

RE Judaism: The Shabbat

Shabbat (Meaning Sabbath or Rest)

Shabbat is the 7th day of the week for Jewish people. God created the world in 6 days and on the 7th day, he rested. Jews believe that this is a model for their weekly lives and make the 7th day an important rest day. Watch these clips to find out a little more about what Shabbat is and how it is celebrated:

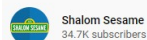
1: Children celebrating at school together:

https://www.youtube.com/watch?v=k5UQXz_wHmQ



Shalom Sesame: Celebrating Shabbat

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2: Shabbat; an introduction:

<https://www.youtube.com/watch?v=vjmiZWXXKFY>



What is Shabbat? Intro to the Jewish Sabbath

BimBam

YouTube - 15 Mar 2018

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Jewish families keep this rest day as a holy day in similar ways. Some things will stay the same such as 'welcoming the Shabbat', but other things such as what you are allowed to do and not allowed to do, will be different depending on how strictly your family celebrate this festival day.

Watch this Jewish family welcoming in their grandparents to their Shabbat. It is a great family time and, like most Jewish festivals, everyone has a role to play.

<https://www.bbc.co.uk/bitesize/clips/z3hyr82>



Activity: Design your perfect Shabbat Day (Day of complete rest). Remember that NO WORK is allowed on this day. How will you make sure that everyone in your house gets a good rest? What family activities could you do together? You can plan your Shabbat Day however you like. You could create a timetable for the day, draw a comic strip or plan a morning, afternoon and evening activity. Importantly, how will you welcome the Shabbat with your family and how will you end your Shabbat Day together? As you think about what you could do, remember to play games, sing songs, you could bake something or eat the foods you like the best... As long as it's fun and as long as it gives you a restful day!