Creative Havdalah Programming
Havdalah-Its Meaning and Significance

• Hebrew roots:
  Hevdel - בהדל
  - Difference
  ל’הבדיל - L’Havdil
  - To divide, to separate

Havdalah:
• Serves as the dividing line between Shabbat and the rest of the week
• Eases the sadness that we feel as we separate from Shabbat
• Designed to help us begin the new week with joy
Why Hold PJ Havdalah Programs?

• Kids can attend wearing PJ’s
• Enables families to experience joys of a short Jewish communal celebration
• Havdalah can be simply and easily replicated in the home
• Havdalah involves all 5 senses—relates to ways in which kids learn best
• Havdalah explores theme of transition—a theme that resonates with families
Program Elements

**Setting**
- Public Space, Museums, Synagogues, JCC, Travelling Planetarium Tent

**Theme:**
- Havdalah Basics
- Hiddur Mittzvah
- Transitions
- Other

**Activities**
- Intro
- Follow-up
- Snack
- Entertainment

**Story**
- Havdalah Story
- Non Havdalah Story
- Shabbat Story

Havdalah Ceremony
Havdalah Programs from the Field

Congregation Ner Tamid Sisterhood, PJ Library* & KANTOR EARLY CHILDHOOD EDUCATION CENTER

Hey everyone, it’s PAJAMA TIME!

You are invited to the annual

PJ HAVDALLAH
SATURDAY, JANUARY 9, 2010
6:00-7:00 P.M.

Families with preschoolers (whether they are your children or grand-children) are invited to don their favorite jammies (AND YOU, TOO!) for this awesome event, which will include an art project, cookies & cocoa, singing, story, and a short Havdallah service.

Amanda Harris from PJ Library will be joining us!

There is no “paid” fee. Instead, admission is one new children’s book (per family), which will be donated to a child in need.

We hope you can join us!!!

* PJ Library is sponsored by the Jewish Federation of Las Vegas & the Greenspun Family Foundation

The PJ Library
JEWISH BEDTIME STORIES & SONGS FOR FAMILIES

JOIN PJ LIBRARY AT CONGREGATION OR CHADASH FOR OUR

HAVDALLAH IN A BAG PARTY

SUNDAY, FEBRUARY 13, 2011
3:00-4:30 pm
Congregation Or Chadash, 3939 North Alvernon Way

Too Much of A Good Thing as told by Rabbi Tom Louchheim and accompanied by Cantor Janece Cohen - Learn what happens when King Antoninus, who loves the joys of Shabbat so much, observes Shabbat every day of the week!

Craft: Make your own Havdallah set to use every week

Admission: Please bring a new or used children's book which will be given to Jewish children in Argentina. Our Lion of Judah Mission to Argentina is April 3-8, 2011. Our Lions will bring the donated books and present them on your behalf!

RSVP: By February 8th to pjlibrary@jfsa.org or call Mary Ellen, 577-9393, ext 138

Jewish Federation of Southern Arizona
Coalition for Jewish Education
Jewish Community Relations Council
Havdalah Programs from the Field

Listening to One Another

HAVDALLAH PROGRAM FOR RUSSIAN-SPEAKING JEWISH FAMILIES OF WESTCHESTER

Do we listen to one another? An interactive conversations for adults.

Have fun, listen, talk, discuss, learn, sing, play, eat with old and new friends.

Participates in interactive activities based on the PJ Library book The Shema in the Mezuzah by Rabbi Sandy Eisenberg Sasso.

Enjoy a delicious kosher dinner with your family and friends.

Celebrate Havdallah with Rabbi Michael Farbman.

Design your family Eco-Mezuzah.

Saturday, June 15, 2013
6:30 PM
JCC of Mid-Westchester
999 Wilmot Road
Scarsdale, NY 10583

PAJAMA Parties

Join us in your PJs for a light dairy dinner*, PJ Library® Story Time, singing, and a Havdalah craft to take home. Begin the week anew with Havdalah, a brief service that ends Shabbat. January dates will feature Tu B'Shevat fun!

Saturday, January 11 • 5:30-7 p.m.
Sparkhouse Kids Studio
19 Scotland Road, South Orange
RSVP to Laurie Ellen e@ThePartnershipNJ.org by January 5th

Saturday, January 18 • 5:30-7 p.m.
Madison Community House
26 Cook Avenue, Madison
RSVP to Laurie Ellen e@ThePartnershipNJ.org by January 5th

Saturday, February 1 • 6-7:30 p.m.
Eagle Ridge Community Club House
1 Leonardo Drive, West Orange
RSVP to Laurie Ellen e@ThePartnershipNJ.org by January 27th

Saturday, February 8 • 5-6:30 p.m.
Congregation Ol Shiryon
The Summit Jewish Community Center
67 Kent Place Boulevard, Summit
RSVP to Laurie Ellen e@ThePartnershipNJ.org by February 4th

FREE, and open to the community --- bring your family and friends!

