



## DAYENU: I AM ENOUGH

If They had supplied our needs in the desert for forty years and had not fed us the manna, *Dayenu*, it would have sufficed us!

אלו ספק צָרְכֵנוּ בַּמִּדְבָּר אַרְבָּעִים  
שָׁנָה וְלֹא הֶאֱכִילָנוּ אֶת הַמָּן דֵּינוּ

If They had fed us the manna and had not given us the Shabbat, *Dayenu*, it would have sufficed us!

אלו הֶאֱכִילָנוּ אֶת הַמָּן וְלֹא נָתַן  
לָנוּ אֶת הַשַּׁבָּת דֵּינוּ

If They had given us the Shabbat and had not brought us before Mount Sinai, *Dayenu*, it would have sufficed us!

אלו נָתַן לָנוּ אֶת הַשַּׁבָּת וְלֹא  
קָרַבְנוּ לְפָנֵי הַר סִינַי דֵּינוּ

(An Excerpt from the Dayenu Song)

**The Dayenu song is an important and meaningful part of the Passover**

**Seder.** It gives us a chance to express gratitude, to feel joy and, maybe, to have a little fun.

“Dayenu” means “it would have been enough,” and in the song, we express gratitude for everything God did for us as we escaped Egypt.

**Gratitude does not come naturally to everyone, and it is good for our mental well-being to call attention regularly to the things in our lives for which we are grateful.**

It is a great way to reinforce positive thinking. The act of expressing gratitude can encourage our body to produce chemicals that improve our mood and build more cognitive pathways for positive thinking in our brains.

In addition to the things we express gratitude for in the Dayenu, why not try thinking about more things you are grateful for? They can be something you did for yourself or someone else did for you. Then make a version of the Dayenu song unique to you!



