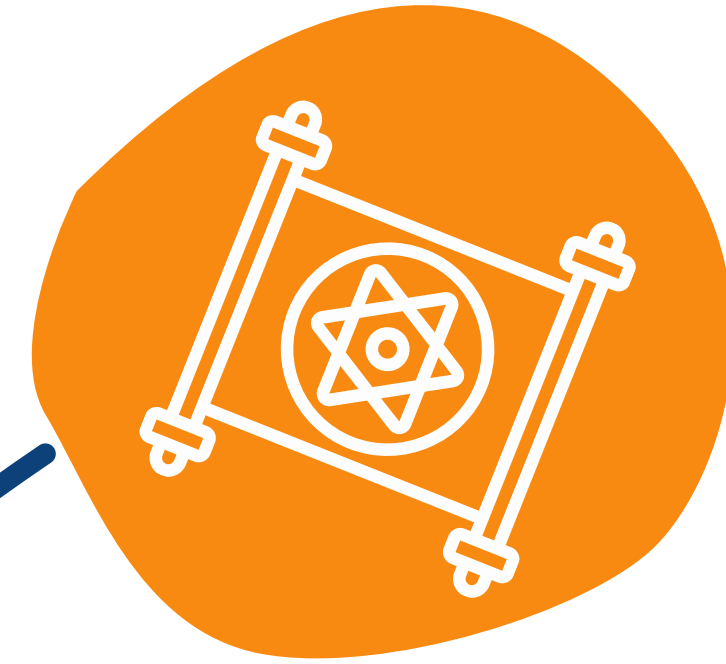




How to Bring Shabbat to Life with Grandchildren



Jonathan Shmidt Chapman



Connecting the dots between the fields of
the **performing arts** and **Jewish education**
to **inspire children and families.**

