

This little book is your Tzivos Hashem Handbook. Use it to learn about the very basic things that every Jewish boy and girl should know: Mitzvos, prayers, holidays, the Land of Israel, Jewish history, and many other important facts. But this is not school. There are no grades. Just points, ranks, and prizes. Yes, prizes!

You can earn points by memorizing facts, blessings, and prayers. When you earn enough points, you will be promoted to a higher rank. The more points you earn, the higher you go in rank. And the higher your rank – the bigger and better your prize will be!

Where should you start? That's entirely up to you, but your counselor can help you plan the best "Mitzvah Mission" strategy for you. We've put some hints in the Handbook to help get you started. Look for 3 big shapes next to each section in this book:

○ Circles □ Squares ◇ Diamonds

These shapes show how well you might already know the subject. Circles mark those ideas which are probably the most familiar to you. A square is for facts which you may know a little about. Finally, diamonds are for topics you probably have not heard of before. We recommend you start with the "circle" sections, then move on to the squares, and finally try the diamonds.

Depending on how much you already know, your counselor will assign you to a 'division'; beginner, intermediate, or expert. In page 6 of your Handbook, there is a chart which shows how many points you earn for learning a subject for each "division". Once you know

what division you are in, you will know how much each subject is worth. After you've studied a subject, your counselor will have you review it from memory in front of him or her. If

you know the topic well, your counselor will place a check ✓ or a mark in the circle, square, or diamond. Keep track of your points by writing them in the "score" box on the chart on page 6.

Your counselor will also keep track of your points.

Next to each idea, there is a small circle ○. Check this off yourself when you think you know the section well. This way, you can study a little at a time before being tested on the entire topic.

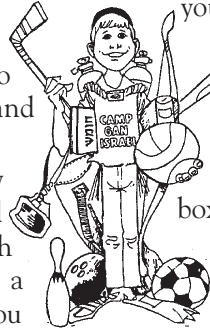
To earn Extra Points, study the sections marked with one star ☆. When you study the topics marked with two stars ☆ ☆, you can earn Bonus Points.

Memorize, memorize, memorize. On the bus, at lunch, at home or at play – any time is good. You will soon be earning hundreds of points. As you climb the ranks of Tzivos Hashem, you'll get all kinds of goodies. But remember, the true rewards are the Torah and Mitzvos themselves.

So take your Handbook with you everywhere, and study it all the time.

To earn points and get prizes throughout the year, fill out the coupon at the end of this Handbook and join Tzivos Hashem. We'll send you a great start-up kit, exciting Mitzvah Missions, and great prizes.

Good Luck!!



Subject	Page	DIVISION 1	DIVISION 2	DIVISION 3	DIVISION 4	score
ALEF -BAIS (letters, sounds, vowels)	8	3/letter	1/letter			
Modeh Ani	9	20	15	10	5	
Al Netilas Yodoyim	9	20	20	15	10	
Hareini	10	15	15	8	5	
BASIC PRAYERS - Tefillah	10	20	20	15	10	
Shma Yisroel - explain & translate	11	50	40	20	15	
The Amidah - The Silent Prayer	12	15	15	8	5	
Sheyiboneh	12	15	15	8	5	
Ach Tzadikim	12	15	15	8	5	
BROCHOS - Blessings, (explanation)	13	25	20	10	5	
Blessings for Food (each brocho)	14-16	15	10	5	3	
Hamotzi - Bread (demonstrate - 5)	16	20	15	10	5	
CONCLUDING Blessings - Birkas Ha Mazon	17	50	40	35	30	
B'rich Rachamana	17	10	10	5	3	
Al HaMichyoh - The 3 kinds of food	18	50	40	35	30	
Borei Nefashos -	19	18	15	8	5	
VARIOUS BLESSINGS -(Each)	20-21	15	10	5	3	
Asher Yotzar	21	50	40	25	20	
JEWISH Way of Life -Honoring Parents	22	20	20	20	20	
Neshomo -the Jewish Soul	23	25	25	25	20	
Yetzer Hora vs. Yetzer Tov	23	25	25	25	20	
Kipah	24	12	10	8	5	
Modesty - Tznius	24	12	10	8	5	
Tzitzis	25	25	2	10	8	
Ahavas Yisroel	26	25	25	25	25	
Tzedokoh - Charity	27	15	15	10	10	
Mezuzah	28	10	10	5	5	
Tefillin	29	25	20	15	10	
Shabbos	30	20	15	10	10	
Shabbos Candles	31	25	20	15	10	
Kiddush & Havdallah	32	20	20	15	10	
KEEPING KOSHER	33	5	5	5	5	
Animals	33	20	15	10	10	
Meat & Milk	33	20	15	10	10	
Fish	34	12	10	8	5	
Fowl	34	20	15	10	10	
Pareve	34	12	10	8	5	
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Tzivos Hashem Room	35	50	50	50	40	
Learning Torah	35	10	10	5	5	
12 PESUKIM (Per Posuk)	36-41	15	10	8	5	
THE JEWISH CALENDAR	42	10	10	8	5	
The Jewish Months	42	25	20	15	15	
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NISSAN - Pesach	43	25	20	15	10	
Counting the Omer	43	10	10	5	5	
Shevi'i Shel Pesach	44	5	5	5	5	
Acharon Shel Pesach	44	5	5	5	5	
IYAR - Pesach Sheini	44	10	10	5	5	
Lag B'Omer	44	10	10	5	5	
SIVAN - Shovuos	45	20	20	10	10	
TAMMUZ -17th of Tammuz	46	10	10	8	8	
Three Weeks	46	15	15	10	10	
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AV Tisha B'av	47	10	10	5	5	
Observance	47	10	10	5	5	
Tu B'Av	47	8	8	6	6	

