

TEFILLAH POWER FOR GIRLS

ברכות השחר

MORAH
INSTRUCTIONS
- AND -
ANSWER KEYS

A PROJECT OF


VANI TEFILLAH
FOUNDATION
'PRAYING WITH FIRE'



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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:

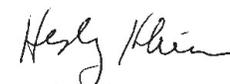
- **Tefillah Power Workbook:** Please distribute to each student and take your own copy of the *Tefillah Power* workbook which includes all the weekly lessons. Each week the student completes one lesson which addresses one small part of שחרית. In as little as 15 minutes each week, your students can acquire 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 and 16).
- **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 31)-** 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 33)-** 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 ברכות השחר

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 #
Thanking Hashem for returning our נשמות each morning.	מוֹדָה אֲנִי לַפְּנֵיךְ מֶלֶךְ חַי וְקַיִם שֶׁהַחַיּוּת בִּי נִשְׁמָתִי בְּחֶמְלָה רַבָּה אֶמְוֹנֶתְךָ.	מוֹדָה אֲנִי	1
Importance of the Shul.	מָה טָבוּ אֱהֲלִיךָ יַעֲקֹב מִשְׁכְּנֶיךָ יִשְׂרָאֵל.	מָה טָבוּ	2
Tzedakah or kindness before davening empowers our prayers.	וְאֲנִי תְּפִלְתִּי לָךְ ה' עֵת רְצוֹן.	מָה טָבוּ 2	3
Hashem is MY personal G-d involved in all aspects of MY life.	וְהוּא א-לֵי נְחִי גּוֹאֲלִי.	אֲדוֹן עוֹלָם	4
Being aware and appreciative of Hashem's constant supervision.	יְגַדֵּל אֱלֹקִים חַי וְיִשְׁתַּבַּח.	יְגַדֵּל	5
Yearning for the Geulah.	יִשְׁלַח לְקֶץ הַזְּמַיִן מְשִׁיחֵנוּ, לְפָדוֹת מִכַּפֵּי קֶץ שְׁוֹעֵתוֹ.	יְגַדֵּל 2	6
Potential holiness of our hands.	בְּרוּךְ אַתָּה ה'...עַל נְטִילַת יָדַיִם.	עַל נְטִילַת יָדַיִם	7
Appreciate Hashem's wisdom through the human body.	בְּרוּךְ אַתָּה ה'...אֲשֶׁר יָצַר אֶת הָאָדָם.	אֲשֶׁר יָצַר	8
Our soul is pure—a <i>chelek Eloka Mima'al</i> .	אֱלֹקֵי נִשְׁמָתִי בִּי טְהוֹרָה הִיא אַתָּה בְּרַאתָה אֶתָּה יִצְרָתָה אַתָּה נִפְחָתָה בִּי.	אֱלֹקֵי נִשְׁמָה	9
Learning תורה gives life and happiness to every Jew.	וְהַעֲרַב נָא ה' אֱלֹקֵינוּ אֶת דְּבָרֵי תוֹרַתְךָ בְּפִינוּ וּבְפִי עַמְּךָ בֵּית יִשְׂרָאֵל.	וְהַעֲרַב נָא	10
Hashem chose to give US His Torah.	אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.	בְּרַכַּת הַתּוֹרָה	11
Understanding ברכות we make.	בְּרוּךְ אַתָּה ה' אֱלֹקֵינוּ מֶלֶךְ הָעוֹלָם...	בְּרַכּוֹת	12
Reaffirming our connection to Hashem.	אֲשֶׁר נָתַן לְשִׁכּוּי בֵּינָה לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.	אֲשֶׁר נָתַן לְשִׁכּוּי בֵּינָה	13
Awareness of Hashem's constant care.	פּוֹקֵחַ עוֹרִים; מְלַבֵּשׁ עֲרֻמִּים; מַתִּיר אֲסוּרִים; זוֹקֵף כְּפוּפִים.	פּוֹקֵחַ עוֹרִים; מְלַבֵּשׁ עֲרֻמִּים; מַתִּיר אֲסוּרִים; זוֹקֵף כְּפוּפִים	14
Hashem gives us all that we need.	שְׁעֵשָׂה לִי כָּל צְרָכִי.	שְׁעֵשָׂה לִי כָּל צְרָכִי	15
Honor and glory of Hashem's holy nation.	אוֹזֵר יִשְׂרָאֵל בְּגִבוּרָה; עוֹטֵר יִשְׂרָאֵל בְּתַפְאָרָה.	אוֹזֵר יִשְׂרָאֵל; עוֹטֵר יִשְׂרָאֵל	16
Hashem gives strength to the weary.	הַנּוֹתֵן לִיעָף כַּח.	הַנּוֹתֵן לִיעָף כַּח	17
Hashem helps us to become better.	וְאֵל תְּבַיְאֵנוּ לֹא לִידֵי חֲטָא... וְלֹא לִידֵי עֲבָרָה וְעוֹן...	לֹא לִידֵי חֲטָא וְעוֹן...	18



