוּ-ה. כִּי טוֹב	15
Our doing מצות affects the world.	מִגִּיד דְּבָרָיו לְיַעֲקֹב... לֹא עָשָׂה כֵן לְכָל גּוֹי.	הִלְלוּ-ה. כִּי טוֹב 2	16
Praising Hashem through observing the creation.	הִלְלוּ אֶת ה' מִן הָאָרֶץ.	הִלְלוּ אֶת ה'	17
Ultimately oppressors will be punished.	לְעֹשֵׂי נִקְמָה בְּגוֹיִם.	שִׁירוּ לָהּ	18
Emulating Hashem's ways is the best praise.	Thirteen Hallelus	הִלְלוּ א-ל בְּקִדְשׁוֹ	19





## Lesson 1: Introduction to פסוקי דזמרה

### Please refer to workbook pages 7-12

#### **FOR THE MECHANECHES:**

- Review **Instruction Sheet** (see page 3 of the *Tefillah Power Workbook*): Please review the instruction sheet with your students, which explains how your students can get started.
- Review **Contest Card** (see page 5 of the *Tefillah Power Workbook*) - Students should use the Contest Card on page 5 for Lessons 1-4. Each week's lesson gives each student the chance to fill in 5 spaces on the Contest Card ladder. By filling in at least **18** spaces on the ladder by the end of week 4, she is eligible to enter the monthly drawing for prizes to be held at your school (one prize per month—per grade per school).
- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

#### **PLEASE NOTE:**

- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included at the end of this page for your convenience (see below).
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 10) and discuss the "**Food for Thought**" question at the שבת table.
- **Answer Key: Lesson 1** - For your convenience, an answer key to the questions in this week's lesson is included at the end of this page (see below).

#### **Lesson 1: Pesukei D'Zimrah— Introduction to פסוקי דזמרה**

**FOCUS:** Introduction to *Pesukei D'Zimrah*, how our תפילות prepare our way to becoming close to Hashem.

#### **ANSWER KEY:**

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

#### **Tefillah Workspace (page 11)**

By *davening* the four parts of שחרית: שמונה עשרה, (and the ברכות שמע), קריאת דזמרה, פסוקי דזמרה, ברכת השחר,

#### **Matching! (page 11)**

For answers see **My Very Own Tefillah** (page 9).

#### **Your Corner! (page 12)**

To "cut away" the impurities which prevent us from becoming close to Hashem (so we can become close to Him through the four levels of *tefillah*).

#### **Tefillah Challenge (poster)**

c. 17.



## Lesson 2: מזמור שיר

Please refer to workbook pages 13-18

### FOR THE MECHANECHEs:

- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

### PLEASE NOTE:

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included at the end of this page for your convenience (see below).
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 16) and discuss the "**Food for Thought**" question at the שבת table.
- **Answer Key: Lesson 2** - For your convenience, an answer key to the questions in this week's lesson is included at the end of this page (see below).

### **ANSWER KEY: Lesson 2: Pesukei D'Zimrah—מזמור שיר**

**FOCUS:** When things which seem bad happen to us, we should understand that ultimately everything that happens to us is for good, whether we see it in this world or the next.

### ANSWER KEY:

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

### My Tefillah Workspace (page 17)

Any story which shows that something good came out of something unpleasant or difficult. Or any story that includes an unpleasant or difficult situation where one can think of how indeed it can turn out to be something that is good (in This World or the Next World).

### Matching! (page 17)

For answers see **My Very Own Tefillah** (page 15).

### Your Corner! (page 18)

That ultimately, what we now see as bad will turn out to be for our good (in this world or in the next).

### Tefillah Challenge (poster)

b. 12.



### Lesson 3: ברוך שאמר 1

Please refer to workbook pages 19-24

#### FOR THE MECHANECHEs:

- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

#### PLEASE NOTE:

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included at the end of this page for your convenience (see below).
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 22) and discuss the "**Food for Thought**" question at the שבת table.
- **Answer Key: Lesson 3** - For your convenience, an answer key to the questions in this week's lesson is included at the end of this page (see below).

#### ANSWER KEY: Lesson 3: Pesukei D'Zimrah—ברוך שאמר 1

**FOCUS:** The power of the ב-א and the power of our *tefillah*

#### ANSWER KEY:

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

#### My Tefillah Workspace (page 23)

Any example which shows how our words can impact the world (e.g. when we *daven*), in a school situation (e.g. becoming study partners through an agreement), or in a social situation, whether in a positive or negative way. For example, asking forgiveness and repairing a friendship (positive), or speaking *loshon hora* about someone (negative).

#### Matching! (page 23)

For answers see **My Very Own Tefillah** (page 21).

#### Your Corner! (page 24)

By *davening* and learning Torah.

#### Tefillah Challenge (poster)

c. בראשית.