Subject	Page	DIVISION 1	DIVISION 2	DIVISION 3	DIVISION 4	score
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Ten Days Of Repentance	49	10	8	6	4	
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GOOD CHARACTER & ATTITUDES	87	5	5	5	5	
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ORDER OF THE DAY

These are the first things a Jewish child should do right after waking up every morning.

MODEH ANI

○ After a good night's sleep, we receive new strength from Hashem, so that we can serve Him properly.



○ So when we wake up, before we get out of bed, we thank Hashem by saying the prayer *Modeh Ani*.

מוֹדֵה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם,
שֶׁהַחַיּוֹת בֵּי נַשְׁמֹתַי בְּחַמְלָה, רַבָּה אֱמוּנָתְךָ.



Mo-deh Ani Lefo-necho Melech Chai Vekai-yom She-heche-zarto Bee Nishmosi Be-chem-loh, Rabboh Emuno-secho.

I offer thanks to You, living and eternal King, because You have mercifully given my soul back to me; great is Your faithfulness.

WASHING HANDS - NETILAS YODOYIM

After we say *Modeh Ani*, we wash our hands. We have a special way to do this:

○ We wash from a vessel (like a cup), not directly from the faucet.



○ We pour water on the right hand, then on the left hand. We repeat this three times.

○ After we wash up, brush our teeth, get dressed, and put on our shoes, we wash our hands a second time in the same way and this time say this *brocho*:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

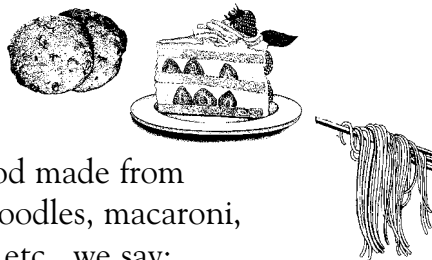
Boruch Atoh Ado-noi, Elo-heinu Melech Ho-Olam Asher Kideshonu B'Mitz-vosov Vetzivonu Al Netilas Yodoyim.

Blessed are You, Lord our G-d, King of the world, who made us holy with His commandments and commanded us to wash our hands.

○ Now we can serve Hashem with clean, pure hands.

Note: Throughout the book, wherever we refer to the right hand it means the left hand for a left handed person.

**3 PASTRY, CAKE, COOKIES
& NOODLES – MEZONOS**



○ Before eating cake, cookies, or food made from wheat and other grains, such as noodles, macaroni, bran flakes, licorice, granola bars, etc., we say:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא מִיְיָ מִזֹּנֹת.

**Boruch Atoh Ado-noi, Elo-heinu Melech Ho-Olom
Borei Mee-nei Mezonos**

*Blessed are You, Lord our G-d, King of the universe,
who creates different kinds of foods.*

**Exception to the rule:
Bread is HaMotzie # 6**

4 WINE & GRAPE JUICE – HAGOFEN

○ Before drinking wine or grape juice, we say:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן.

