

BRACHOT

Blessings for Every Moment



PRINTABLE eBook

A printable booklet to accompany the Jigzi playlist:
Brachot – Blessings for Every Moment.

Link to the playlist: <https://jigzi.games/Brachot>

This Jigzi series teaches children about Brachot, blessings that we say each day to acknowledge God. For your convenience, we have produced a printable eBook to hand out to your children.

The types of blessings covered in the series include:

1) בְּרָכוֹת הַנֶּהֱנִין

Brachot for Food

Brachot for Fragrances

2) בְּרָכוֹת הַמַּצּוֹת

Brachot before performing Mitzvot

3) בְּרָכוֹת הַדָּאָה

Brachot for Thanks & Praise

Please print out and make sure that the printouts are treated with respect,
as they contain God's name.

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LESSON
01

What is a bracha/blessing?

In this lesson you will learn what a bracha, or blessing, is and the first 6 words found in every bracha.

What is a bracha/blessing?

A bracha is a special thank-you to God.

We say a bracha before we eat, drink, smell something nice, do certain mitzvot, or notice any of the wonders of our world.

A bracha helps us remember that everything we have comes from God.

All blessings begin with these words:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Blessed are you Adonai, Our God, King of the world

Blessings before performing mitzvot have these **additional** words:

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

who made us holy with His mitzvot and commanded us

LESSON

02

Brachot for Food

In this lesson, students will learn the
6 types of food blessings.



Brachot For Food

The bracha for food or drink is a blessing that a Jew says to thank God for the food before they are about to enjoy His world.



Ha'motzi: Bread

Say this blessing over bread. There are many types of bread.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

Blessed are you Adonai, Our God, King of the world,
who brings bread from the earth.



Ha'gafen: Wine and Grape Juice

*Say this blessing over wine or grape juice. Wine is often used on special occasions,
like kiddush on Shabbat or at a wedding.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא פְּרֵי הַנֶּגֶן

Blessed are you Adonai, Our God, King of the world,
who creates the fruit of the vine.



Mezonot: Cakes, Cookies, and other Grain Foods

*Say this blessing over foods that are made from the 5 types of grain:
wheat, barley, spelt, oats and rye.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא מִיְּנֵי מִזֻּנוֹת

Blessed are you Adonai, Our God, King of the world,
who creates different kinds of foods.



Ha'etz: Fruit from Trees

Say this blessing over fruit grown on a tree.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא פְּרֵי הָעֵץ

Blessed are you Adonai, Our God, King of the world,
who creates the fruit of the tree.



Ha'adamah: Vegetables and Fruit from the Ground

*Say this blessing over vegetables or fruits that come from the ground.
Note: Fruits like strawberries, pineapples and bananas come from the ground!*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא פְּרֵי הָאֲדָמָה

Blessed are you Adonai, Our God, King of the world,
who creates the food that grows from the ground.



She'hacol: Drinks, Sweets, Ice cream, Meat, Cheese, etc.

Say this blessing over any food that does not fit into any of the above food categories, like ice cream, drinks, sweets, meat, and cheese.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁהַכֹּל נִתְּנָה בְּדִבְרֵךְ

Blessed are you Adonai, Our God, King of the world,
who creates everything through His word.

LESSON
03

Brachot for Fragrances

In this lesson, students will learn about the
4 types of blessings over fragrances,
or pleasant smells.



Brachot for Fragrances

*There are brachot we make over pleasant smells.
These are called Birchot hareach, or בְּרָכוֹת הָרֵיחַ.*



Smells from a Fragrant Plant or Flower

Say this blessing for things such as fresh herbs, mint and some fragrant flowers.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא עֲשֵׂי בִשְׁמַיִם

Blessed are you Adonai, Our God, King of the world,
who creates fragrant plants.



Smells from a Tree

*Say this blessing when you smell a fragrant tree or something that grows on a tree,
such as certain fragrant blossoms.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא עֲצֵי בִשְׁמַיִם

Blessed are you Adonai, Our God, King of the world,
who creates fragrant trees.



Smells from Fruit

Say this blessing when you enjoy the fragrance of fruit or nuts, such as a citrus fruit.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַנוֹתֵן רֵיחַ טוֹב בַּפְּרוֹת

Blessed are you Adonai, Our God, King of the world,
who gives fruit a wonderful smell.



Smells that Don't Come from a Plant

This is the general blessing for pleasant smells when they don't fit into the other categories.

For example, certain perfumes and spices.

*This blessing is made at the end of shabbat, at havdalah,
when you smell spices to give you strength for the rest of the week.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא מִיְּנֵי בִשְׁמַיִם

Blessed are you Adonai, Our God, King of the world,
who creates different kinds of wonderful fragrances.

LESSON
04

Brachot for Mitzvot

Learn the brachot that we say before performing mitzvot



Brachot for Mitzvot

A mitzva is something that God has commanded us to do.

Mitzvot help us live our lives in a Jewish way and do what is right. Before doing many mitzvot, we say a bracha to remind ourselves: "I am about to do something special because God asked me to!"



Before Lighting Shabbat Candles

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר שַׁבָּת

Blessed are You, Adonai, our God, King of the world,
who made us holy with His mitzvot and commanded us
to light the Shabbat candle.



Before Washing Hands

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
עַל נְטִילַת יָדַיִם

Blessed are You, Adonai, our God, King of the world,
who made us holy with His mitzvot and commanded us
to wash our hands.



Before Fixing a Mezuzah to a Doorpost

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְקַבֵּעַ מְזוּזָה

Blessed are You, Adonai, our God, King of the world,
who made us holy with His mitzvot and commanded us
to affix a mezuzah.