Lesson 1: מודה אני

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).

ANSWER KEY: Lesson 1: Birchah HaShachar—מודה אני

FOCUS: הכרת הטוב and הודאה for the fact that Hashem returns our נשמות each morning..

ANSWER KEY:

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

My Tefillah Workspace (page 11)

#1 No! She lost appreciation for what she had.

#2 Losing it made her appreciate what she had lost. When she got it back, she realized what she lost and how much it really meant to her. That enabled her to appreciate it again.

Matching! (page 11)

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

Your Corner! (page 12):

For giving us back our נשמות and our life in the morning.

Tefillah Challenge (poster)

b. 2.



Lesson 2: מה טבו 1

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: Birchas HaShachar—מה טבו 1

FOCUS: The significance and importance of the shul (and בית מדרש), its centrality to the Jewish people, and how we should properly respect it.

ANSWER KEY:

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

My Tefillah Workspace (page 17)

1. When the general saw the shul for the first time, he realized how special it was. We, however, are used to our shuls, so we need to make a special effort to notice how special they are.
2. We would appreciate how special our shul and בתי מדרשים are and we would treat them with the proper respect.

Matching! (page 17)

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

Your Corner! (page 18)

The shul and בית מדרש.

Tefillah Challenge (poster)

a. משכן.



Lesson 3: מה טבו 2

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: Birchas HaShachar—מה טבו 2

FOCUS: מה טבו reminds us that there is a special time of favor that helps to empower our תפילות. Giving *tzedakah* and/or doing a *chessed* before davening is a special time of favor which empowers our תפילות.

ANSWER KEY:

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

My Tefillah Workspace (page 23)

Items that distract from *davening* are: **newspaper, wallet, pen, toys, checkbook, credit cards, cards, advertisement, money, computer, phone**

Matching! (page 23)

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

Your Corner! (page 24)

The מצוה of *tzedakah* or *chessed* before davening has the ability to protect the תפילות from sins which can weaken prayer and actively strengthens *tefillah*.

Tefillah Challenge (poster)

b. 4.



Lesson 4: אדון עולם

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 31 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 33 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: *Birchas HaShachar*—אדון עולם

FOCUS: Hashem is the Master of the Universe. Although He is in total control of everything in the universe, He is MY personal G-d involved in all aspects of MY daily life.

ANSWER KEY:

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

My Tefillah Workspace (page 29)

- #1. Answer should contain a description of any person (i.e. brave, strong, fearless, skilled in warfare and weaponry, understanding of the enemy's thought process) or a specific person who the student expresses would save him from this scenario (i.e., *Shimshon Hagibor*, Naval Seal officer, etc.).
- #2. Answer should contain any means (i.e., a person or apparatus) that the rescuer could employ to help him rescue the student. Examples may include special equipment that the rescuer would use (i.e. maps, weapons, disguises, supplies, helicopter, etc.).