## Lesson 4: ברוך שאמר 2

Please refer to workbook pages 25-30

### FOR THE MECHANECHES:

- Collect **Completed Contest Cards**: At the end of **week 4**, when the student has filled in at least 18 spaces on her Contest Card (which should be this week), she should cut out the **Contest Card on page 5** of the *Tefillah Power* workbook and give it to you. The completed Contest Card is her ticket to enter a raffle to win prizes. Please note that if a student missed a prior week, she may still fill in the Contest Card spaces until the end of Week 4 and become eligible for the raffle to win a monthly prize. Please make sure that the Contest Cards submitted by all the participating students in the grade are included in the raffle drawing so that each student will have an opportunity to win prizes.
- Distribute **Bonus Card**: On page 33 of this booklet, you will find a copy of the **Bonus Card**. Please copy the card to accommodate your participating students. Please give a **Bonus Card** to each student who fills in **all 20 spaces on her Contest Card**. The Bonus Card is to be used as an additional ticket to enter the raffle to win prizes. **Note (optional)**: After your students hand in their Bonus Cards, you can fold the paper in half so that all cards in the raffle are similar in size.
- **Conduct Raffle for Prizes**: A raffle for prizes should be held at your school when you collect the Contest Cards (and Bonus Cards) from the students in your class. There is to be **ONE winner per grade each month for each school**, as long as there are at least **20 students** participating in the *Tefillah Power* program from that grade. If the grade has **less than 20 students** participating, please combine the grades so that there are, at a minimum, 20 students participating. To select the winner, please coordinate the date of the raffle with the other Teachers of your grade.
- Submit **Order Form for Prizes** - After you conduct the raffle in your school and the winner is chosen for your grade (see above: **Conduct Raffle for Prizes**), she may choose her prize from the Prize Page that she received in Week 1 (each student received a colorful **Prize Page** when the *Tefillah Power* workbook was handed out). To order the prize for the winner, please fill out the **Order Form for Prizes** (see page 35 of this Booklet) and fax it to 201-837-7444. When the V'Ani Tefillah Foundation (VAT) receives the Order Form, the prize will be ordered and shipped.
- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

### PLEASE NOTE:

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 28) and discuss the "**Food for Thought**" question at the שבת table.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included on the next page for your convenience.
- Review **Answer Key: Lesson 4**: For your convenience, an answer key to the questions in this week's *Tefillah Power* is included on the next page.

(cont. on next page)

**ANSWER KEY: Lesson 4: Pesukei D'Zimrah—2 ברוך שאמר**

**FOCUS:** Hashem fulfills His “words” and promises. He has the power and ability to fulfill His will. He created the world and is above all its limitations.

**ANSWER KEY:**

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

**My Tefillah Workspace (page 29)**

נהללך - 3 הלל

בשבחוחות - 2 שבח

ובזמירות - 1 זמר

נגדלך - 5 גדל

ונשבתך - 2 שבח

ונפאריך - 4 פאר

**Matching! (page 29)**

For answers see **My Very Own Tefillah** (page 27).

**Your Corner! (page 30)**

We should be faithful and true to our word.

**Tefillah Challenge (poster)**

b. Mouth (פי).



## Lesson 5: הודו 1

Please refer to workbook pages 35-40

### FOR THE MECHANECHEs:

- Review **Contest Card** (see page 33 of the *Tefillah Power Workbook*) - Students should use the Contest Card on page 33 for Lessons 5-8. Each week's lesson gives each student the chance to fill in 5 spaces on the Contest Card ladder. By filling in at least **18** spaces on the ladder by the end of week 8, she is eligible to enter the monthly drawing for prizes to be held at your school (one prize per month—per grade per school).
- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

### PLEASE NOTE:

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included at the end of this page for your convenience (see below).
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 38) and answer the "**Food for Thought**" question at the שבת table.
- **Answer Key: Lesson 5** - For your convenience, an answer key to the questions in this week's lesson is included at the end of this page (see below).

### **ANSWER KEY: Lesson 5: Pesukei D'Zimrah—הודו 1**

**FOCUS:** If a person sincerely tries to serve Hashem, then even if in the end something unavoidable prevents her from doing so, Hashem still gives her a great reward for having given so much effort.

### ANSWER KEY:

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

### My Tefillah Workspace (page 39)

There is no exact answer. Each answer should include a situation where someone genuinely wanted to do a mitzvah but in the end something unavoidable prevented her from doing so. These include

- 1) ... all of a sudden she slipped on the floor and felt a sharp pain in her leg.
- 2) ... the security guard got a call on his phone and got distracted.
- 3) ... her father pulled up behind her mother and picked up the remaining bags that needed to be unloaded.
- 4) ... the bell rang earlier than she expected.

### Matching! (page 39)

For answers see **My Very Own Tefillah** (page 37).

### Your Corner! (page 40)

No, because even our trying itself makes Hashem happy.

### Tefillah Challenge (poster)

ב. יצחק and אברהם.



## Lesson 6: 2 הודו

Please refer to workbook pages 41-46

### FOR THE MECHANECHEs:

- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

### PLEASE NOTE:

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included at the end of this page for your convenience (see below).
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 44) and discuss the "**Food for Thought**" question at the שבת table.
- **Answer Key: Lesson 6** - For your convenience, an answer key to the questions in this week's lesson is included at the end of this page (see below).

### **ANSWER KEY: Lesson 6: Pesukei D'Zimrah—2 הודו**

**FOCUS:** The key that unlocks the door to Hashem's kindness is believing that His kindness can come and then asking for it through *tefillah*.

#### ANSWER KEY:

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

#### My Tefillah Workspace (page 45)

#1 Believe.

#2 *Daven* for her needs.

#### Matching! (page 45)

For answers see **My Very Own Tefillah** (page 43).

#### Your Corner! (page 46)

*Daven*.

#### Tefillah Challenge (poster)

a. 3.



## Lesson 7: מזמור לתודה

Please refer to workbook pages 47-52

### FOR THE MECHANECHEs:

- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

### PLEASE NOTE:

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included at the end of this page for your convenience (see below).
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 50) and discuss the "**Food for Thought**" question at the שבת table.
- **Answer Key: Lesson 7** - For your convenience, an answer key to the questions in this week's lesson is included at the end of this page (see below).

### **ANSWER KEY: Lesson 7: Pesukei D'Zimrah—מזמור לתודה**

**FOCUS:** Serve Hashem with happiness! After all, He does so much for us—so any opportunity to do what He asks should fill us with joy!