For more information, contact Laurie Ellen at The Partnership for Jewish Learning and Life at (973) 945-2978 or Lellen@ThePartnershipNJ.org. * Dietary laws observed.
Havdalah Programs from the Field

**Havdeli**

Saturday, February 4, 2012 5:30-7:00 PM

Havdalah (Hebrew, meaning ‘separation’) is a Jewish religious ceremony that marks the symbolic end of Shabbat and usher in the new week. Shabbat ends on Saturday night after the appearance of three stars in the sky.

- $10 per family by January 27
- $15 per family after

Register at: www.bethelnr.org/havdeli

**Final Deadline is Wednesday, February 1**

Come in your pajamas & bring your teddy bear!

All families with children ages 6 or younger are invited to join us for a delicious DELI DINNER, a musical HAVDELAH service with instruments, make your own SPICE BOXES, and a SNUGGLE STORY from the PJ Library.

We will be joining together for dinner and Havdalah with the participants of the Game Night/Camp-In, sponsored by Men’s Club and the Family Initiatives Committee.

For more information, contact Julie Rockowitz at jrockowitz@bethelnr.org or 914-235-2700, ext. 250 or Ronnie Becher at nursery@bethelnr.org or 914-235-2700, ext. 250.

**Havdairy**

Saturday, November 10, 2012 5:30-7:00 PM

Havdalah (Hebrew, meaning ‘separation’) is a Jewish religious ceremony that marks the symbolic end of Shabbat and usher in the new week. Shabbat ends on Saturday night after the appearance of three stars in the sky.

- $20 per family by November 1
- $25 per family by November 6

Register at: www.bethelnr.org/havdairy

**Final Deadline is Tuesday, November 6**

Join us for a delicious Dairy DINNER, a musical HAVDALAH service, make your own HAVDALAH BOXES, and a SNUGGLE STORY from PJ Library.

We will be joining together for dinner and Havdalah with the participants of the Game Night/Camp-In, sponsored by the Family Initiatives Committee.

For more information, contact Julie Rockowitz at jrockowitz@bethelnr.org or 914-235-2700, ext. 250 or Ronnie Becher at nursery@bethelnr.org or 914-235-2700, ext. 250.
Havdalah Programs from the Field

PJ Library invites you to
East Avenue Wegmans for a
HAVDALAH CEREMONY
Teach children up to age 12 how to mark the end of Shabbat and usher in a new week!

featuring:
Story
Craft
Snack & Song!

Saturday, February 1, 2014
6:30 - 8:00 PM
East Avenue Wegmans Cafe
1750 East Avenue
Free of charge • All are welcome!

For questions or to RSVP, contact Jacqui Lipschitz, jlipschitz@jewishrochester.org

PJ Library is brought to you by the Jewish Federation of Greater Rochester and the Jewish Community Center with a generous grant from the Max and Marian Farash Charitable Foundation. Learn more at JewishRochester.org/pjlibrary.
Reciting Havdalah

Hints for success:

• Allow each family to hold their own havdalah props (glow stick flashlight, spice bag or cinnamon stick)

• Try to use a melody that’s easy to learn and sing

http://fajew.com/moishes-house-rocks-havdalah

• Prepare handouts containing the words of havdalah

• Briefly describe the meaning of each havdalah element

• Gather people together
Possible Havdalah Themes

- **Havdalah Basics** - The How’s and Why’s of Havdalah
- **Hiddur Mitzvah** - Ways of adding to and enhancing one’s Havdalah celebration
- **Transitions** - Ways in which (Havdalah) ritual can help us move more easily from one point in time to the next
Havdalah Activities

