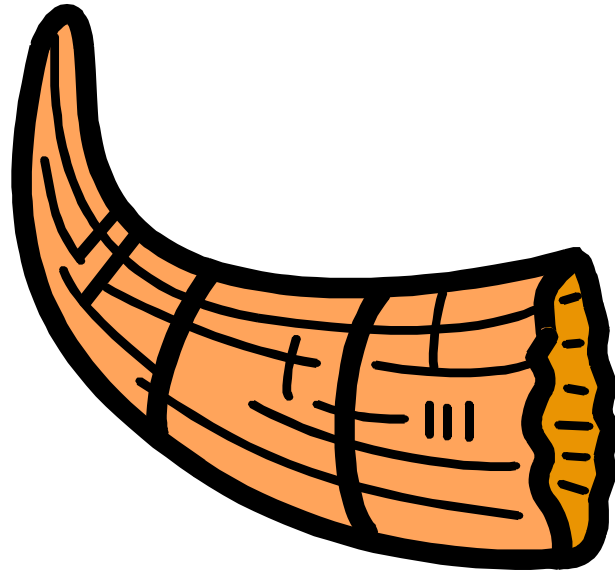
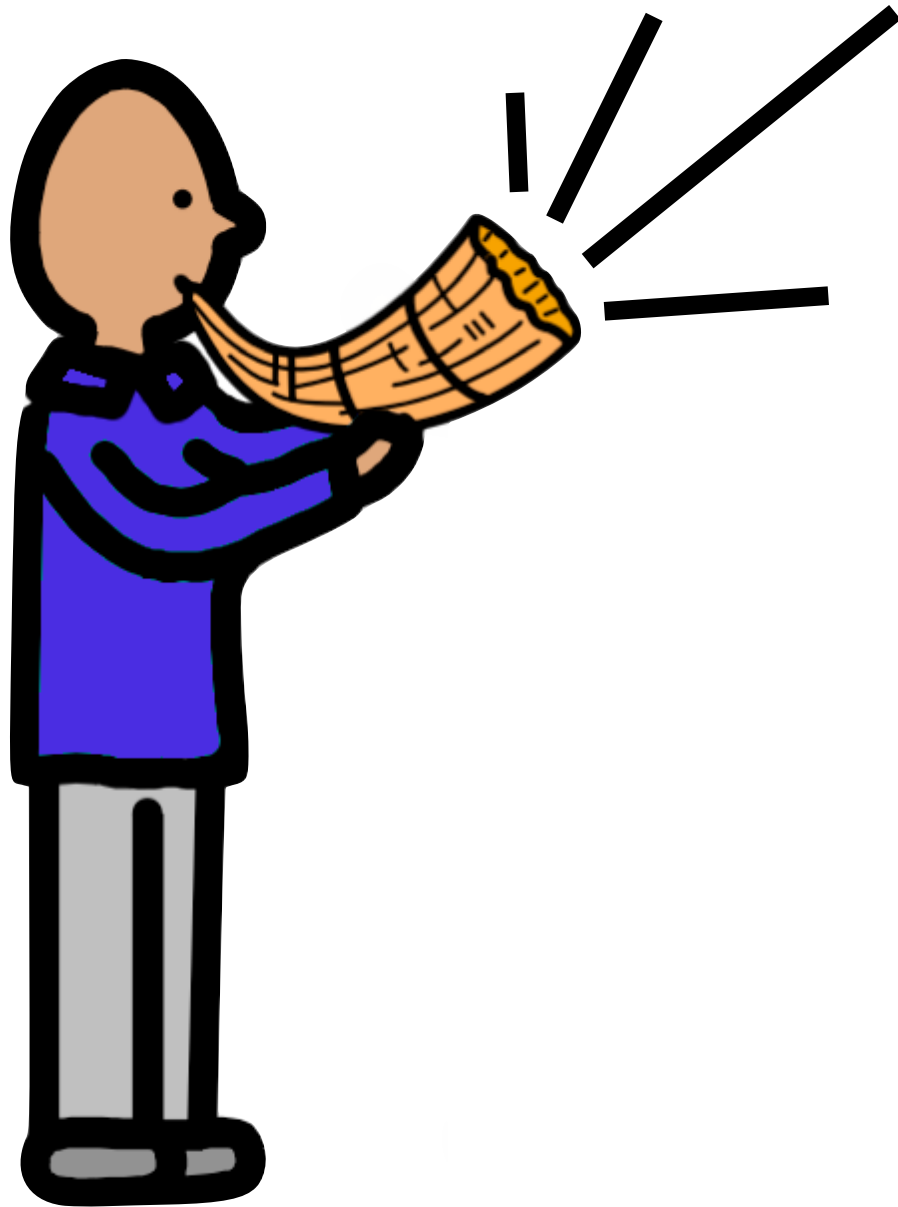


What to Think and Do if the Shofar Sounds too Loud



The shofar is a special instrument. It is made out of a sheep's horn that has been hollowed out. When somebody blows into the shofar it sounds like a trumpet. On Rosh Hashanah a person in temple usually blows the shofar many times.