### ANSWER KEY:

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

### My Tefillah Workspace (page 51)

#1 Hashem gives us these gifts because He loves us and therefore showers us with gifts

#2 Yes, because she realizes how much Hashem is giving and therefore she is happy to do His will.

### Matching! (page 51)

For answers see **My Very Own Tefillah** (page 49).

### Your Corner! (page 52)

She is happy to do whatever her uncle asked from her.

### Tefillah Challenge (poster)

c. דר ודר.



## Lesson 8: יהי כבוד 1

Please refer to workbook pages 53-58

### FOR THE MECHANECHES:

- Collect **Completed Contest Cards**: At the end of **week 8**, when the student has filled in at least 18 spaces on her Contest Card (which should be this week), she should cut out the **Contest Card on page 33** of the *Tefillah Power* workbook and give it to you. The completed Contest Card is her ticket to enter a raffle to win prizes. Please note that if a student missed a prior week, she may still fill in the Contest Card spaces until the end of Week 8 and become eligible for the raffle to win a monthly prize. Please make sure that the Contest Cards submitted by all the participating students in the grade are included in the raffle drawing so that each student will have an opportunity to win prizes.
- Distribute **Bonus Card**: On page 33 of this booklet, you will find a copy of the **Bonus Card**. Please copy the card to accommodate your participating students. Please give a **Bonus Card** to each student who fills in **all 20 spaces on her Contest Card**. The Bonus Card is to be used as an additional ticket to enter the raffle to win prizes. **Note (optional)**: After your students hand in their Bonus Cards, you can fold the paper in half so that all cards in the raffle are similar in size.
- **Conduct Raffle for Prizes**: A raffle for prizes should be held at your school when you collect the Contest Cards (and Bonus Cards) from the students in your class. There is to be **ONE winner per grade each month for each school**, as long as there are at least **20 students** participating in the *Tefillah Power* program from that grade. If the grade has **less than 20 students** participating, please combine the grades so that there are, at a minimum, 20 students participating. To select the winner, please coordinate the date of the raffle with the other Teacher of your grade.
- Submit **Order Form for Prizes** - After you conduct the raffle in your school and the winner is chosen for your grade (see above: **Conduct Raffle for Prizes**), she may choose her prize from the Prize Page that she received in Week 1 (each student received a colorful **Prize Page** when the *Tefillah Power* workbook was handed out). To order the prize for the winner, please fill out the **Order Form for Prizes** (see page 35 of this Booklet) and fax it to 201-837-7444. When the V'Ani Tefillah Foundation (VAT) receives the Order Form, the prize will be ordered and shipped.
- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

### PLEASE NOTE:

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 56) and discuss the "**Food for Thought**" question at the שבת table.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included on the next page for your convenience.
- Review **Answer Key: Lesson 8**: For your convenience, an answer key to the questions in this week's *Tefillah Power* is included on the next page.

(cont. next page)

**ANSWER KEY: Lesson 8: Pesukei D'Zimrah—יהי כבוד 1**

**FOCUS:** The more we try our very best to do what Hashem wants, meaning *mitzvos*, the more we're showing Him honor.

**ANSWER KEY:**

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

**My Tefillah Workspace (page 57)**

Answers will vary. Examples include:

- 1) getting ready for school: looking neat and presentable.
- 2) eating breakfast: eating well to have strength to do מצוות that day.
- 3) on the way to school: being polite, saying thank you to the driver.
- 4) during class time: having *derech erez* toward the Morah or teacher.
- 5) during recess: helping someone who doesn't play so well feel good about herself.
- 6) during lunchtime: making *berachos* correctly and saying *Birchas HaMazon* or *Al HaMichyah*.
- 7) on the way home from school: behaving properly in the street to make a *Kiddush Hashem*.
- 8) homework/study time: if asked and if permitted, helping a classmate with her homework.
- 9) supper time: compliment the food to the one who prepared it.
- 10) while going to bed: going to bed on time—if a parent gives a bedtime.

**Matching! (page 57)**

For answers see **My Very Own Tefillah** (page 55).

**Your Corner! (page 58)**

Doing מצוות.

**Tefillah Challenge (poster)**

b. ישמחו השמים ותגל הארץ.



## Lesson 9: יהי כבוד 2

Please refer to workbook pages 63-68

### FOR THE MECHANECHESES:

- Review **Contest Card** (see page 61 of the *Tefillah Power Workbook*) - Students should use the Contest Card on page 61 for Lessons 9-12. Each week's lesson gives each student the chance to fill in 5 spaces on the Contest Card ladder. By filling in at least **18** spaces on the ladder by the end of week 12, she is eligible to enter the monthly drawing for prizes to be held at your school (one prize per month—per grade per school).
- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

### PLEASE NOTE:

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included at the end of this page for your convenience (see below).
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 66) and answer the "**Food for Thought**" question at the שבת table.
- **Answer Key: Lesson 9** - For your convenience, an answer key to the questions in this week's lesson is included at the end of this page (see below).

### **ANSWER KEY: Lesson 9: Pesukei D'Zimrah—יהי כבוד 2**

**FOCUS:** The fact that Hashem chose us from all the nations to be the ones to receive the Torah made us a holy and uplifted nation. But we have to be careful to *act* the part—we must act like royalty.

### ANSWER KEY:

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

### My Tefillah Workspace (page 67)

- 1) Royal.
- 2) Answers will vary; examples include dressing neatly, speaking nicely, etc.

### Matching! (page 67)

For answers see **My Very Own Tefillah** (page 65).

### Your Corner! (page 68)

ישראל represents a higher level of holiness that is attained through doing מצוות and good deeds.

### Tefillah Challenge (poster)

a. כי יעקב בחר... ישראל לסקגלתו.