Matching! (page 29)

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

Your Corner! (page 30)

He cares about our needs, is always with us and is here to save us in times of need.

Tefillah Challenge (poster)

ביום אקרא.



Lesson 5: יגדל 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: *Birchas HaShachar*—יגדל 1

FOCUS: Becoming aware and appreciative of Hashem’s constant involvement in our lives.

ANSWER KEY:

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

My Tefillah Workspace (page 39)

1. Answers will vary. Students should be able to express that often it isn’t until people realize that they need Hashem for something important in their lives that they really become close to Him. That is when people try their hardest to feel Hashem’s Presence as they *daven* to Him.
2. No. We can always feel closeness with Hashem, especially by *davening* to Him.

Matching! (page 39)

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

Your Corner! (page 40)

These words mean that Hashem is always with us and is involved in every part of our lives.

Tefillah Challenge (poster)

- a. 4.



Lesson 6: יגדל 2

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: Birchas HaShachar—יגדל 2

FOCUS: Yearning for Mashiach; perspectives, השקפות, tools.

ANSWER KEY:

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

My Tefillah Workspace (page 45)

Scenario 1: 1. Cares only very little.

Scenario 4: 1. Cares only very little.

Scenario 2: 3. Would really like it to happen. Scenario 5: 4. Can't wait for it to happen!

Scenario 3: 3. Would really like it to happen. Scenario 6: 4. Can't wait for it to happen!

Please note that the purpose of the question is to generate conversation and thought about "*Tzipisa l'Yeshua*," yearning for the coming of the *Geulah*; there is no "right" or "wrong" answer.

Matching! (page 45)

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

Your Corner! (page 46)

By strengthening our תפילות מצות and Torah.

Tefillah Challenge (poster)

c. אדון עולם.



Lesson 7: על נטילת ידים

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: *Birchas HaShachar*—על נטילת ידים

FOCUS: To show the incredible potential for *kedushah* latent in our hands, waiting for us to tap into it.

ANSWER KEY:

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

My Tefillah Workspace (page 51)

Handy, hands are, your hands, give me a hand, hand at, your hands off

Matching! (page 51)

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

Your Corner! (page 52)

To wash the "spiritual impurities" from our hands to prepare them for the incredible role to serve Hashem.

Tefillah Challenge (poster)

b. על.



Lesson 8: אשר יצר

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 31 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 33 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: *Birchas HaShachar*—אשר יצר

FOCUS: Using *Asher Yatzar* to appreciate the wondrous human body as an expression of Hashem's unfathomable wisdom.

ANSWER KEY:

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

My Tefillah Workspace (page 57)

A video camera—Your eyes

A microphone—Your ears

A speaker (or headphone)—Your voice box

A computer—Your brain

Matching! (page 57)

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

Your Corner! (page 58)

There are several possible answers. One answer from Page 1 is: The human body is very complex. There are so many different tubes and ducts that are constantly working properly.

Tefillah Challenge (poster)

a. נקבים, חלולים.



Lesson 9: אלקי נשמה

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: Birchas HaShachar— אלקי נשמה

FOCUS: Our soul is pure and contains a *chelek Eloka Mimal*, a special gift, which enables us to come close to Hashem and to overcome challenges to do מצוות and to succeed.

ANSWER KEY:

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

My Tefillah Workspace (page 67)

1. Answer 3. Someone who is confident that she can succeed and therefore tries over and over again until she knows everything well.
2. Her נשמה helps her overcome challenges, if she believes she can succeed.

Matching! (page 67)

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

Your Corner! (page 68)

This gift enables us to succeed in any challenge to do מצוות that comes our way.

Tefillah Challenge (poster)

- a. 4.



Lesson 10: והערב נא

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: Birchah HaShachar— והערב נא

FOCUS: Learning Torah is the source of life and happiness for every Jew.