• Making Havdalah Sets
• Decorating Havdalah Trays/Boxes
• Creating Havdalah Books
• Visiting Senses Stations
• Designing Havdalah placemats/drip mats, reversible-Shabbat Shalom/Shavua Tov (Good Week) Signs/ doorknob hangers
<table>
<thead>
<tr>
<th>Theme</th>
<th>SUGGESTED BOOKS</th>
<th>DEVELOPMENTAL APPROACH</th>
<th>ACTIVITIES TO HIGHLIGHT VALUE</th>
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<tbody>
<tr>
<td>Havdalah Basics And Hidur Mitzvah</td>
<td>Lights Out Shabbat</td>
<td>Havdalah is a ceremony performed at the end of Shabbat. We try to use the most unique and beautiful objects to perform this ceremony. Each object has its own meaning and significance</td>
<td>Making Havdalah Sets</td>
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<td>Dinosaur on Shabbat</td>
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<td>Decorating Havdalah Trays/Boxes</td>
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<td>Enhancing and adding to the mitzvah</td>
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<td>Transitions</td>
<td>Dinosaur On Shabbat</td>
<td>It’s sometimes hard to switch gears, make changes. Havdalah enlists the help of all 5 senses to help us gently take leave of Shabbat</td>
<td>Havdalah Sensory Play</td>
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<td>Lights Out Shabbat</td>
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<td>Creating Havdalah Books</td>
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<td>The Shabbat Box</td>
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<td>Shabbat Puppy</td>
<td>Havdalah helps us move from the restful day of Shabbat into the start of a busy week. As we recite Havdalah we think about the differences between Shabbat and all of the other days of the week</td>
<td>Shabbat Shalom and Shavua</td>
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<td>Schmutzy Family</td>
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<td>Tov signs, trays, door hangers etc,</td>
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<td>Bim and Bom</td>
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<td>Bedtime Books - i.e.</td>
<td>Just as we need help leaving Shabbat, we often need help moving from the excitement of our active day into the world of sleep and bedtime. Jewish ritual can help with this transition</td>
<td>Decorating Shema Signs</td>
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<td>Bedtime Shema</td>
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<td>Making mezuzot</td>
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<td>The Mezuzah on the Door</td>
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<td>Creating Bedtime Songs, Poems</td>
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<td>Naamah and the Ark at Night</td>
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PJ Havdalah Specific Books

Dinosaur on Shabbat

Lights Out Shabbat

Diane Levin Rauchwerger Pictures by Jason Wolff

Sarene Shulimson Illustrated by Jeff Ebbele
Dinosaur on Shabbat

The kiddush cup soon overflows
When Dino pours the wine.

He dips
He licks
He sniffs
It breaks
Connecting *Dinosaur on Shabbat to Havdalah Basics*

**Discussion Questions:**

- Who came to visit the family in our story? Why did he come?
- What is Shabbat? What did Dino and the family do on Shabbat? Was Dino a good Shabbat guest?
- What did Dino and the family do at the end of the book when Shabbat was all over?
- What items/objects did the family use for making havdalah?
- What did they the family do with the spice box? What happened when Dino smelled the spices?

**Digging Deeper:**

- What is Havdalah?
  - Havdalah is a ceremony that helps us say good bye to Shabbat. Each object that is used for havdalah teaches us a different lesson or asks us to think about a different idea.
- Some people feel a little sad at the end of Shabbat? Why do you think they might feel sad?
- The spices that we smell at Havdalah are meant to take away some of the sadness that we may feel as Shabbat goes away. The sweet smells help us to remember and hold onto some of the special things that happened to us over Shabbat.
- What sweet memory of today would you like to hang onto?
More *Dinosaur on Shabbat*

### Discussion Questions

- At the end of havdalah, Dino put the candle out in a very funny way. Do you remember what he did?

- Some people put their havdalah candles out in a special way to show that they hope that the week ahead will be full of sizzle and excitement.

- After he puts the candle out, Dino says *Shavua Tov*. What do you think those words mean?

- What would a good week be for you? What might happen in a good week? Is there anything new or special that you’d like to do or learn in the week ahead?

### Digging Deeper

- When we say havdalah we use an overflowing kiddish cup. We use a full cup to show that we want the week ahead to be full/overflowing with blessings. Can you give a blessing to someone in your family? What good things will you wish them? Is there someone in your family to whom you’d like to say thank you?
Lights Out Shabbat
Connecting *Lights Out Shabbat* to Havdalah Basics

**Discussion Questions**

- Where does this story take place? Why did the boy come to visit his grandparents? What made this Shabbat special?
- How did the family celebrate Shabbat?
- What does the family do when Shabbat is over?
- What items or objects do they use for havdalah?
- Have you ever seen a candle like the one that this family uses for Havdalah? What’s special about this candle? What do they do with the light from the candle?

**Digging Deeper**

- Each object that is used in the havdalah ceremony is used to teach a different lesson or help us think about a different idea.
- Some say that the havdalah candle is braided/twisted together in order to remind us of the ways in which Shabbat brings people together.
  - Did the boy in our story like being with his grandparents for Shabbat?
  - In the week ahead with whom would you like to spend time?
- The bright light of the havdalah candle reminds us to greet the new week with joy and bright hopes. Can you name something wonderful that you hope will happen in the upcoming week?
More *Lights Out Shabbat* Discussion

**Questions**

- When Nana and the boy smell the spices, the boy says that he “took a deep breath to hold in as many sweet smells of Shabbat” as he could. Which memories do you think he wants to hold on to?

