

Key vocabulary

1	Sabbath	The holy day of the week for Jews
2	Shabbat	'Rest' - the celebration of the Sabbath
3	Synagogue	Jewish place of worship
4	Havdalah	The end of Shabbat
5	Kiddush cup	A special cup holding wine for blessings during Shabbat
6	Torah	The Jewish holy book

Key Questions

Why is Shabbat important to Jewish children?

How does it feel to share special food together?

Would a Jewish child go out with their friends on Shabbat?

How is Shabbat celebrated?

Key learning

We are learning to empathise with Jewish children by understanding what they do during Shabbat and why it is important to them.

1	Shabbat is celebrated on the seventh day of the week (Saturday) as this is the day that God rested after creating the world. Jewish people celebrate Sabbath because God asked them to keep it holy.
2	In Jewish law, no-one can light a fire during Shabbat, so someone in every Jewish home lights candles just before Shabbat. 
3	On a Friday evening, Jewish families will come together for a special meal. No work can be done and families will visit the Synagogue.  
4	Wine or grape juice is shared in a Kiddush cup and a sweet bread called Challah bread is eaten.  
5	Havdalah is the end of Shabbat, when a special candle is lit and prayers are read. 