

Why do people say "Shabbat Shalom"?

Shabbat Shalom means "a peaceful sabbath." Shabbat is a day to stop and rest; a day to replenish your energy, reconnect with your family and friends, and appreciate the beauty of the world. Jewish mystics of the 1600s taught that Shabbat bridges the physical needs of the work week with the spiritual needs of the soul to foster inner peace and spread peace throughout the world.

The Talmud, a code of Jewish laws and customs, teaches even our speech should be different on Shabbat. Shabbat Shalom – wishing one another peace – became a traditional greeting.

Follow this maze through the six days of Creation to enjoy Shabbat and a day of rest.



Many Jewish families start Shabbat by blessing their children. The traditional blessing enables parents to express their hopes for, and appreciation of, their children. Use the traditional blessing or make up your own.

For more information, watch this animated video:
bit.ly/blessing-children

Days of Creation

- Day 1 – Light from darkness
- Day 2 – Sky and clouds above, waters below
- Day 3 – Dry land and things that grow
- Day 4 – Sun, moon, and stars
- Day 5 – Fish and birds
- Day 6 – Land animals and humans
- Day 7 – God rested / Shabbat