

RE: Shabbat - Judaism

Shabbat is important to Jewish people because:

- The rest from work is important for everyone.
- They remember how God rested on the seventh day after creation.
- Shabbat and the Friday night meal can help Jewish families to feel closer to God
- Shabbat lasts from sunset on Friday to sunset on Saturday, and there are symbols that mark its beginning and its end.



Key Vocabulary:

Shabbat – the day of rest for Jewish people. *Sabbath is another word people use*

Challah – special plaited bread for Shabbat, there are usually 2 loaves

Havdalah – the ceremony which marks the end of Shabbat, on Saturday night

Kippah – a small cap, often worn by Jewish men and boys

Spice box – a small box containing spices to help remember the sweet smell of Shabbat

Creation – the first story in the Torah, when God made the world (and rested on the 7th day)



challah
bread



kippah



kiddush
cup



plaited
candle



day one - heavens earth light

day two - sky

day three - land, water, plants



day four - sun,
moon, stars

day five - fish, birds

day six -
animals, man

day seven -
rest, Sabbath God

Previous Knowledge - Special times for them and their peers, the creation story