## Lesson 10: אשרי 1

Please refer to workbook pages 69-74

### FOR THE MECHANECHEs:

- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

### PLEASE NOTE:

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included at the end of this page for your convenience (see below).
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 72) and discuss the "**Food for Thought**" question at the שבת table.
- **Answer Key: Lesson 10** - For your convenience, an answer key to the questions in this week's lesson is included at the end of this page (see below).

### **ANSWER KEY: Lesson 10: Pesukei D'Zimrah—אשרי 1**

**FOCUS:** The מצוות of the Torah make us part of a chain—our *mesorah*—linking our generation, all the way back to Moshe Rabbeinu who received the Torah from Hashem on Har Sinai.

### ANSWER KEY:

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

### My Tefillah Workspace (page 73)

#1 *Mesorah*.

#2 She would cherish the cup handed down more than the one purchased recently because it has more value to her as a treasured heirloom.

### Matching! (page 73)

For answers see **My Very Own Tefillah** (page 71).

### Your Corner! (page 74)

The giving of the Torah at Har Sinai was known to the entire world.

### Tefillah Challenge (poster)

c. ג.



## Lesson 11: אשרי 2

Please refer to workbook pages 75-80

### FOR THE MECHANECHEs:

- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

### PLEASE NOTE:

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included at the end of this page for your convenience (see below).
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 78) and discuss the "**Food for Thought**" question at the שבת table.
- **Answer Key: Lesson 11** - For your convenience, an answer key to the questions in this week's lesson is included at the end of this page (see below).

### **ANSWER KEY: Lesson 11: Pesukei D'Zimrah—אשרי 2**

**FOCUS:** Hashem acts with endless kindness to all of His creations.

### ANSWER KEY:

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

### My Tefillah Workspace (page 79)

#1 The three words are "kindness for all."

#2 Answers will vary: regarding animals - not hurting animals, putting out crumbs for the birds;  
regarding people - speaking nicely to people, helping our neighbors.

### Matching! (page 79)

For answers see **My Very Own Tefillah** (page 77).

### Your Corner! (page 80)

Answers will vary; examples include Hashem gave giraffes long necks to reach tops of trees. She made birds' bones hollow so they will be lighter so they can fly more easily.

### Tefillah Challenge (poster)

b. דד.



## Lesson 12: אשרי 3

Please refer to workbook pages 81-86

### FOR THE MECHANECHES:

- Collect **Completed Contest Cards**: At the end of **week 12**, when the student has filled in at least 18 spaces on her Contest Card (which should be this week), she should cut out the **Contest Card on page 61** of the *Tefillah Power* workbook and give it to you. The completed Contest Card is her ticket to enter a raffle to win prizes. Please note that if a student missed a prior week, she may still fill in the Contest Card spaces until the end of Week 12 and become eligible for the raffle to win a monthly prize. Please make sure that the Contest Cards submitted by all the participating students in the grade are included in the raffle drawing so that each student will have an opportunity to win prizes.
- Distribute **Bonus Card**: On page 33 of this booklet, you will find a copy of the **Bonus Card**. Please copy the card to accommodate your participating students. Please give a **Bonus Card** to each student who fills in **all 20 spaces on her Contest Card**. The Bonus Card is to be used as an additional ticket to enter the raffle to win prizes. **Note (optional)**: After your students hand in their Bonus Cards, you can fold the paper in half so that all cards in the raffle are similar in size.
- **Conduct Raffle for Prizes**: A raffle for prizes should be held at your school when you collect the Contest Cards (and Bonus Cards) from the students in your class. There is to be **ONE winner per grade each month for each school**, as long as there are at least **20 students** participating in the *Tefillah Power* program from that grade. If the grade has **less than 20 students** participating, please combine the grades so that there are, at a minimum, 20 students participating. To select the winner, please coordinate the date of the raffle with the other Teachers of your grade.
- Submit **Order Form for Prizes** - After you conduct the raffle in your school and the winner is chosen for your grade (see above: **Conduct Raffle for Prizes**), she may choose her prize from the Prize Page that she received in Week 1 (each student received a colorful **Prize Page** when the *Tefillah Power* workbook was handed out). To order the prize for the winner, please fill out the **Order Form for Prizes** (see page 35 of this Booklet) and fax it to 201-837-7444. When the V'Ani Tefillah Foundation (VAT) receives the Order Form, the prize will be ordered and shipped.
- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

### PLEASE NOTE:

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- Encourage Students to Read **"Bringing Tefillah to Life" Story** (Page 84) and discuss the **"Food for Thought"** question at the שבת table.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included on the next page for your convenience.
- Review **Answer Key: Lesson 12**: For your convenience, an answer key to the questions in this week's *Tefillah Power* is included on the next page.

(cont. on next page)

**ANSWER KEY: Lesson 12: Pesukei D'Zimrah—אשרי 3**

**FOCUS:** Hashem provides for each creation according to its individual needs and desires.

**ANSWER KEY:**

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

**My Tefillah Workspace (page 85)**

- 1) Each animal has different needs and Hashem gives each creation that which it really needs.
- 2) Answers will vary. Students may give their own example.

**Matching! (page 85)**

For answers see **My Very Own Tefillah** (page 83).

**Your Corner! (page 86)**

Hashem gives us much more in abundance, more than the minimum amount needed.

**Tefillah Challenge (poster)**

b. סומך ה' לכל הנפלים.



## Lesson 13: הללי נפשי 1

Please refer to workbook pages 91-96

### FOR THE MECHANECHESES:

- Review **Contest Card** (see page 89 of the *Tefillah Power Workbook*) - Students should use the Contest Card on page 89 for Lessons 13-16. Each week's lesson gives each student the chance to fill in 5 spaces on the Contest Card ladder. By filling in at least **18** spaces on the ladder by the end of week 16, she is eligible to enter the monthly drawing for prizes to be held at your school (one prize per month—per grade per school).
- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

### PLEASE NOTE:

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included at the end of this page for your convenience (see below).
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 94) and answer the "**Food for Thought**" question at the שבת table.
- **Answer Key: Lesson 13** - For your convenience, an answer key to the questions in this week's lesson is included at the end of this page (see below).

