



What Is Brachot?

Curriculum Map

This **What is ... Brachot** program is designed to address the topic of Brachot for students with little or no exposure to its observance. It is presented on a deeper level so that there is something new for students who have already learned about the topic of Brachot.

The essence of this program is that Brachot help us stop and then focus and appreciate everything that happens in our lives. Everything in our lives is a gift from Hashem, and stopping several times through our day to appreciate the wonderfulness of that gift from Hashem helps us better connect with Him, and thus helps us become more G-d centered and better people.

Lesson #	Topic	Description
1	Hashem's Wonderful World	The world itself and everything in it is a gift to us from Hashem.
2	Gratitude & Appreciation	Introducing Brachos as the way in which we show gratitude to Hashem for the gift He's given us.
3	The Words of a Bracha	The background and meaning of the words of the Brachos.
4	Brachot on Foods	Going through the different types of foods and the matching Brachos.
5	Brachot for Nature and other Occasions	We say special Brachos for unique experiences of nature as recognition to the Creator. In addition, saying brachos on great people.
6	Brachot for Mitzvot	The reason for doing mitzvos plus the special mitzvos on Jewish holidays and their matching Brachos.
7	Brachot for Special Occasions	Going through extraordinary, miraculous, happy, or even unhappy times when we say Brachos .
8	How to Say a Bracha	The guidelines our Rabbis have given of how to say Brachos from the mindset to the enjoyment of the food.