

# Directions for Study.

1. Practice 5 days a week, at least 20-30 minutes a day

2. Listen to 1-2 words. Pause the recording. Repeat out loud (with melody) 4-5 times

3. Check to make sure you got it right and make any corrections as needed.

4. Go on to the next 1-2 words and repeat this process.

5. Back up to the phrase before the newest one and put it together (like building blocks)

\*\*\*start with your last Aliyah\*\*\*

--Cantor Ida Rae Cahana &  
Cantor Rayna Green

## YOU GOT THIS!!!!

If you have questions,  
want a little extra help, or  
just want to talk about  
your B'nei Mitzvah, email  
us at  
[cantorcahana@bethisrael-  
pdx.org](mailto:cantorcahana@bethisrael-pdx.org) or  
[cantorgreen@bethisrael-  
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