Before Learning Torah

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְעִסּוּק בְּדִבְרֵי תוֹרָה

Blessed are You, Adonai, our God, King of the world,
who made us holy with His mitzvot and commanded us
to engage in the words of Torah.



Before Putting on a Tallit

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהִתְעַטֵּף בְּצִיצִית

Blessed are You, Adonai, our God, King of the world,
who made us holy with His mitzvot and commanded us
to wrap oneself with the tzitzit.



Before Putting on Tefillin

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַנִּיחַ תְּפִלִּין

Blessed are You, Adonai, our God, King of the world,
who made us holy with His mitzvot and commanded us
to put on tefillin.



Before Hearing the Blowing of a Shofar

*Note that the mitzva is to **hear** the shofar, not to blow it.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְשִׁמּוֹעַ קוֹל שׁוֹפָר

Blessed are You, Adonai, our God, King of the world,
who made us holy with His mitzvot and commanded us
to hear the sound of the shofar.



Before Sitting in a Sukkah

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לֵישֵׁב בַּסֻּכָּה

Blessed are You, Adonai, our God, King of the world,
who made us holy with His mitzvot and commanded us
to dwell or sit in the sukkah.



Before Shaking the Lulav

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
עַל נְטִילַת לִילָב

Blessed are You, Adonai, our God, King of the world,
who made us holy with His mitzvot and commanded us
concerning the taking of the lulav.



Before Lighting Chanukah Candles

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל חֲנֻכָּה

Blessed are You, Adonai, our God, King of the world,
who made us holy with His mitzvot and commanded us
to light the Chanukah candle.



Before Eating Matzoh

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
עַל אֲכִילַת מַצָּה

Blessed are You, Adonai, our God, King of the world,
who made us holy with His mitzvot and commanded us
concerning the eating of matzah.

LESSON

05

Brachot for Praise and Thanks

Learn about brachot of praise and thanks for God

Brachot of Praise and Thanks



Modeh Ani

When we wake up in the morning, the first thing we should say is 'Modeh Ani', a prayer thanking God for a new day.

מוֹדֶה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם,
שֶׁהַחַיּוֹת בִּי נִשְׁמָתִי בְּחַמְלָה, רַבָּה אֱמוּנָתְךָ

I thank You, living and eternal King,
for giving my soul back to me. You have been very faithful.



Shehecheyanu

A blessing of gratitude: a blessing we say when we reach a special or new occasion, like a holiday, doing a mitzva for the first time, or enjoying something special.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהַחַיּוֹת וְקִיּוּמֵנוּ וְהַגִּיעָנוּ לְזֶמֶן הַזֶּה

Blessed are You, Adonai our God, King of the world,
who has given us life, kept us alive,
and brought us to this special time.



When You See a Rainbow

When we see a rainbow, we remember the story of Noah and God's promise.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
זוֹכֵר הַבְּרִית וְנֹאמָן בְּבְרִיתוֹ וְקִיָּם בְּמַאֲמָרוֹ

Blessed are You, Adonai our God, King of the world,
who remembers the covenant, is faithful to the covenant, and keeps His word.



When you See a Mountain, Sea, River or Natural Wonder

*This blessing is said on seeing striking natural wonders,
including mountains, seas, rivers, deserts and similar sights.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
עוֹשֶׂה מַעֲשֵׂה בְּרָאשִׁית

Blessed are You, Adonai our God, King of the world,
who creates the works of Creation.



When you Hear Thunder

That sound of thunder shows the enormous power of nature.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שׁוֹכַחוֹ וְגִבּוֹרָתוֹ מְלֵא עוֹלָם

Blessed are You, Adonai our God, King of the world,
whose power and strength fill the world.



When you See Lightning

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
עוֹשֶׂה מַעֲשֵׂה בְרָאשִׁית

Blessed are You, Adonai our God, King of the world,
who creates the works of Creation.



When you See an Unusual Creature

*Say this blessing when you see a person or animal with an unusual physical appearance.
It is not specifically a blessing for frightening animals.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
מְשַׁנֵּה הַבְּרִיּוֹת

Blessed are You, Adonai our God, King of the world,
who makes different kinds of creatures.



When you See a Powerful, Awe-inspiring Creature

*When you see certain powerful, awe-inspiring animals,
say a special blessing praising God for the
strength and power found throughout the world.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֹׁכְחוֹ וְגִבּוֹרָתוֹ מְלֵא עוֹלָם

Blessed are You, Adonai our God, King of the world,
whose power and strength fill the world.



The Bathroom Blessing: Asher Yatzar

*This blessing is to recognize that our bodies are amazing,
and to be thankful when they work correctly.
Say this blessing after going to the bathroom.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה,
וּבָרָא בּוֹ נִקְבִּים וְנִקְבִּים, חֲלוּלִים חֲלוּלִים.
נָלוּי וְיָדוּעַ לִפְנֵי כֹסֶא כְבוֹדְךָ,
שָׂאם יִסְתֵּם אֶחָד מֵהֶם,
אוֹ אִם יִפְתַּח אֶחָד מֵהֶם,
אִי אֶפְשָׁר לְהִתְקַיֵּם אֶפְלוּ שְׂעָה אֶחָת.
בָּרוּךְ אַתָּה יְיָ, רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

Blessed are You, Adonai our God, King of the world,
who created human beings with wisdom.
You made our bodies with many openings and organs.
You know how important every part of our bodies is.
If even one part stopped working properly,
we could not live.
Blessed are You, Adonai,
who heals every body and does wonderful things.