

תפילה
בקרבנו



Upper Elementary Tefilla Program
Components and Instructions

Dear Teacher,

Welcome to Tefilla Bekirbi- A program to enhance Tefillas Shacharis for girls in Middle School. (7th and 8th grade)

Goals

The passion behind this program is to motivate and inspire the students to daven with Kavana and connect to Hashem. THIS IS NOT A TEFILLA CONTEST. It isn't a program that bribes the students to daven out loud. The idea is for them to understand the powerful meaning of designated phrases in the Tefilla, and really feel an internal desire to connect to Hashem. The ultimate success would be to help them learn to daven with thought and meaning, not just in school, but even when davening independently, wherever they are.

It is our hope that this program will help to elevate and enhance the Tefillos of our precious Tinokos shel bais raban, and help them develop a valuable kesher with davening that will last them a lifetime.

Torah Umesorah Lakewood Teachers Center



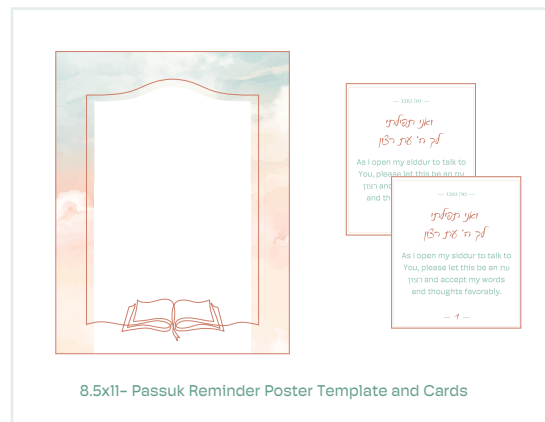
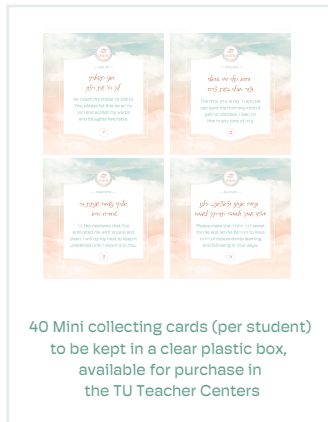
Components

Tefilla Nuggets

This program consists of 40 mini nuggets, where different meaningful pesukim throughout davening are discussed and explained.

Card Collection

Each week, one passuk from davening and its' meaning is discussed. The girls receive the corresponding card to put into their collection box. In addition, a larger version of the weekly passuk is hung on the template on the wall as a reminder.



Components

Kabalos B'Tefillah

The Tefilla Kabalos Poster is used for the class davening kabalos (looking inside by specific sections, having certain kavanos in mind...). Laminate the poster and use an erasable marker to update weekly. Kabalos can be culled from student suggestions.



13x19 Tefilla Kabalos Poster

Keeping Track of Kabalos

Students keep track of their progress on the laminated mini calendar which can be glued to the bottom of the box or kept inside as the top card. Incentives are given at the end of the week (a mini card with a Passuk), or a monthly incentive can be given based on how many points were accumulated.



Laminated Mini Calendar



Components

Using Card Collection as an Incentive

Alternatively, the mini collecting cards can be given out in a random order for the weekly kabala accomplishments, with students working to earn a full set. They can trade with each other if they receive a double card.

Reminder Stickers

Small Tefilla Bikirbi stickers are placed as a reminder in the students' siddurim near the passuk that is discussed in class.



Practical Application

Once a passuk is discussed, students have the opportunity to put the message or lesson of the passuk into practice. They can write down their practical thought or application on a Tefilla ticket to be entered into a weekly or monthly raffle.

