

1.12 Shabbat שַׁבָּת

This is the beginning of two lessons on Shabbat שַׁבָּת. During these two weeks we will be learning the creation story and understanding how our daily lives reflect the creation of the world. We work and create for six days and we rest on Shabbat שַׁבָּת, the seventh day. We also explore how we need both holy (*kadosh* קְדוֹשׁ) and secular (*chol* חוֹל) times in our lives and that the *Havdalah* הַבְּדִלָּה ceremony creates the separation between the holiness of Shabbat שַׁבָּת and days of creation of the school and work week. This week we will experience *Havdalah* הַבְּדִלָּה, specifically focusing on the smell, the *besamim* of *Havdalah* הַבְּדִלָּה and the beginning of the creation story. Students will brainstorm things we do on Shabbat שַׁבָּת and then take pictures of themselves enacting those activities. The *Milah Ivrit* מִילָה עִבְרִית is *Havdalah* הַבְּדִלָּה and the student engage with most of their senses today sight, touch, sound, smell, and movement.

Enduring Understanding

- Shabbat שַׁבָּת, a weekly day of rest and celebration, is a central component of Jewish life.
- *Shabbat* שַׁבָּת is a weekly re-creation of God's rest at the end of the creation of the world.
- We need both holy (*kadosh* קְדוֹשׁ) and secular (*chol* חוֹל) times in our lives and the *Havdalah* הַבְּדִלָּה ceremony creates the separation between the holiness of Shabbat שַׁבָּת and the school and work week.

Essential Questions

- How do our lives mirror the experience of creation?
- How do we separate holy time from secular time?

Unit Learning Goals

By the end of this lesson, students will understand that:

- *Havdalah* is the multisensory ceremony we use to end Shabbat שַׁבָּת, separating the rest of Shabbat שַׁבָּת from the creation of the week.
- In our daily lives, we act like God in our work of creation of the world and rest.

Lesson Overview

Activity 1	Welcome: Spice Dough	Slide 3	8-10 minutes
Activity 2	<i>Havdalah</i> הַבְּדִלָּה	Slide 4	10-15 minutes
Activity 3	Creation	Slide 5	8-12 minutes
Activity 4	Shabbat שַׁבָּת Activities	Slide 6	20-25 minutes
Wrap Up	Closing, Days of Creation Song and <i>L'hitraot</i> לְהִתְרַאוֹת	Slide 7	5-8 minutes
Extension Activity	Books and Videos on Creation <ul style="list-style-type: none"> • <i>The Candlewick</i> by Jennifer Rosner • <i>Joseph and the Sabbath Fish</i> Video • <i>Good Shabbas</i> Video 		

Supplies

- Computer/Projector/Speakers

- Lesson slideshow
 - *Havdalah* הַבְּדִלָּה Sign
 - Plain flour
 - Water
 - Salt
 - Cream of tartar
 - Cinnamon, cardamom, dried orange peels
 - *Havdalah* הַבְּדִלָּה candle
 - Spices
 - Grape Juice
 - Cup
 - Matches
 - Havdalah הַבְּדִלָּה Ceremony (<http://www.jewfaq.org/havdalahref.htm>)
 - Havdalah הַבְּדִלָּה Video <https://youtu.be/Gebsb-po8jY>
 - Havdalah הַבְּדִלָּה sign
 - Creation Video https://youtu.be/ean_aMNkAgM
 - Camera (phones work great)
 - Props for pictures (challah, Kiddush cup, candles, etc.)
 - Days of Creation song <https://youtu.be/u7HgGU-Cr7U>
 - Books and Videos on creation*
 - *The Candlewick* by Jennifer Rosner*
 - *Eric Reads "Joseph and the Sabbath Fish"* Video* <https://vimeo.com/29074663>*
 - *Good Shabbos* Video* <https://youtu.be/K7maoNGTL2w?list=PLtZ59vn6nOc1hGuFUjCgzvVwlzilBqOH>
- * denotes the supply is for an extension activity.

Things to Think About Ahead of Time

- Each day you will want to hang a copy of the word of the day either at the door or on a board, somewhere the students can see it when they first walk into the room.
- You will need to make a batch of spice dough ahead of class. This simple recipe should only take a few minutes, but if you want to add orange peels you will need to leave them out in the open air for about a week in advance. Follow this recipe to prepare the spice dough. <https://craftulate.com/homemade-herb-and-spice-play-dough> For the spices, use cinnamon, cardamom, dried orange peels, and other spices you may associate with *Havdalah* הַבְּדִלָּה. <https://craftulate.com/homemade-herb-and-spice-play-dough> (1.12 Spice Dough)