### **ANSWER KEY: Lesson 13: Pesukei D'Zimrah—הללי נפשי 1**

**FOCUS:** Every person has at least one unique gift that she was given by Hashem that was not given to everybody else—and she should try her best to use it in a way which brings praise and glory to Hashem.

### ANSWER KEY:

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

### Suggested Answers to My Tefillah Workspace (page 95)

1) Answers will vary. Examples include:

- a) cleaning: makes for a pleasant atmosphere and therefore it is easier to serve Hashem.
- b) eating: gives us strength to serve Hashem; we make ברכות, thus doing a *mitzvah* because of eating.
- c) speaking: complimenting someone and thereby lifting their spirits; davening with *kavannah*.
- d) exercise: keeping healthy so we can do מצוות and serve Hashem.
- e) resting: gaining strength to do מצוות and good deeds.
- f) gardening: appreciating the vegetables that Hashem allows to grow so we can eat healthy food; appreciating the beautiful flowers and trees that Hashem created.

2) It also applies when we do "ordinary things" with the right intentions.

**Matching! (page 95)** For answers see **My Very Own Tefillah** (page 93).

### Your Corner! (page 96)

We should use them to help us serve Hashem better; we should appreciate what Hashem does for us on a daily basis.

**Tefillah Challenge (poster)** c. נתן לחם לרעבים.



## Lesson 14: הללי נפשי 2

Please refer to workbook pages 97-102

### FOR THE MECHANECHEs:

- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

### PLEASE NOTE:

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included at the end of this page for your convenience (see below).
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 100) and discuss the "**Food for Thought**" question at the שבת table.
- **Answer Key: Lesson 14** - For your convenience, an answer key to the questions in this week's lesson is included at the end of this page (see below).

### **ANSWER KEY: Lesson 14: Pesukei D'Zimrah—הללי נפשי 2**

**FOCUS:** Only Hashem has the final say and the ultimate ability to help us, and we must ask Him for whatever we want and need through *tefillah*.

### ANSWER KEY:

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

### Suggested Answers to My Tefillah Workspace (page 101)

#1 Answers include street construction, road block, dump truck.

#2 Yes. One reason may be because Hashem knows that ultimately the thing that we wanted is not good for us to have.

### Matching! (page 101)

For answers see **My Very Own Tefillah** (page 99).

### Your Corner! (page 102)

Hashem.

### Tefillah Challenge (poster)

a. יתום ואלמנה יעודד.



## Lesson 15: כי טוב זמרה 1

Please refer to workbook pages 103-108

### FOR THE MECHANECHEs:

- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

### PLEASE NOTE:

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included at the end of this page for your convenience (see below).
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 106) and discuss the "**Food for Thought**" question at the שבת table.
- **Answer Key: Lesson 15** - For your convenience, an answer key to the questions in this week's lesson is included at the end of this page (see below).

### **ANSWER KEY: Lesson 15: Pesukei D'Zimrah—כי טוב זמרה 1**

**FOCUS:** Each creation has its own important purpose to accomplish in the world.

### ANSWER KEY:

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

### Suggested Answers to My Tefillah Workspace (page 107)

1. Founded the Chassidic Movement: The Ba'al Shem Tov
2. Wrote the sefer *Chofetz Chaim* on the הלכות of *Lashon Hora*: Rav Yisroel Meir HaKohen Kagan
3. Wrote the *Shulchan Aruch*: Rav Yosef Karo
4. Compiled the *Mishnayot*: Rabbi Yehudah Hanassi
5. Originated the *Daf Yomi* learning cycle: Rav Meir Shapiro

Question #1 Very possibly they did not, but they still continued in their *avodah* to Hashem.

Question #2 No, as long as she serves Hashem, it is invaluable, as everyone's contribution is important.

### Matching! (page 107)

For answers see **My Very Own Tefillah** (page 105).

### Your Corner! (page 108)

Each star has its own name because each one has a unique function.

### Tefillah Challenge (poster)

c. סד



## Lesson 16: כי טוב זמרה 2

Please refer to workbook pages 109-114

### FOR THE MECHANECHES:

- Collect **Completed Contest Cards**: At the end of **week 16**, when the student has filled in at least 18 spaces on her Contest Card (which should be this week), she should cut out the **Contest Card on page 89** of the *Tefillah Power* workbook and give it to you. The completed Contest Card is her ticket to enter a raffle to win prizes. Please note that if a student missed a prior week, she may still fill in the Contest Card spaces until the end of Week 16 and become eligible for the raffle to win a monthly prize. Please make sure that the Contest Cards submitted by all the participating students in the grade are included in the raffle drawing so that each student will have an opportunity to win prizes.
- Distribute **Bonus Card**: On page 33 of this booklet, you will find a copy of the **Bonus Card**. Please copy the card to accommodate your participating students. Please give a **Bonus Card** to each student who fills in **all 20 spaces on her Contest Card**. The Bonus Card is to be used as an additional ticket to enter the raffle to win prizes. **Note (optional)**: After your students hand in their Bonus Cards, you can fold the paper in half so that all cards in the raffle are similar in size.
- **Conduct Raffle for Prizes**: A raffle for prizes should be held at your school when you collect the Contest Cards (and Bonus Cards) from the students in your class. There is to be **ONE winner per grade each month for each school**, as long as there are at least **20 students** participating in the *Tefillah Power* program from that grade. If the grade has **less than 20 students** participating, please combine the grades so that there are, at a minimum, 20 students participating. To select the winner, please coordinate the date of the raffle with the other Teachers of your grade.
- Submit **Order Form for Prizes** - After you conduct the raffle in your school and the winner is chosen for your grade (see above: **Conduct Raffle for Prizes**), she may choose her prize from the Prize Page that she received in Week 1 (each student received a colorful **Prize Page** when the *Tefillah Power* workbook was handed out). To order the prize for the winner, please fill out the **Order Form for Prizes** (see page 35 of this Booklet) and fax it to 201-837-7444. When the V'Ani Tefillah Foundation (VAT) receives the Order Form, the prize will be ordered and shipped.
- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