- Think of the week that just ended. What was a bright, happy part of your week? What was a low, not so happy point of your week?

- An important part of making havdalah involves noticing the difference (*hevdel*) between the darkness of the room/night and the light of the candle. Often families cup their hands in front of the candle so that they can see light glowing on their fingertips and shadows dancing on their palms.
Summary of Havdalah Symbols

- **Bright Light** - Helps us greet new week with joy. Symbol of hope and promise of new week.
- **Twisted Shape** - Symbol of ways in which Shabbat has united us with others.
- **Fire** - Symbol of creativity. Urges us to think of how we can best use our creativity in the week ahead.
- **Allows us to hold on to memories of Shabbat**
- **Can help us anticipate sweetness of week ahead**
- **Expresses hope that new week will be filled with sweetness**
- **Expresses hope that new week will overflow with blessings.**
  Encourages us to share blessings and good thoughts with others.
- **Blessing over wine/grape juice helps to sanctify week.**
  Encourages us to think about the week ahead and think of ways that we can make the week worthwhile, special, filled with blessings.
Creating Havdalah Sets: Candles

Place wick in ledge and roll sheet around it while pressing against table.
Havdalah Spice Boxes
Havdalah Kiddish Cups
Overflowing kiddish cup represents hope that the week ahead will be overflowing with blessings. Can you make up a blessing for a special person in your life? Who will you bless and what will you wish for them?

A Blessing for--------------
(name of person). In the week ahead I hope that you--------------

Havdalah candles always contain more than one wick. These wicks are meant to produce a strong, bright light that will help us greet the new week with joy and bright hope.

Can you name something bright and wonderful that you hope will happen in the upcoming week?

The sweet smell of these spices are meant to take away some of the sadness that we may feel as Shabbat goes away. The sweet smells also help us to hold on to the memories of some of the special things that happened over Shabbat/or during the past week.

What sweet memories from today would you like to hang on to?
Havdalah Boxes, Drip Sheets
Havdalah and the Theme of Transitions

• Havdalah helps us move from peacefulness of Shabbat into the start of a new week.
• To help us deal with the discomfort of moving forward/leaving the familiar behind, Havdalah repeats some of the same comforting rituals that we used when we first began Shabbat.

<table>
<thead>
<tr>
<th>Shabbat ritual</th>
<th>Havdalah ritual</th>
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<tbody>
<tr>
<td>Light 2 or more</td>
<td>Light one candle containing 2 or</td>
</tr>
<tr>
<td>candles</td>
<td>more wicks</td>
</tr>
<tr>
<td>Cover our eyes-</td>
<td>Explore the light-</td>
</tr>
<tr>
<td>block the light</td>
<td>Make light dance on our fingertips</td>
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<tr>
<td>Listen to and Sing</td>
<td>Listen to and Sing songs-Eliyahu</td>
</tr>
<tr>
<td>songs-Blessings,</td>
<td>Hanavi; Shavua Tov</td>
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<tr>
<td>Shalom Aleichem</td>
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<tr>
<td>Taste sweet grape</td>
<td>Taste sweet grape juice</td>
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<tr>
<td>juice</td>
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<tr>
<td>Smell warm challah,</td>
<td>Smell Basamim-</td>
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<tr>
<td>good food</td>
<td>Spices</td>
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</tbody>
</table>
Havdalah’s Helpful Transition Hints

• Routines and repetition of the familiar help to ease transitions
• Engaging the senses help to make transitions proceed more smoothly. Use of the senses creates pleasure, eager anticipation.
Door Hangers-
A Fun Transitional Activity
Sensational Stations

Sight:
- Flashlight Games
- Shadow Play
- Scratch Art

Smell:
- Smell Matching Games
- Creating Personal Potpourri/Closet Fresheners

Taste:
- Grape and Grape Juice
- Tasting Stations
- Havdalah Snacks: Star Sandwiches
- Decorating Cookies

Touch:
- Texture
- Collages/Havdalah Objects

Sound:
- Matching Games
- Making Instruments
Alternative “Havdalah” Themes

- Creating Jewish Bedtime Rituals
- Milestone Parties
- Shabbat Programs
Program Elements

Setting
Public Space, Museums, Synagogues, JCC, travelling Planetarium Tent

Theme:
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