



Shabbat and Havdalah: A Three Part Lesson Plan

Submitted by: *Talia Rubin*

Subject Area: Jewish Living and Identity

Target Age Group: 2nd Grade - 3rd Grade

Lesson Objective:

This lesson is meant introduce the concepts of Shabbat and Havdalah to young students. They need to know very little about the concepts to be able to participate successfully in this lesson. It's both hands on, and verbal, so that it appeals to different learning styles.

Summary:

LESSON 1: Shabbat Part One

Discussion on the Background of Shabbat:

What are Shabbat candles?

- Shabbat brings light into your universe, and you symbolize this by lighting candles. You escape from the world during this time. Moms and dads and kids come closer together.

What is Shabbat Dinner?

- The main meal of the week (and a festive one at that) in Jewish households in Israel and around the world is the Friday night dinner, **Aruchat Shabbat** (ah-roo-*chaht* shah-*baht*). The meal begins after sundown. Because **Aruchat Shabbat** is the focal point of the week, families often set the table with a **Mapah Levanah** (mah-*pah* leh-vah-*nah*; white tablecloth) and their prettiest dishes. Atop the table sits the **Kos L'Kiddush** (kos leh-kee-*doosh*; Kiddush cup), which is held when the blessing over the Sabbath day is said. Before the meal, Jewish people sing a song to welcome Sabbath angels and follow it with **Brachot** (brah-*choht*; blessings) over the **Yayin** (yah-*yeen*; wine) and **Lechem** (leh-*chehm* bread)



Shabbat and Havdalah: A Three Part Lesson Plan

Submitted by: *Talia Rubin*

- In some traditional households, people ritually wash their hands — this act is called **Netilat Yadaim** (neh-tee-*laht* yah-dye-*eem*) — before consuming bread.

▪

Why do we eat Challah?

- Challah is a reference to the Positive Mitzvah #133. It talks about separating a section of dough from the bread you are going to make and giving it to the Kohain. THIS piece of dough is called "Challah"- so that means, the bread we eat is JUST bread, NOT Challah, but this term has evolved over the years.

▪

What are some traditions that families observe on Shabbat?

1. Give TZEDAKAH before lighting the Shabbat candles.
2. Bless your children.
3. Bless your spouse. (Traditionally the husband recites EISHET CHAYIL [A Woman of Valor]).
4. Use Shabbat to talk and deepen your relationship with your family and friends.
5. Do special family activities on Shabbat. (Play together, take a walk in the park, attend worship services, tell stories, sing songs. Visit and spend time with relatives and/or friends on Shabbat.)
6. Study on Shabbat (TALMUD TORAH).
7. Invite guests to the community to celebrate Shabbat with you.
8. Try to perform the mitzvot of visiting the sick.

Vocabulary/Terms (students should be able to identify at the end of the lesson):

- “Neshama Y'teira”: Our additional soul on Shabbat
- “Challah”: Bread eaten on Shabbat

Review Shabbat Blessings (candles, wine, hands, challah)

Shabbat Stations to begin the “Ultimate Shabbat Survival Kit”:

- Read Shabbat Book



Shabbat and Havdalah: A Three Part Lesson Plan

Submitted by: *Talia Rubin*

- Make origami candles/wine cup (decorate wine cup that they sit in)- Found in “Jewish Origami 2” by Florence Temko
- Color Shabbat picture to laminate and make into a place mat

Workbook (“Shalom Alef Bet- A Pre-Primer for Shalom Uvrachah”): Complete approximately 5 pages

Quiz Bowl Review Game (directions at the end)

LESSON 2: Shabbat Part Two

Discussion on Shabbat Foods:

- **Challah:** you take a tiny pinch off the challah and throw it in the oven as an offering reminder of the days when there was a temple and there were a variety of temple offerings on Erev Shabbat.
 - we should have two challahs on Friday evening to remember the two helpings of manna from god.
 - many people dip their challah in salt or sprinkle salt on the bread to remember the days of the temple when salt was sprinkled on the offerings. It is also a way to remember the tears of the people who could not celebrate Shabbat because of a variety of historical edicts.
- **Kiddush:** doing Kiddush and looking at just the consonants of this word (the root) also means holy and how it makes the moment holy.

New Vocabulary/Terms (students should be able to identify at the end of the lesson):

- Challah: (Above)
- Kiddush: “blessing recited over the wine at the beginning of Shabbat”

Shabbat Stations to continue “Ultimate Shabbat Survival Kit”:

- Make Challot: rolling three balls and than three snakes from pre-made dough
- Make out own grape juice: use juice squeezer



Shabbat and Havdalah: A Three Part Lesson Plan

Submitted by: *Talia Rubin*

Workbook (“Shalom Alef Bet- A Pre-Primer for Shalom Uvrachah”): Complete approximately 5 pages

Essential Questions: (may be used for quiz bowl questions)

- Why do Jews eat Challah?
- Why do we take a special portion of the Challah out? What's it called?
- Why do we sprinkle salt on the Challah?
- Why do Jews drink wine on Shabbat?

Quiz Bowl Review Game (directions at the end)

LESSON 3: Havdalah

Discussion on the Background of Havdalah: (vocabulary included)

- Separation: “Havdalah”
- Shabbat begins and ends with this item: wine
- A candle with many wicks: Havdalah candle
- Sweet smelling spices (cinnamon and cloves) used for Havdalah: b'samim
- Shabbat ends when we can see three of these in the night sky: stars
- Meaning 'have a good week': “Shavuah Tov”
- The prophet who will bring the Messiah: Eliyahu

Shabbat Stations to Continue the “Ultimate Shabbat Survival Kit”:

- Make Havdalah spice boxes
- Read a Havdalah story
- Make a Havdalah/shabbat story book to read to your family
- Go to the computer lab and do some havdalah games online at:
<http://www.quia.com/jg/364819.html>
- Learn some Havdalah songs

Workbook (“Shalom Alef Bet- A Pre-Primer for Shalom Uvrachah”): Complete approximately 5 pages



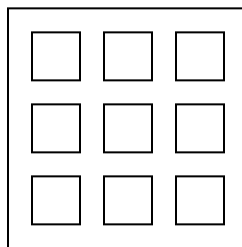
Shabbat and Havdalah: A Three Part Lesson Plan

Submitted by: *Talia Rubin*

Quiz Bowl Review Game (directions at the end)

SUPPLIES for All 3 Lessons:

- Workbook: “Shalom Alef Bet- A Pre-Primer for Shalom Uvrachah” by Pearl Tarnor
- Origami book: “Jewish Origami 2” by Florence Temko
- Quiz Bowl Review Game:
 - Directions: Take a large piece of paper or foam core and make 9 pockets in it (laid out in a similar fashion to “Tick-tack-toe”) Place a piece of one of the two sides of Velcro on each pocket. This board will be reused every time the review game is played. Next, for each class, make nine note cards pertaining to the material taught that day, and place them face-down in the pockets. Cut out 4 X’s and 4 O’s, then place the remaining side of the Velcro on the backside of each to secure to the pieces on the game board as they are won (these pieces will also be reused during each game). The class should be divided into 2 teams, and the first team to get tick-tack-toe with the correct answers wins!



Helpful Sources:

<http://www.dummies.com/WileyCDA/DummiesArticle/id-1898,subcat-LANGUAGE.html>