### PLEASE NOTE:

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 112) and discuss the "**Food for Thought**" question at the שבת table.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included on the next page for your convenience.
- Review **Answer Key: Lesson 16**: For your convenience, an answer key to the questions in this week's *Tefillah Power* is included on the next page.

(cont. on next page)

**ANSWER KEY: Lesson 16: Pesukei D’Zimrah—2 כי טוב זמרה**

**FOCUS:** Each Jew’s good deed is tremendously important and desperately needed; it can affect people and places even far away.

**ANSWER KEY:**

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

**My Tefillah Workspace (page 113)**

- 1) Yes, because we realize that each *mitzvah* is tremendously important.
- 2) Even small ones have great power.

**Matching! (page 113)**

For answers see **My Very Own Tefillah** (page 111).

**Your Corner! (page 114)**

They have a ripple effect—they can affect others.

**Tefillah Challenge (poster)**

c. לְכֹלֵם שְׂמוֹת יְקָרָא.



## Lesson 17: הללו את ה'

Please refer to workbook pages 119-124

### FOR THE MECHANECHEs:

- Review **Contest Card** (see page 117 of the *Tefillah Power Workbook*) - Students should use the Contest Card on page 117 for Lessons 17-19. Each week's lesson gives each student the chance to fill in 5 spaces on the Contest Card ladder. By filling in at least **13** spaces on the ladder by the end of week 19, she is eligible to enter the monthly drawing for prizes to be held at your school (one prize per month—per grade per school).
- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

### PLEASE NOTE:

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included at the end of this page for your convenience (see below).
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 122) and discuss the "**Food for Thought**" question at the שבת table.
- **Answer Key: Lesson 17** - For your convenience, an answer key to the questions in this week's lesson is included at the end of this page (see below).

### **ANSWER KEY: Lesson 17: Pesukei D'Zimrah—הללו את ה'**

**FOCUS:** So many things on earth reveal a small bit of Hashem's greatness that gives us the ability and inspiration to praise Him.

### ANSWER KEY:

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

### My Tefillah Workspace (page 123)

Answers will vary. Examples include:

- 1) Fruits—Different colors and tastes for different fruits.
- 2) Fish—Ability to breathe under water.
- 3) Oceans—Vastness and it's powerful waves.
- 4) People—The wondrous human body, so complex, a person's ability to think, everyone looks different.

### Matching! (page 123)

For answers see **My Very Own Tefillah** (page 121).

### Your Corner! (page 124)

We can praise Hashem through observing His amazing handiwork.

### Tefillah Challenge (poster)

b. זקנים עם נערים.



## Lesson 18: שירו לה'

### Please refer to workbook pages 125-130

On behalf of the V'Ani Tefillah Foundation (VAT), thank you for participating in this unique and exciting program to enhance your students' tefillah for life.

#### **FOR THE MECHANECHES:**

- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

#### **PLEASE NOTE:**

- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included at the end of this page for your convenience (see below).
- Encourage Students to Read "**Bringing Tefillah to Life**" Story (Page 128) and discuss the "**Food for Thought**" question at the שבת table.
- **Answer Key: Lesson 18** - For your convenience, an answer key to the questions in this week's lesson is included at the end of this page (see below).

#### **ANSWER KEY: Lesson 18: Pesukei D'Zimrah—שירו לה'**

**FOCUS:** Eventually Hashem will avenge all the suffering that the nations of the world have caused the Jewish people over the generations.

#### **ANSWER KEY:**

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

#### **My Tefillah Workspace (page 129)**

- 1) a. Titus—A mosquito flew into his nose and hammered at his brain, causing him terrible suffering.  
b. Paroh—His country and nation were destroyed through the 10 מכות and קריעת ים סוף.  
c. Haman—Hanged on a tree.  
d. Amalek— They were almost completely wiped out by Shaul HaMelech, and will ultimately be completely wiped out  
e. Sancherev—Killed by his son after army was wiped out.
- 2) Yes, because now we realize that all our deeds are being observed and recorded.

#### **Matching! (page 129)**

For answers see **My Very Own Tefillah** (page 127).

#### **Your Corner! (page 130)**

Hashem sees everything that is being done by each person.

#### **Tefillah Challenge (poster)**

- a. כינור (stringed instrument such as a harp).



