

Shabbat Activities

Teaching the Mitzvot of Keeping the Sabbath

As a Family, generate ideas for keeping the Sabbath:



Brainstorming

As a family we can remember the Sabbath by...

As a family we can observe Shabbat by...

As a family we can honor and delight in Shabbat by...

Here are a few ideas to get you started

- It is a tradition to give *tzedakah* (charity) before Shabbat begins. Usually this means that family members place a few coins in a *tzedakah* box. With your family, generate a list of worthy causes.
- Choose Jewish-themed books and/or music to share at Sabbath bedtime or during the day with your children.
- Spend time out in nature on Shabbat by taking a family walk outside and/or having a Shabbat picnic.
- Turn off your electronics, computers, video games, etc. (Set your own time limit)
- Put your cell phone to sleep in a "cell phone sleeping bag."
- Go to Shabbat services, and make a new friend
- Study Torah with a friend
- Sign up to read Torah at services.
- Participate on the Bema
- Play cards or board games
- Read a good book



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Decorative Glass Shabbat Candle Holders

(URJChallahCrumbs.com: Bringing Judaism Home)



This craft for children ages 5 – 10 makes great Sabbath candle holders

Materials:

Glass tea light holders (round or flower-shaped)

Glass paints

Assorted jewels/rhinestones

White glue or glue gun

Tea lights

Directions:

1. Use a combination of glass paints and jewels/rhinestones to decorate each glass candleholder.
2. Leave time to make sure the paints are dry and the jewels are firmly affixed.
3. Put tea lights in.