<p><i>Intro/Welcome: Spice Dough</i></p> <p>Slide 3</p> <p>8-10 minutes</p> <p>Supplies</p> <ul style="list-style-type: none"> ● Plain flour ● Water ● Salt 	<p><i>Intro/Welcome: Spice Dough</i></p> <p>As students walk into the room, have spice dough out on the table for them to explore.</p>
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<ul style="list-style-type: none"> • Cream of tartar • Cinnamon, cardamom, dried orange peels 	
<p>Havdalah הַבְּדִלָּה</p> <p>Slide 4</p> <p>10-15 minutes</p> <p>Supplies</p> <ul style="list-style-type: none"> • Havdalah הַבְּדִלָּה candle • Spices • Grape Juice • Cup • Matches • Havdalah הַבְּדִלָּה Video • Havdalah הַבְּדִלָּה sign <p>1.12 Videos and Handouts</p> <p>1.12 Havdalah Blessings</p> <p>1.12 Havdalah Ceremony</p>	<p>Havdalah הַבְּדִלָּה</p> <p>Have the class join together in a standing circle. Do <i>Havdalah</i> הַבְּדִלָּה with the students. You can use this video to follow along https://youtu.be/Gebsb-po8jY https://safesha.re/7zh</p> <p>Have the students sit and discuss that <i>Havdalah</i> הַבְּדִלָּה is the ceremony we use to separate Shabbat שַׁבָּת from the rest of the week. http://www.jewfaq.org/havdalahref.htm</p> <p>It is the end of Shabbat שַׁבָּת and we do it when we can see three stars in the sky. The word <i>Havdalah</i> הַבְּדִלָּה comes from the root word to separate. We are separating the holiness (<i>kadosh</i> קְדוּשָׁה) of the time of Shabbat שַׁבָּת from the school and work week.</p> <p>Discuss what the students saw, smelled, heard, and touched during the <i>Havdalah</i> הַבְּדִלָּה ceremony. (Also connect back the smell to the spice dough).</p> <p><i>Havdalah</i> הַבְּדִלָּה is the <i>Milah Ivrit</i> עִבְרִית מִילָה today.</p>
<p>Creation</p> <p>Slide 5</p> <p>8-12 minutes</p> <p>Supplies</p> <ul style="list-style-type: none"> • Creation video <p>1.12 Videos and Handouts</p> <p>1.12 Creation</p>	<p>Creation</p> <p>What does it mean to create something? Who has heard the story of creation of the world? Gather whatever the students already know.</p> <p>Share with the students that each day, God created a part of the world. God created a different part each day for an entire week, six days. What do they think happened on the seventh day? God rested, that became Shabbat שַׁבָּת.</p> <p>We are acting like God in our world today. For six days each week we create, play, take care of each other, and make the world a good and interesting place. We go to school and adults go to work. And then on the seventh days, one day each week, we rest and appreciate the world we have helped create.</p> <p>Let's first watch a video about creation and then we will start creating. https://youtu.be/ean_aMNkAgM https://safesha.re/7zi</p>

<p>Shabbat Activities שַׁבָּת</p> <p>Slide 6</p> <p>20-25 minutes</p> <p>Supplies</p> <ul style="list-style-type: none"> • Camera (phones work great) • Glue • Props for pictures (challah, Kiddush cup, candles, etc.) 	<p>Shabbat שַׁבָּת Activities</p> <p>How do we celebrate Shabbat שַׁבָּת? Generate a list of ideas such as:</p> <ul style="list-style-type: none"> • Rest • Be with your community • Go to synagogue or temple • Read Torah • Light Shabbat שַׁבָּת candles • Eat challah • Havdalah הַבְּדֵלָה • Spend time with friends and family <p>Ask your students to act out different parts of Shabbat שַׁבָּת (resting, playing with friends, in the sanctuary, near a Torah, lighting candles, Kiddush, Hamotzi) and take pictures of them.</p>
<p>Wrap Up: “Seven Days” Song and L’hitraot לְהִתְרַאוֹת</p> <p>Slide 7</p> <p>5-8 minutes</p> <p>Supplies</p> <ul style="list-style-type: none"> • “Seven Days” song <p>1.12 Videos and Handouts 1.12 Seven Days</p>	<p>Wrap Up: “Seven Days” Song</p> <p>Listen to the “Seven Days” song (https://youtu.be/u7HgGU-Cr7U) https://safesha.re/7zk and sing along with the chorus which tells what happens on each day of creation.</p> <p>L’hitraot! לְהִתְרַאוֹת</p>

<p><i>Extension Activities</i></p> <p>Supplies</p> <ul style="list-style-type: none"> • Book about creation • <i>The Candlewick</i> by Jennifer Rosner • <i>Joseph and the Sabbath Fish</i> Video • <i>Good Shabbos</i> Video <p><u>1.12 Videos and Handouts</u></p> <p>1.12 Joseph and the Sabbath Fish</p> <p>1.12 Six13 - Good Shabbos</p>	<p><i>Extension Activities</i></p> <ul style="list-style-type: none"> • Read a book about the creation of the world. There are many great ones to choose from. • Read <i>The Candlewick</i> by Jennifer Rosner • Video: <i>Joseph and the Sabbath Fish</i> https://vimeo.com/29074663 • Video: <i>Good Shabbos</i> https://youtu.be/K7maoNGTL2w?list=PLtZ59vn6nOc1hGuFUjCqznvVwlzilBqOH https://safesha.re/7zl
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