ANSWER KEY:

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

My Tefillah Workspace (page 73)

Answer C; only an expert can tell which model is more valuable.

Matching! (page 73)

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

Your Corner! (page 74)

The more one learns Torah, the more that person will appreciate it and the more that person will be able to enjoy it.

Tefillah Challenge (poster)

b. 3.



Lesson 11: ברכת התורה

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: Birchas HaShachar—ברכת התורה

FOCUS: How the second *berachah* of ברכת התורה highlights that Hashem chose to give us His Torah and how special that makes us.

ANSWER KEY:

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

My Tefillah Workspace (page 79)

Points to Ponder

1. They coveted her position.
2. A part of her missed being a "regular camper" like her friends.
3. "Look at how lucky you are to be chosen." Chava realized that she was really very lucky to have been chosen and she appreciated it more.

Wiz Quiz:

Chava was chosen for a special responsibility. Similarly, the Jewish nation was chosen for a special responsibility. Sometimes it helps to look at how special and lucky we are to be chosen in order to fully appreciate the special and important responsibility we have.

Matching! (page 79)

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

Your Corner! (page 80)

We were chosen from all the nations of the world to receive Hashem's Torah and to be His special nation.

Tefillah Challenge (poster)

- a. געיון תפילה.



Lesson 12: Understanding ברכות

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 31 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 Mechanchim 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 33 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: *Birchas HaShachar*—Introduction to ברכות

FOCUS: To clearly illustrate the meaning of the words of a *berachah* so that students can internalize its meaning.

ANSWER KEY:

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

My Tefillah Workspace (page 85)

ברוך - 4

אתה - 5

1 - י-ה-ו-ה

2 - אלקינו

3 - מלך העולם

Matching! (page 85)

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

Your Corner! (page 86)

The ברכות are like the combination that have the ability to unlock the lock.

Tefillah Challenge (poster)

a. 3.

You may want to see the sources for “Halachic Highway.” Below are the sources for your convenience:

- One should try to hear the words of the *berachah* (or any *tefillah*) that she is saying.
- If she said the words but did not hear the words, she is still יוצא (*Siman* 101, Se'if 2. See *Siman* 206:3; *Siman* 185:2, *Siman* 62:3 and *Mishnah Berurah*, *Siman* 101:5).
- It is not good enough to simply think the words of a *berachah* or davening. One must actually say them with her lips (*Mishnah Berurah*, *Siman* 206:13; *Ibid*, *Siman* 185:2; *Ibid*, *Siman* 62:6; *Beur Halachah*, *Siman* 101:2).
- Try to never say an unnecessary *berachah*. (For example: Making a בורא מייני מזונות, eating a little and then making the same *berachah* again.)
- If one did accidentally begin to make an unnecessary *berachah*, say the words “למדני חקיק” after the words ברוך אתה ה' in the *berachah*.
- If one has already passed the word אלוקינו in the *berachah*, then she should say the words מלכותו לעולם ועד immediately afterward (*Mishneh Berurah* 206:6).



Lesson 13: נתן לשכוי בינה

Please refer to workbook pages 91-96

FOR THE MECHANECHEES:

- 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: Birchas HaShachar—נתן לשכוי בינה

FOCUS: To start each day off by reaffirming our connection to Hashem

ANSWER KEY:

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

My Tefillah Workspace (page 95)

אשר נתן לשכוי בינה להבחין בין יום ובין לילה 1 and 2

פוקח עורים 3

גבר המכין מצעדי גבר 7 and 8

הנותן לעיף כח 11

Matching! (page 95)

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

Your Corner! (page 96)

To remind us that the simple preparations we make every morning really are special in that they help prepare us to do our עבודת ה' (our special mission from Hashem); also, to remind us that Hashem gives us all these gifts every day.

Tefillah Challenge (poster)

רוקע הארץ על המים c.



Lesson 14: ... פוקח... מלביש... מתיר... זוקף ...

