Hebrew School at Home

by Rebecca Redner
Usually I go to Hebrew school each week. Hebrew school is a place where I go to learn about Jewish holidays, Hebrew, prayers, mitzvot, Torah, and more.
But my Hebrew school is closed for a few weeks because of coronavirus, which is also called COVID-19.
Coronavirus is a virus that makes people feel sick, like a cold or the flu. When people have coronavirus they may have a cough or a fever. Most people who have the coronavirus rest at home, and feel better soon. But some people who have coronavirus need help from doctors and nurses in a hospital to feel better.
My community is working hard to keep people healthy and protect them from getting the coronavirus. It is a mitzvah to keep yourself healthy and help other people stay healthy, too.
I am already doing many things to keep myself healthy and help the people around me stay healthy. I wash my hands for twenty seconds with soap and water. I try not to touch my face. And I sneeze and cough into my elbow.
Another way the entire community can help keep people healthy is by staying home for a few weeks. Viruses can travel from person to person. If everybody in the community stays home as much as possible, that makes it harder for the coronavirus to travel to new people and make them sick.
My Hebrew school building is closed so we can help stop the coronavirus from traveling to new people in our community. Closing Hebrew school is one way that my community is helping to keep people healthy.
Usually when Hebrew school is closed because of snow or bad weather I have a fun day off. It’s not a big deal to miss just one day of Hebrew school.

But now my Hebrew school building will be closed for a few weeks. My teachers don’t want me to stop learning for a long time, so for the next few weeks I will be going to Hebrew school at home!
When I go to my Hebrew school building, I listen to my teacher, see my classmates, and do fun activities.

When I go to Hebrew school at home, I use a computer to get messages from my teacher. My teacher will send me activities to do at home. I may even get to see my classmates on the computer screen!
When I go to Hebrew school at home, I will try to follow the same rules that I do on a regular day at Hebrew school. I will try to listen to my teacher and do my work.

Following the regular Hebrew school rules will help me keep up with my work so I will feel confident and ready to go back when my Hebrew school building opens again.
Going to Hebrew school at home is different than my usual routine. When my routine changes I might feel upset or nervous. It’s okay to have these feelings. If I feel upset or nervous, I can talk to a caring adult about how I feel. I can also try to do calming things like listening to music, taking a walk, or taking deep belly breaths.
I'm going to Hebrew school at home so I can stay healthy and help keep the people in my community healthy, too. Hebrew school at home will help me to learn until my Hebrew school building is open again.