**Boruch Atoh Ado-noi, Elo-heinu Melech
Ho-Olom Borei Pe-ree Ha-Gofen.**

*Blessed are You, Lord our G-d, King of the universe,
who creates the fruit of the vine.*



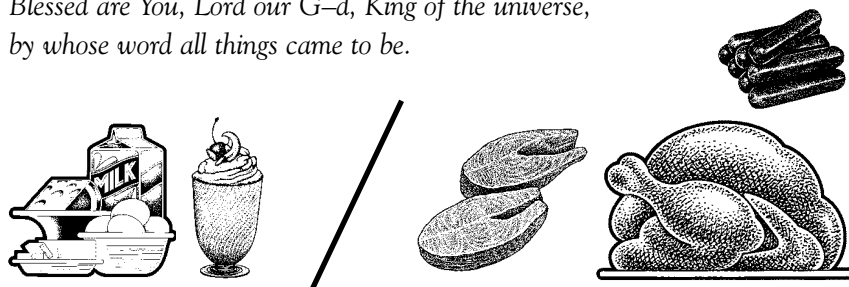
5 OTHER FOODS – SHEHAKOL

○ Before eating foods such as fish, meat, poultry, dairy products, candy, chocolate, all juices, or drinks, we say;

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהַכֹּל נִהְיָ בְּדַבְּרוֹ.

**Boruch Atoh Ado-noi, Elo-heinu Melech Ho-Olom
She-Ha-kol Nee-hee-yoh Bi-de-vo-ro.**

*Blessed are You, Lord our G-d, King of the universe,
by whose word all things came to be.*



Exceptions to the rule: Wine and grape juice are "Hagofen" # 4

SIVAN

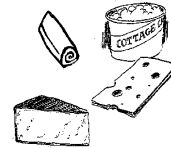


SHAVUOS:



THE 6TH & 7TH OF SIVAN.

- *Shavuos* commemorates the day that we received the Torah from Hashem.
- On the first night of *Shavuos*, we stay up all night learning Torah.
- Then we go to shul in the morning to hear the Ten Commandments read aloud from the Sefer Torah. Everyone should attend, men, women, children and even little babies.
- After the Torah was given, the Jews had to begin observing the kosher laws. Since the meat they had prepared was not kosher, they ate dairy foods instead. In memory of this, we customarily eat a meal of light dairy foods like *blintzes*, cheesecake and yogurt on *Shavuos* day. We then wait half an hour before the main meat meal. (*Some wait one full hour*).



- When Hashem offered the Torah to the Jews at Mount Sinai, they immediately said, “*Na'aseh V'Nishmah*” – which means, “We will do and we will listen.” Without even knowing what was contained in the Torah, the Jewish people accepted it wholeheartedly. Every *Shavuos*, we repeat that promise.
- Before He gave the Torah, Hashem wanted a guarantee that the Jews would always keep it. The Jewish people offered their rabbis as a guarantee. They offered their teachers. They offered their prophets. But the only guarantee Hashem would accept was their children. Then Hashem promised to make us his Chosen Nation and never forsake us.

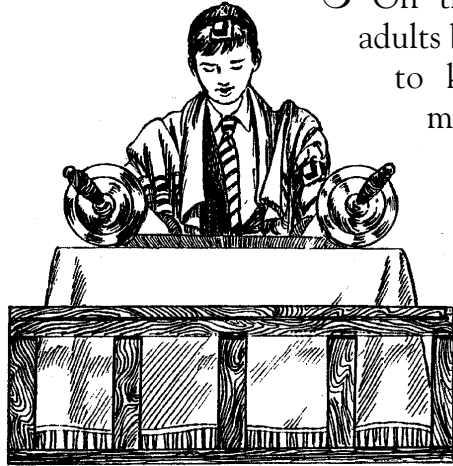


**CHILDREN! YOU ARE THE GUARANTORS
FOR ALL THE JEWISH PEOPLE!**



○ BAR MITZVAH – BAS MITZVAH

○ When boys turn 13 years old, they are *Bar Mitzvah*. Girls become *Bas Mitzvah* at 12 years old.



○ On this day they are considered adults by the Torah and are obligated to keep all the Mitzvos. This means they are now responsible for all their actions.

○ Once they reach *Bar* or *Bas Mitzvah* age, Jewish boys and girls must be careful to keep the commandments of the Torah, both the 'do's and the 'don'ts, just like adults.

○ A *Bar Mitzvah* boy gets called to the Torah (*Aliyah*) for the first time, puts on *Tefillin*, can be counted for a *Minyan*, (a group of ten men, the minimum for a congregation) and may even lead the prayers.

○ A *Bar* or *Bas Mitzvah* party is usually celebrated with family and friends at a festive meal or banquet at which the *Bar* or *Bas Mitzvah* boy or girl says a speech about a subject in the Torah. But the main idea of a *Bar* or *Bas Mitzvah* is to be ready to do Hashem's Mitzvos as an adult from now on.