Blowing the shofar is a special way to show that Rosh Hashanah is an important day.



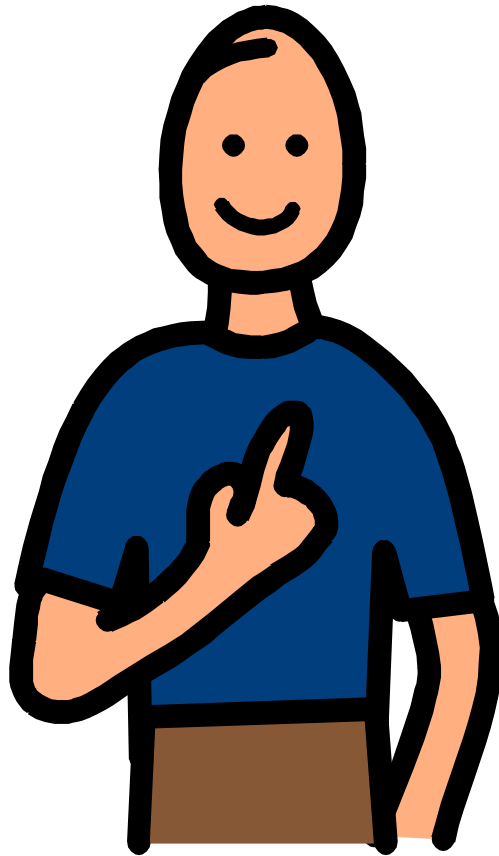
The shofar can make loud sounds.



Loud sounds are okay. Loud sounds cannot hurt people.
When there are loud sounds, people are still safe. When there
are loud sounds, I am safe.



The loud sounds from the shofar can make some people feel uncomfortable.

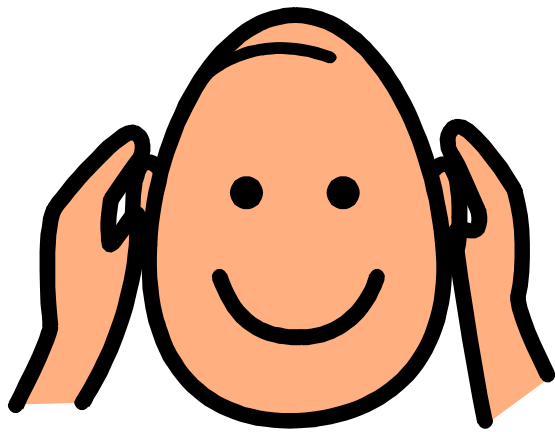


I am learning about things I can think or do if the loud sounds from the shofar make me feel uncomfortable. It is a important to learn what I can think and do to make myself feel better.



When the shofar makes people feel uncomfortable, some people might look at this picture. This picture helps to remind people that they are safe even though there is a loud noise. When people remember that they are safe they might feel better.

If the shofar is too loud, I can try to look at this picture and remember that I am safe.



Some people cover their ears when they hear the shofar.

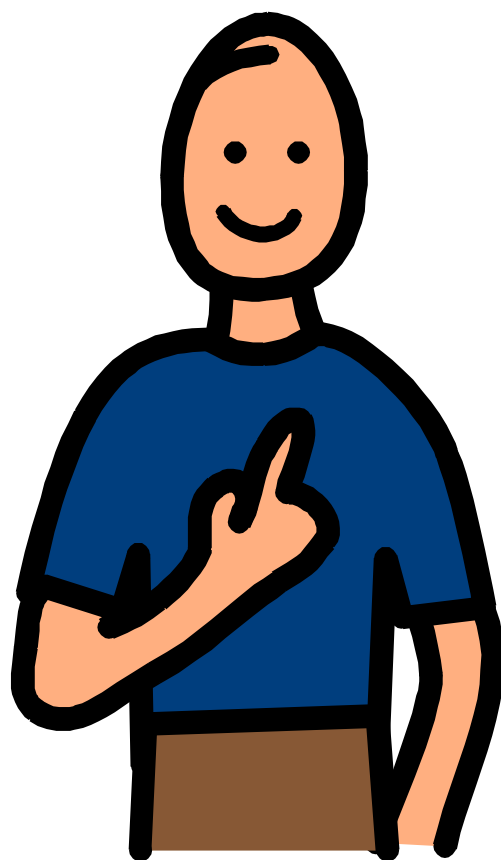
People may cover their ears by using their hands or by putting on headphones. This might make the shofar sound less loud.

If the shofar is too loud, I can try to cover my ears so the shofar will sound less loud.



Some people leave the room when it is time to blow the shofar. The shofar can sound less loud outside of the room. When the shofar blowing is over, they go back into the room.

If the shofar is too loud, I can try to tell my parents that I want to leave the room. My parents might want to leave the room with me. I can try to stay with my parents outside. When the shofar blowing is over, my parents and I might go back inside.



I am learning about things I can think or do if the loud sounds from the shofar make me feel uncomfortable. I am proud of myself for learning about the ways I can make myself feel better if the shofar sounds too loud.