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: Birchah HaShachar—... פוקח... מלביש... מתיר... זוקף ...

FOCUS: The ברכות השחר have the ability to reawaken in us each day a profound awareness of Hashem's constant care and faith that He continually provides us with all we need to live.

ANSWER KEY:

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

Matching! (page 101)

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

Your Corner! (page 102)

To appreciate the wonderful gifts Hashem gave us and continues to give us each morning; i.e. sight, the ability to move, stand up straight, etc....

Tefillah Challenge (poster)

c. עוֹטֵר יִשְׂרָאֵל.



Lesson 15: שעשה לי כל צרכי

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: Birchas HaShachar—שעשה לי כל צרכי

FOCUS: Hashem gives us all that we need to succeed and fulfill our mission in life.

ANSWER KEY:

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

My Tefillah Workspace (page 107)

Answers will vary.

Matching! (page 107)

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

Your Corner! (page 108)

Instead of looking at the special gifts they were given, they look at the special tools Hashem gave others to accomplish *their* personal mission and therefore they overlook their own special gifts.

Tefillah Challenge (poster)

a. להבחין בין יום ובין לילה.



אזור ... עוטר...: Lesson 16

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 31 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 33 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: *Birchas HaShachar*—... עוטר ... אזור

FOCUS: The people of Israel hold a place of honor and glory as Hashem's holy nation and the way we appear and act represent our special status.

ANSWER KEY:

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

My Tefillah Workspace (page 113)

There are no right and wrong answers. The following are examples of what students could say:

1. To behave like a king, acting with dignity, courage and honor, showing people that you care about them and that you are indeed special and of "royalty."
2. If we behave honorably, treating people with respect, etc., people will treat us the same way and look up to us.

Matching! (page 113)

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

Your Corner! (page 114)

That we have been given a special purpose which raises us to a special level of dignity and that we are proud of it.

Tefillah Challenge (poster)

b. 3.

Note: You may want to see the sources for "Halachic Highway." Below are the sources for your convenience:

If someone stays up all night which *berachos* of ברכות השחר may she say and which shouldn't she say?

- One should not say the *berachos* of אלוקי נשמה and המעביר שינה. (*Mishneh Berurah, Siman 46, Se'if Katan 24*)
- The custom is to also not say *Birchos HaTorah*. (*Mishneh Berurah, Siman 47, Se'if Katan 28*)
- Instead she should ask someone else say all these *berachos* with her in mind. She should listen and say "Amen" afterwards. (*Mishneh Berurah, Siman 46, Se'if Katan 24; Mishneh Berurah, Siman 47, Se'if Katan 28*)
- One may say על נטילת ידים after going to the bathroom before saying אשר יצר. (*Mishneh Berurah, Siman 4, Se'if Katan 30*)

She may say all the other *berachos*, but must wait for sunrise to do so.



Lesson 17: נתן לשכוי בינה

Please refer to workbook pages 117-122

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:

- This is the next to last week of the *Tefillah Power* program. Because there are only 2 weeks remaining, there is no Contest Card. Therefore, unfortunately, there will be no prize raffle for students participating in these last 2 weeks of the *Tefillah Power* program.
- 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 120) 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: Birchah HaShachar—הנותן ליער כח

FOCUS: Hashem gives strength to the weary. In a literal sense, this blessing is for the strength we receive each morning upon awakening. Yet it also includes the ability to keep striving, as individuals and as a nation, to succeed when we are on the verge of giving up.

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

My Tefillah Workspace (page 121)

Answers may vary. A sample answer is:

1. Yosef HaTzadik
2. Yosef HaTzadik was sold by his brothers and became a slave but didn't give up and he became the second in command to Pharoh in Egypt. He also was living in Egypt, which is a country in which it was not easy to live a spiritual life.

Matching! (page 121) For answers see **My Very Own Tefillah** (page 119).

Your Corner! (page 122)

Each of the following answers is acceptable.

