



Shabbat themed Shabbat Mishpacha

Submitted by: *Marcia Seigal*

Subject Area: Jewish Living and Identity, Holidays, Prayer, Jewish History, Culture & Art.

Target Age Group: Families with young children ranging from preschoolers to first graders.

Lesson Objective:

To teach about Shabbat and to create a comfortable learning environment that helps families with young children integrate Jewish traditions and customs into the fabric of their lives as well as connect to the synagogue. The program attracts many families with young children who are seeking an opportunity to meet other Jews within their demographic. It also appeals to interfaith families who do not possess the skill set to create a Jewish experience and want to gain exposure to Jewish living.

Summary:

The program begins with a short Shabbat service which includes Hinei Mah Tov, The Shalom Song, Modeh Ani, Barchu, Shema, Mi Chamocha, and Miriam's Song as well as a closing song and story connected to Shabbat. Possible books to choose from include Dance, Sing, Remember – A Celebration of Jewish Holidays by Leslie Kimmelman, Tot Shabbat by Camille Kress, and Shalom Shabbat by Susan Remick Topek. Nametags are provided for families as they arrive, as well as instruments for children to play during the service.

After the service, everyone participates in the blessings over the wine and the challah. Next, children may choose from a variety of activities and art projects. Children may concentrate on just one activity, or they can try their hand at them all. Possibilities include braiding challah dough, assembling spice boxes, or making challah covers (see appendix for more information). Plain paper and crayons are also available for children to illustrate their favorite part of Shabbat.



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Finally, the program concludes with the singing of Shalom Chaverim, as well as an invitation to attend next month's program. Handouts relating to Shabbat are distributed to parents as they leave.

APPENDIX:

Braiding Challah Dough

Buy frozen challah dough at the grocery store (or make it from scratch if desired). Separate it into several balls of dough so that each child can work with their own. Place balls onto square sheets of wax paper. Divide the dough into 3 equal parts. Then roll the dough into long ropes. Braid the 3 pieces together, as you would hair. Press down the ends. Leave the loaf long, or push the ends together into a circle. Take home and bake at 350 degrees until golden.

Spice Boxes

In Sephardic tradition, Jews often use fragrant rosewater in small vessels that resemble samovars as spice boxes. In keeping with this ancient tradition, have the children place rose petals into sheer drawstring bags to use during Havdalah with their families.

Challah Covers

You will need:

Rectangular felt squares
Hebrew stencils (for letters chet, lamed, and hay)
Permanent markers
Notions (buttons, yarn, trim, etc.)
Fabric glue

Trace the Hebrew stencils onto the rectangular felt squares to spell "challah". Then glue the notions on as decoration. Children may use the challah covers at home with their families on Friday evening.



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