

And you shall teach the Torah to your children and
 speak of it when you sit at home, when you travel,
 before you lie down, and when you wake up

וְשִׁנְנֶתֶם לְבַנְיֵיכֶם וּדְבַרְתֶּם בָּם
 בְּשׁוּבְתְּכֶם בְּבֵיתְכֶם וּבְלֶכְתְּכֶם
 בְּדַרְוֹ וּבְשֹׁכְבְּכֶם וּבְקוּמְכֶם

Learning Torah helps me grow, it
 is the greatest thing for me

**And you shall teach the Torah to your children and
speak of it when you sit at home, when you travel,
before you lie down, and when you wake up**

וְשִׁנַּנְתֶּם לְבַיְתֵיכֶם וּדְבַרְתֶּם בָּם בְּשׁוּבְתֶךָ
בְּבֵיתְךָ וּבְלַכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ

*VE-SHEE-NAN-TOM-LE-VO-NECHO VE-DEE-BAR-TO BOM, BE-
SHIV-TECHO BE-VAI-SE-CHO U-VE-LECH-TECHO VA-DERECH
U-VE-SHOCH-BECHO U-VE-KU-MECHO*

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