Scavenger Hunt

- Paper
- Pen or markers
- Flashlight (phone flashlight)
- Cotton balls

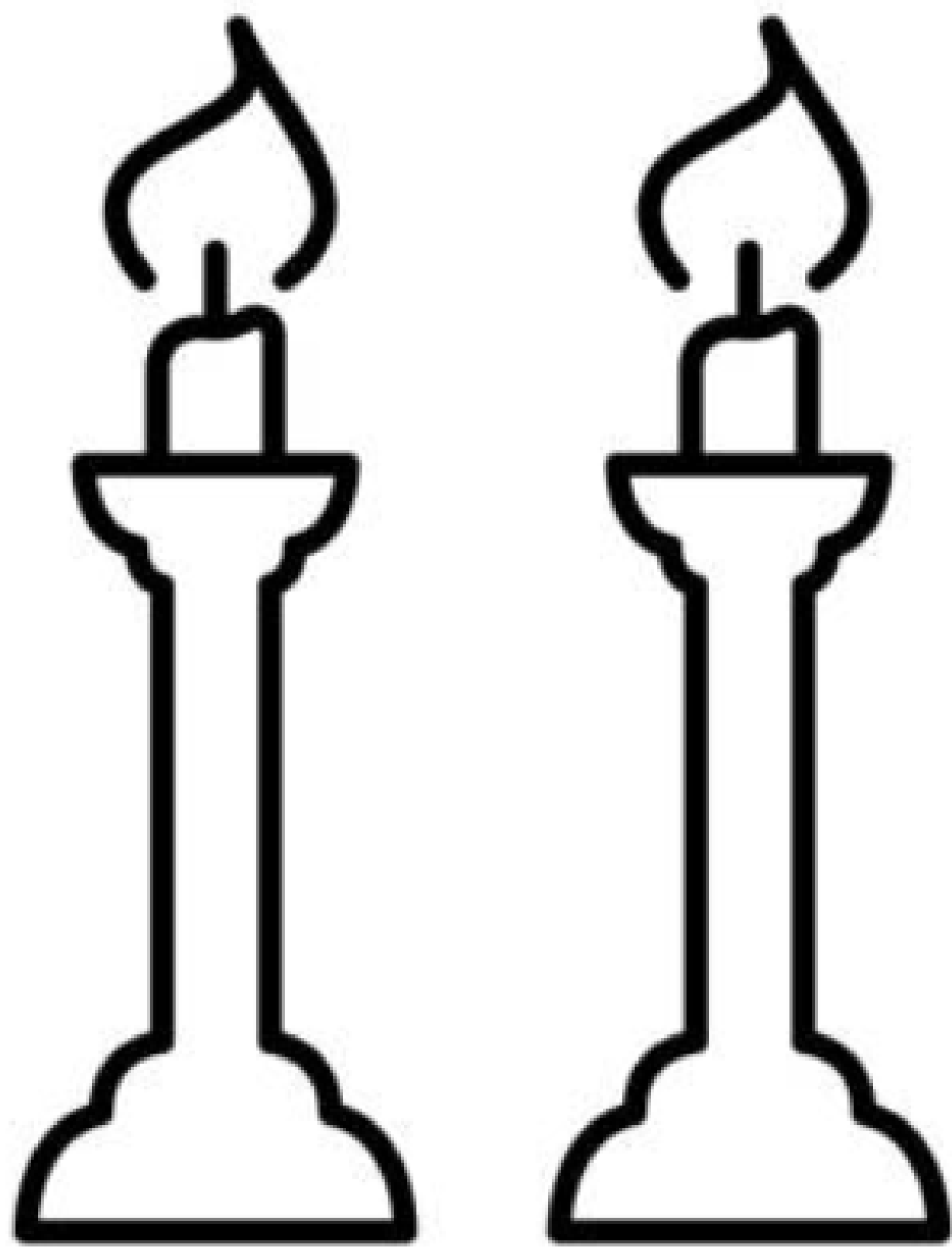
Workshop Plan

- Exploring Shabbat
- JGN Shabbat Discovery Kit
- Activity Ideas and Demonstrations
- Reflection & Questions

When you hear the word
Shabbat, what are the
immediate images,
associations, and memories
that come to mind?

How do you currently
take time in your week to
reflect and recharge?

WARM UP









Introducing the **SHABBAT DISCOVERY KIT**

SECTIONS OF THE SHABBAT DISCOVERY KIT



- 1** **Creation and Rest — The Why Behind Shabbat:** Discover the origins of Shabbat through a hands-on exploration of the biblical story of Creation and discuss the relationship between creativity and rest.
- 2** **Welcoming Shabbat — Customs and Rituals:** Learn how to bring Shabbat to life each week with your grandchild, from welcoming Shabbat with lighting candles on Friday night to marking the beginning of the new week with the Havdalah ritual.
- 3** **A Chance to Connect — Making Shabbat Meaningful:** Think about how you can experience Shabbat each week by creating your own rituals together — making time to look back, look forward, and take a breath.

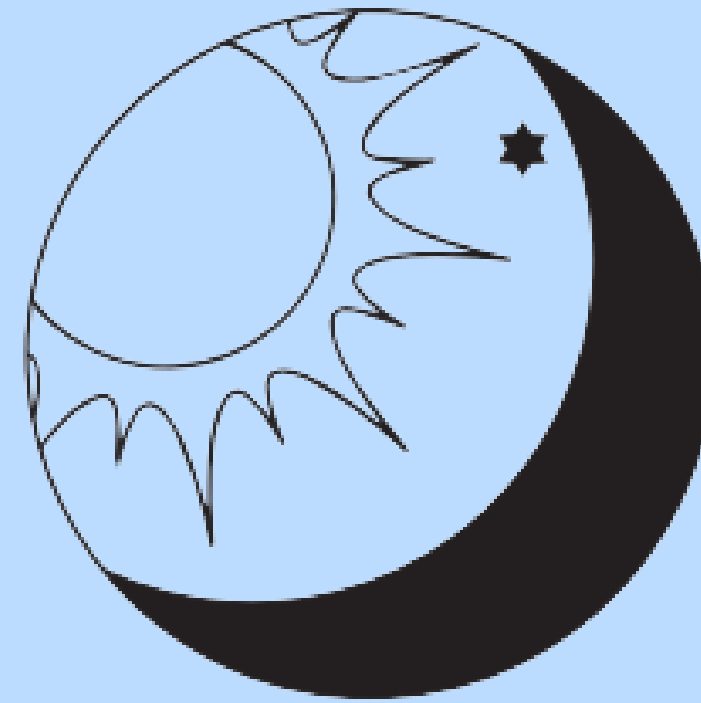
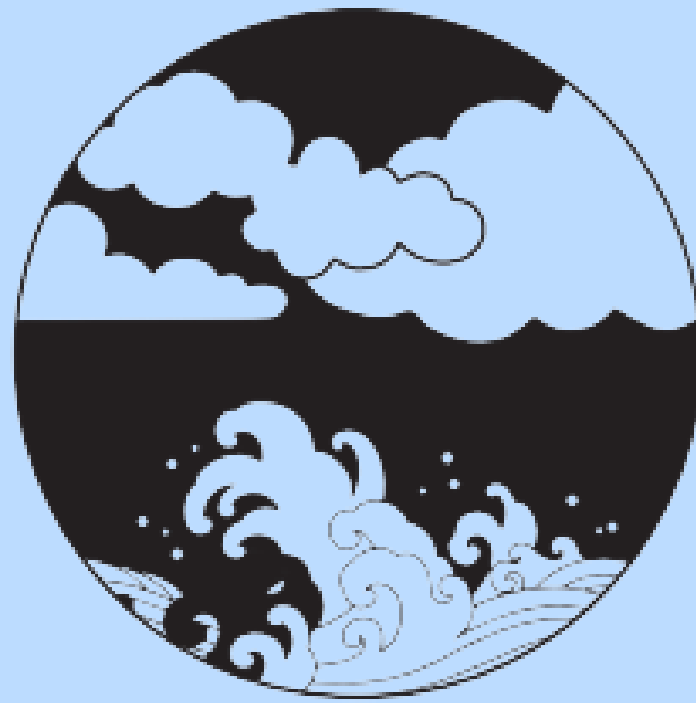
THE STORY OF THE FIRST SHABBAT