★**Extra:** Are you preparing for your *Bar Mitzvah* or *Bas Mitzvah*? Ask your counselor how.



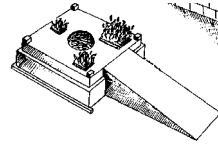
A HOUSE FOR HASHEM MISHKON/BEIS HAMIKDOSH

- It is a positive commandment to construct a House for G-d in which we can bring offerings and celebrate our festivals three times a year – *Pesach, Shavuos* and *Sukkos*.

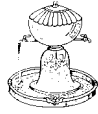


- When the Jews were in the desert, after they received the Ten Commandments, Hashem commanded them to build a portable sanctuary (a House for Hashem) called the *Mishkon*, so that He would dwell amongst them.
- The *Mishkon* was not a permanent building. It could be taken apart and moved from place to place.
- Eventually Shlomo Hamelech (King Solomon) built a permanent House for Hashem, the *Beis HaMikdosh* in Jerusalem.

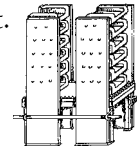
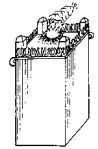
- The Great Altar in the courtyard of the *Beis HaMikdosh* was made of stone. It was used for burnt offerings (animal and bird sacrifices), meal offerings (made of flour), and the pouring of wine. A fire always burned on the Altar.



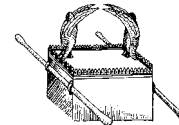
- The *Kiyor* (or Washbasin) was also in the courtyard. The *Cohanim* (Priests) who participated in the daily offerings used it to wash their hands and feet before beginning the Temple service.



- In the Holy Chamber (*Kodesh*), there were 3 objects made of gold:
 - A small Golden Altar for offerings of sweet smelling incense.
 - The *Shulchon* (Table) with 12 special loaves of bread on it. The bread symbolized Hashem's blessing on our food.
 - The *Menorah*, whose light symbolized the light of Torah.



- The *Aron* stood in the Holy of Holies, the innermost chamber of the *Beis HaMikdosh*. It was a box containing the two Tablets of the Law (*Luchos*) engraved with the 10 Commandments, the original Torah scroll written by *Moshe Rabbeinu*, and the first, broken tablets.



- When King Solomon built the *Beis HaMikdosh*, he knew it would ultimately be destroyed. He built secret underground rooms in which to hide the Ark with the 10 commandments, as well as Aharon's staff, the small vessel of *Manna* and the oil for anointing. The Ark remained hidden during the time of the second *Beis HaMikdosh*, and it will be revealed when the third *Beis HaMikdosh* is built, may it be very soon.

- Many *shuls* (*synagogues*) around the world are arranged facing the direction of the *Beis HaMikdosh* in Jerusalem because all prayers ascend to heaven from there.



- Today, the site of the *Beis HaMikdosh* is called the Temple Mount and is just behind the Western Wall. It is the holiest place in the world! When *Moshiach* comes, the *Beis HaMikdosh* will be rebuilt on this site to stand forever.

□ RASHI

Rabbi Shlomo ben Yitzchok, known as Rashi, lived in France, and earned his living as a wine maker. A descendant of King David, he was the greatest teacher of his time. Rashi systematically put together an explanation of the Torah according to its basic, simple meaning, as a 5 year old would need to know it. He also wrote the main commentary on the *Talmud*. Even though his commentary is very brief and to the point, the deepest levels of meaning are contained in it. The most well known explanation of the Torah, Rashi's commentary is often referred to as "the Wine of Torah."

◇ THE RAMBAM:

Brilliant scholar, dedicated physician, prolific author and Torah leader – the Rambam, Rabbi Moshe ben Maimon was all of these and more. Born in Spain, he later lived in North Africa during a period of Spanish religious persecution. He earned his living as a doctor and was the personal physician to the Sultan of Egypt. From morning to night, he toiled on behalf of his suffering people. A descendent of King David, he was the greatest leader of the Jews of his time. He wrote an explanation of the *Mishna* and composed The Book of Mitzvos – a list and short explanation of all the 613 Commandments. His greatest work is called the "Yad HaChazaka," a book which contains and explains all the laws in the Torah. His contribution to Torah literature electrified the Jewish world during his life and continues to influence world Jewry in modern times. On his gravestone in Tiveria, Israel, it says, "From Moshe [Rabbeinu] until Moshe [the Rambam] there never arose another like Moshe."