## Lesson 19: הללו א-ל בקדשו

Please refer to workbook pages 131-136

### FOR THE MECHANECHES:

- Collect **Completed Contest Cards**: At the end of **week 19**, when the student has filled in at least 13 spaces on her Contest Card (which should be this week), she should cut out the **Contest Card on page 117** of the *Tefillah Power* workbook and give it to you. The completed Contest Card is her ticket to enter a raffle to win prizes. Please note that if a student missed a prior week, she may still fill in the Contest Card spaces until the end of Week 16 and become eligible for the raffle to win a monthly prize. Please make sure that the Contest Cards submitted by all the participating students in the grade are included in the raffle drawing so that each student will have an opportunity to win prizes.
- Distribute **Bonus Card**: On page 33 of this booklet, you will find a copy of the **Bonus Card**. Please copy the card to accommodate your participating students. Please give a **Bonus Card** to each student who fills in **all 15 spaces on her Contest Card**. The Bonus Card is to be used as an additional ticket to enter the raffle to win prizes. **Note (optional)**: After your students hand in their Bonus Cards, you can fold the paper in half so that all cards in the raffle are similar in size.
- **Conduct Raffle for Prizes**: A raffle for prizes should be held at your school when you collect the Contest Cards (and Bonus Cards) from the students in your class. There is to be **ONE winner per grade each month for each school**, as long as there are at least **20 students** participating in the *Tefillah Power* program from that grade. If the grade has **less than 20 students** participating, please combine the grades so that there are, at a minimum, 20 students participating. To select the winner, please coordinate the date of the raffle with the other Teachers of your grade.
- Submit **Order Form for Prizes** - After you conduct the raffle in your school and the winner is chosen for your grade (see above: **Conduct Raffle for Prizes**), she may choose her prize from the Prize Page that she received in Week 1 (each student received a colorful **Prize Page** when the *Tefillah Power* workbook was handed out). To order the prize for the winner, please fill out the **Order Form for Prizes** (see page 35 of this Booklet) and fax it to 201-837-7444. When the V'Ani Tefillah Foundation (VAT) receives the Order Form, the prize will be ordered and shipped.
- Hang up **Tefillah Power Poster** - Please hang up the colorful 11x17 *Tefillah Power* Poster for students to see to help reinforce the week's *tefillah* lesson and focus.

### PLEASE NOTE:

- **Certificate of Achievement**: The V'Ani Tefillah Foundation is proud to give each student who has completed the *Tefillah Power* program, a **certificate of achievement**. There is a certificate included on page 137 of the *Tefillah Power* workbook. Students should cut it out and hand it in to the Morah. Please fill in the name of the student on the Certificate.
- Please review with your students the answers to last week's *Tefillah Power* questions from **My Tefillah Workspace, Your Corner!** and **Matching**.
- Encourage Students to Read **"Bringing Tefillah to Life" Story** (Page 134) and discuss the **"Food for Thought"** question at the שבת table.
- **Tefillah Challenge question on Poster** - To add to your students' awareness of the *tefillah* they recite, please encourage them to answer the **Tefillah Challenge** question on the Poster. The answer to this week's **Tefillah Challenge** question will be included on next week's Poster (for the student) and is also included on the next page for your convenience.
- Review **Answer Key: Lesson 19**: For your convenience, an answer key to the questions in this week's *Tefillah Power* is included on the next page.

(cont. on next page)

**ANSWER KEY: Lesson 19: Pesukei D'Zimrah—הללו א-ל בקדשו**

**FOCUS:** The greatest praise we can give Hashem is to emulate His ways; this shows our realization that He is the One that we want to be like.

**ANSWER KEY:**

All the answers can be easily gleaned from the information in the *Tefillah Power* newsletter.

**Answers to My Tefillah Workspace (page 3)**

Answers will vary; examples include:

- 1) truthful – telling the truth even when it's hard to.
- 2) patient – not losing our temper.
- 3) forgiving – being willing to forgive someone who hurt our feelings.

**Matching! (page 3)**

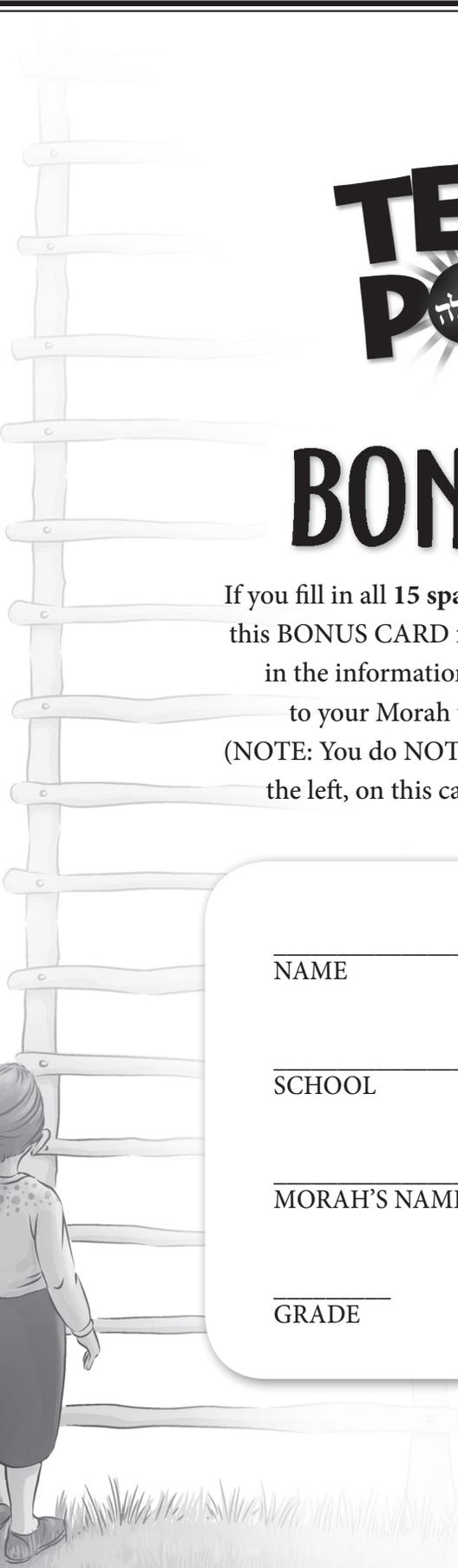
For answers see **My Very Own Tefillah** (page 1).

