



Summer 1: Judaism Shabbat

Is Shabbat important to Jewish children?

Key Terms

Shabbat	A day of rest
Kippah	Skull cap
Tenakh	Jewish holy book

Core Knowledge

The Tenakh contains core beliefs and stories including the creation story – 6 days of work, 1 day of rest.

Jewish week starts on a Sunday, Saturday is the 7th day – Shabbat.

One of the 10 commandments is to 'Honour the Sabbath'.

Shabbath – no work should be attempted from sunset on Friday until sunset on Saturday.

The start of Shabbat is marked with a special meal and ceremony in the home.

The kippah is worn as a sign of respect to God.

Impact on believers

Jews need to make sure that they are prepared for the Sabbath by doing all their work beforehand.

Questions

Why might it be a good idea to have a day away from work?

What other things could we think about on this day?

What do Jews thank God for on this day.

What do we have to be thankful for?

What could the whole family do together?

How special are the activities we do?