How was the whole world created? Some say it happened with a big bang. Others believe it started with a tiny spark of light. Here is one version of the story, found in the Torah.

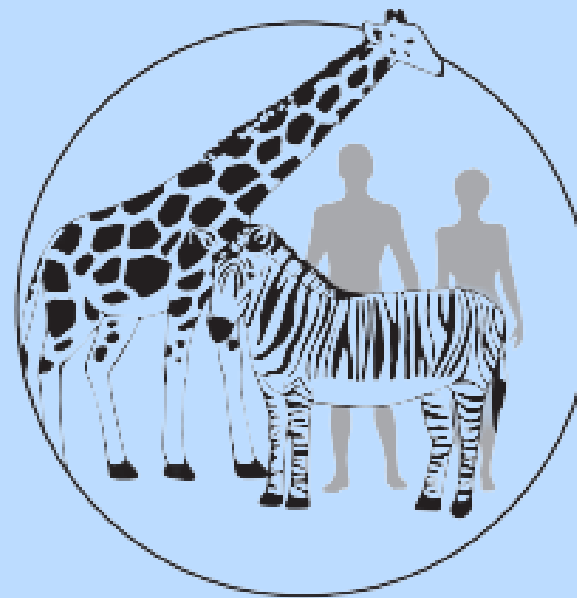
A long, long time ago, there was nothing at all. God decided it was time to make something. God created a bright light that lit up the darkness. And God saw that it was good.

THE STORY OF THE FIRST SHABBAT



Once there was light, God created the sky above and the land and sea below. The moon lit up the night sky, and the sun warmed the Earth. After that, birds flew with wings stretched wide, and fish swam with wiggling tails.

THE STORY OF THE FIRST SHABBAT



After that, birds flew with wings stretched wide, and fish swam with wiggling tails. Next, animals roared and crawled and leaped and prowled. Finally, God created humans. It was a very busy week. After all of that creating, God decided it was time to rest. Every creature spent the day relaxing and enjoying the beauty around them. This was the world's first Shabbat.

THE STORY OF THE FIRST SHABBAT



The Jewish people have continued this tradition for thousands of years. Each week, we learn and create and grow. And at the end of the week, we take a rest — to breathe, relax, recharge, and be together enjoying the beauty in the world — before beginning the week again.



Days of Creation Challenge

Activity Demo

- Explore Light & Dark
- Create Clouds
- Make Birds and Fish



What Did I Create This Week?

Shabbat Share Template

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Things I Made						
Activities I Enjoyed						
Things I Learned						
Ways I Recharge (Saturday/ Shabbat)						

Why do you think it is
important to instill the
value of Shabbat with
your grandchildren?



Creative Ways to Explore Shabbat Customs



Lecha Dodi Parade: Ritual of Welcoming Shabbat Together



Bake Challah and Make Homemade Grape Juice Together



Blend Your Besamim for Havdalah: Saying Goodbye to Shabbat



Write Your Own “Grandblessing”



May you be [insert positive adjective] like [insert a person who you admire or respect or an animal whose traits you want to emulate].

Examples: “May you be kind like your greatgrandfather Joseph” or “May you be as wise as an owl.”



**May this week bring you [insert word
or phrase].**

Example: May this week bring you lots of giggles.



May you always feel [insert word or phrase] and [insert word or phrase] wherever you go.

Example: May you always feel confident and courageous in speaking up for the good of others wherever you go.

May you be [insert positive adjective] like [insert a person who you admire or respect or an animal whose traits you want to emulate].



May this week bring you [insert word or phrase].

May you always feel [insert word or phrase] and [insert word or phrase] wherever you go.

Write and Share Your Own Grandblessing

**How can you use
these ideas to bring
Shabbat to life?**

**What questions do
you have?**



Thank You! Reach me at
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