1. We are thanking Hashem for enabling us to wake up rested and recharged with new energy each morning.
2. We are also thanking Hashem for the strength to overcome our challenges, helping us to keep trying to succeed even when we feel like giving up.

Tefillah Challenge (poster) a. 15.

Halachic Sources for Halachic Highway

Having *kavannah* is very important when making a *berachah*. Therefore, when reciting a blessing, one may not do anything else that may distract her *kavannah* (*Mishneh Berurah* 191:5, 25:56, 183:37, *Sha'ar HaTziyun*, ibid. 41). However, if a person did something else while reciting a blessing, the *berachah* is still valid (*Be'ur Halachah*, 191, s.v. 'B'odo').



Lesson 18: לא לידי חטא... ועון

Please refer to workbook pages 123-128

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:

- **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 129 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.
- **Note:** There will no prize raffle for the last 2 weeks (Lesson 17 and 18) of the *Tefillah Power* program.
- 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 126) 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: *Birchas HaShachar*—לא לידי חטא... ועון

FOCUS: Hashem will help us in our effort to become better.

ANSWER KEY:

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

My Tefillah Workspace (page 127)

The student should mention one area she would like Hashem to help her succeed in her רוחניות.

Matching! (page 127)

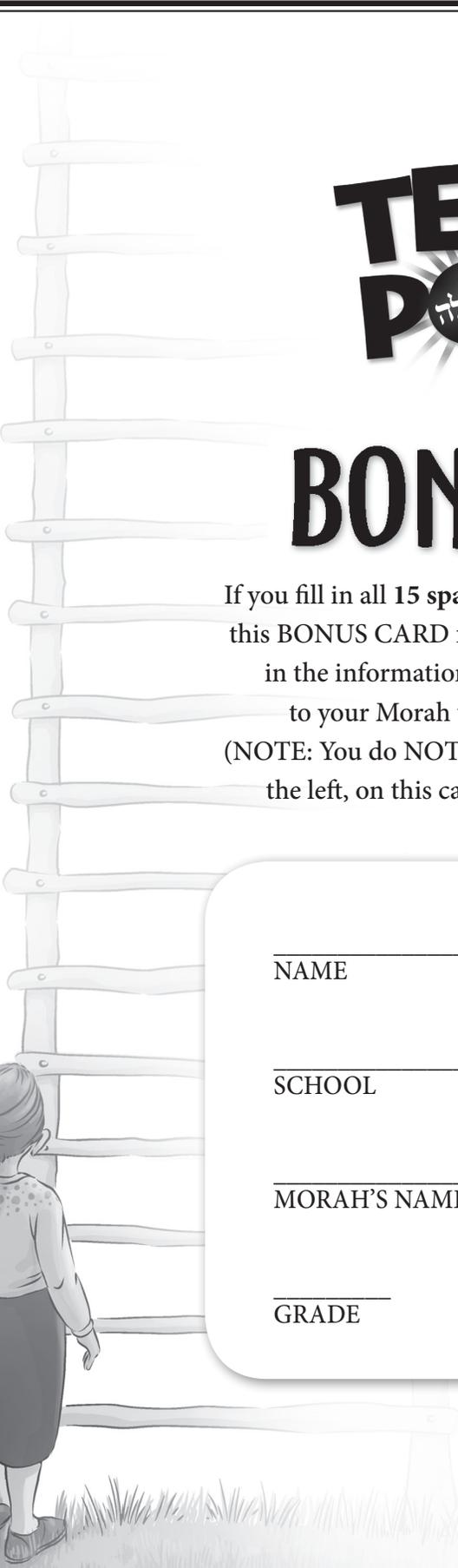
For answers see **My Very Own Tefillah** (page 125).

Your Corner! (page 128)

Daven to Hashem to help.

Tefillah Challenge (poster)

b. ותגנו היום.



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

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

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

TEFILLAH
POWER
ברכות השחר