**Your Corner! (page 4)**

To show that we want to act as He does.

**Tefillah Challenge (poster)**

c. 9.



# TEFILLAH POWER

## BONUS CARD

If you fill in all 15 spaces on the Contest Card, you can submit this BONUS CARD for an extra chance to win prizes! Just fill in the information below, and give this BONUS CARD to your Morah with your completed Contest Card.

(NOTE: You do NOT have to fill in the spaces on the ladder to the left, on this card, just fill out your name etc. below)

\_\_\_\_\_  
NAME

\_\_\_\_\_  
SCHOOL

\_\_\_\_\_  
MORAH'S NAME

\_\_\_\_\_  
GRADE





## Order Form for Prizes

### GIRLS

NOTE: Your school is entitled to one prize per grade per month, as long as there are at least **20 students** participating in the Tefillah Power program from that grade. If the grade has **less than 20 students** participating, then please combine the grades so that there are, at a minimum, 20 students participating. After your grade holds the raffle, the Morah of the winner should submit this form. If the winner is not in your class, please keep this form for the next raffle.

SCHOOL NAME: \_\_\_\_\_ CITY/STATE: \_\_\_\_\_

CONTACT NAME: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

SCHOOL PHONE: (\_\_\_\_\_) \_\_\_\_\_ EXT: \_\_\_\_\_ FAX: (\_\_\_\_\_) \_\_\_\_\_

NAME OF STUDENT WHO WON (first and last name) \_\_\_\_\_

GRADE: \_\_\_\_\_ MORAH'S NAME \_\_\_\_\_

Prizes should be chosen from the **Prize Page** that each student received with *Tefillah Power, Issue #1*.

**ONE PRIZE PER WINNER: Refer to the prize page. Please list 3 prize choices in order of preference, this way, if prize is out of stock, we have the option to substitute another prize. Choice 1 below should be student's top choice.**

▶ PLEASE NOTE: The **Prize Name** must be filled out. **The number is not enough.**

1) PRIZE NAME: \_\_\_\_\_ Number of Prize:\* \_\_\_\_\_

2) PRIZE NAME: \_\_\_\_\_ Number of Prize:\* \_\_\_\_\_

3) PRIZE NAME: \_\_\_\_\_ Number of Prize:\* \_\_\_\_\_

\*PRIZE NUMBER (see prize page - number is in a circle next to the picture of prize)

WHICH RAFFLE DID STUDENT WIN: (I.E. WEEK 4, WEEK 8 ETC.) \_\_\_\_\_

#### SCHOOL SHIPPING ADDRESS:

Please write the shipping address exactly as it should appear on the shipping label.

NAME OR CONTACT: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY /STATE / ZIP: \_\_\_\_\_

**TO ORDER: FAX THIS FORM BACK TO: 201-837-7444 or e-mail [info@prayingwithfire.org](mailto:info@prayingwithfire.org)**



MORAH'S NAME: \_\_\_\_\_  
GRADE: \_\_\_\_\_  
SCHOOL: \_\_\_\_\_  
EMAIL: \_\_\_\_\_  
CELL PHONE: \_\_\_\_\_



## 'TEFILLAH POWER' Teacher Survey

Please fax the completed Survey to (201) 837-7444 or scan it to [keytfilla@gmail.com](mailto:keytfilla@gmail.com)

1. Do you feel that including the weekly *Tefillah Power* issues in a Workbook (as opposed to receiving them separately each week) was a good idea? Yes \_\_\_\_\_ No \_\_\_\_\_
2. Did you find the *Tefillah Power* program to be at an appropriate level for your class? Yes \_\_\_\_\_ No \_\_\_\_\_  
Comments \_\_\_\_\_
3. Do you feel your students enjoyed learning *Tefillah Power*? Yes \_\_\_\_\_ No \_\_\_\_\_ Comments \_\_\_\_\_
4. What percent of your students read the *Tefillah Power* newsletters? \_\_\_\_\_ %.
5. What percent of your students participated in the contest prize part of the *Tefillah Power* program \_\_\_\_\_ %.
6. How did you use *Tefillah Power* in your class?  
You read it aloud in class \_\_\_\_\_ Students read it on their own \_\_\_\_\_ You assisted students in answering the questions \_\_\_\_\_.
7. How much class time did you spend on *Tefillah Power*? \_\_\_\_\_. Comments \_\_\_\_\_
8. Was the *Tefillah Power* program easy to administer? Yes \_\_\_\_\_ No \_\_\_\_\_  
Comments \_\_\_\_\_
9. Did you find that the weekly Posters helped the students regarding tefillah? Yes \_\_\_\_\_ No \_\_\_\_\_
10. Do you plan on participating in the *Tefillah Power* program next year? Yes \_\_\_\_\_ No \_\_\_\_\_  
Comments \_\_\_\_\_
11. Would you recommend this program to other schools? Yes \_\_\_\_\_ No \_\_\_\_\_
12. If you have had a positive experience with *Tefillah Power*, we would appreciate your testimonial. Please indicate below if you do not want your name included on any promotional materials for which your testimonial may be used.  
Testimonial \_\_\_\_\_  
Check here if you do not want your name used \_\_\_\_\_

### Improvements For Next Year

13. Would it matter much if we discontinued the weekly Posters? Yes \_\_\_\_\_ No \_\_\_\_\_
14. Do you have **any** other suggestions how to make the *Tefillah Power* program better next year?  
Comments \_\_\_\_\_

Thank You for taking the time to complete this survey.

Please fax the completed Survey to (201) 837-7444 or scan it to [keytfilla@gmail.com](mailto:keytfilla@gmail.com)





**TEFILLAH**  
**POWER**  
פסוקי דזמרה