◇ THE RAMBAN:



Rabbi Moshe *ben* Nachman, known as the Ramban, or Nachmanides, was an extraordinary Jewish leader who lived in Spain. At a very young age, he was recognized for his vast knowledge and deep understanding of the Torah. A great master of the teachings of *Kabolah* (the secrets of the Torah), and general Torah knowledge, he wrote brilliant commentaries on the *Talmud* and *Chumash* that inspire Torah students to the present day.

The Ramban loved his people and fought courageously for them. When the Jewish people were threatened with forced conversion to Christianity, he came to their defense. In a public debate between representatives of Judaism and Christianity presided over by the King of Spain, the Ramban easily put all the enemies of the Jews to shame. Everyone could see that Judaism was a just and G-dly religion. Afterward, he left Spain and settled in the Land of Israel where he opened an important *Yeshiva*.

◇ RAV YOSEF CARO:

Rav Yosef Caro (known among Sefardic Jews as Maran Bet Yosef) grew up during the Spanish Inquisition, a time of great persecution for the Jews. He and his family fled from country to country and witnessed the tragic suffering of Jews all around them.

(continued)



THE MITZVAH CAMPAIGNS

Help a friend get involved!
Here are some Mitzvos every Jew can do!



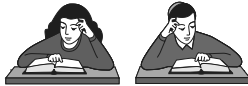
AHAVAS YISROEL
Love your fellow Jew as you love yourself.



TEFILLIN
Men and boys 13 years and over, put on Tefillin every weekday



JEWISH BOOKS
Every home should have basic JEWISH HOLY BOOKS (at least a Chumash, Siddur, Tehillim, etc.)



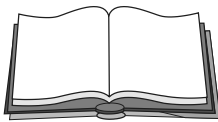
CHINUCH
Torah-true education for every Jewish boy and girl



TZEDOKAH
Give charity every weekday



FAMILY PURITY
For a happy, healthy and united family, observe the Mitzvah of Family Purity.



TORAH
Study Torah every day and every night



CANDLE LIGHTING
All women, including young girls from about the age of 3 & up, should light candle(s) every SHABBOS & YOM TOV EVE at the proper time and recite the appropriate blessing(s).



HAVE A LETTER WRITTEN IN A SEFER TORAH
Children should use their own money to buy their own letter.



MEZUZAH
Affix a Mezuzah on the right doorpost of every room



KEEP KOSHER
Observe the Kosher laws at home and away



RAMBAM
Study Maimonides' Book of Mitzvos.

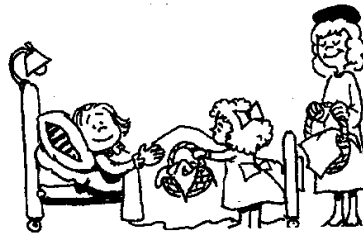
○ Everyone should prepare for Moshiach's coming by doing acts of kindness, and by studying about what it will be like when Moshiach comes.

□ **SIMCHA – JOY**



- The Torah tells us to serve Hashem with *Simcha* – joy and enthusiasm. Hashem's Presence rests only upon those who are happy.
- When we do a Mitzvah, we should do it with happiness and excitement. *Simcha* breaks through limitations. When one has *Simcha*, he is able to go beyond his usual limitations and do things he would normally not be able to do.
- Sadness makes one despair and give up. One should avoid being unhappy.
- *Yom Tov* is a good time to behave with extra *Simcha*. On *Shabbos*, too, we feel extra delight.
- It is important to always be happy and to try to see the good in whatever happens. *Simcha* will bring Moshiach sooner.

○ **CHESED - KINDNESS**



- Kindness is called *Chesed* in Hebrew. All Jews are expected to have this trait by nature. This also includes being merciful and going out of our way to be kind.
- We learn kindness from Hashem, for in the Torah we read about how He visits the sick, shows mercy towards those in need, buries the dead, and protects the innocent, the widow, the orphan and the convert.
- Learning is very important, but having a good and kind heart is far greater than being smart.
We can be kind in many ways:
- We can show hospitality to guests by giving them food to eat, a place to wash up and to sleep, and/or money for their needs. We must always do this in a polite and respectful manner so as not to embarrass the person we help.
- If we have a disagreement with a friend, we shouldn't hold a grudge or take revenge. Whenever possible, we should give the other person the benefit of the doubt and always try to see the good in him. We try to make up and be friends.
- With each act of kindness, we increase the sum total of goodness in the world and make it a better place. Acts of kindness make Moshiach come sooner.

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