



How To SHAKE THE LULAV!

1. Pick up the LULAV in your RIGHT hand and the ETROG in your LEFT hand with the PITOM (stem) facing DOWN. Hold your hands together.
2. Say the Following Berakha:

Barukh atah Adonai, Eloheinu

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ
Praised are you God

melekh ha-olam, asher

מֶלֶךְ הָעוֹלָם אֲשֶׁר
Ruler of the universe whose

kid'shanu b'mitzvotav vitzivanu

קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
Mitzvot add holiness to our lives and who gives us the Mitzvah

al n'tilat lulav.

עַל נְטִילַת לוּלָב.
to take up the Lulav

If this is the first time you are saying the blessing over the Lulav & Etrog this year then say:

Barukh atah Adonai, Eloheinu

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ
Praised are you God

Melekh ha-Olam, she-heheyanu

מֶלֶךְ הָעוֹלָם שֶׁהֵחֵיָנוּ
Ruler of the universe who kept us in life,

v'kiy'manu v'higi'anu laz'man ha-zeh.

וְקִיַּמָּנוּ וְהִגִּיעָנוּ לְזִמְנוֹ הַזֶּה.
sustained us, and helped us reach this joyous occasion.

3. After you say the berakhot, turn the ETROG so that the PITOM (stem) is facing up.

4. The Lulav is then shaken in 6 different directions—

Facing East:

Forward, Right, Back, Left, Up, Down

(To shake the Lulav "down," hold the Lulav facing to the sky and lower your hands slightly while you shake in this direction)

OR

East, South, West, North, Up, Down

Want to remember which way to shake? Try this:

Eat Some Wet Noodles Upside Down!!

5. Smell the ETROG!!

The Four Species symbolize a person!

The Lulav represents the spine of a person.

1. What have you done during the year that makes you stand up with pride?

2. Who are the people who supported you during the past year?



The Myrtle represents the eyes.

1. Think of the seasons; what have you seen in nature during the year?

2. Think of something beautiful that you have seen a person do during the past year.



The Willow represents the mouth

1. If you could thank God for one thing over the year, what would you say?

2. What are the best words to say and to hear?



The Etrog represents the heart

1. Who are the people who you love?

2. What happened over the past year that filled your heart with love?

