



MANY DAYS, ONE SHABBAT

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A family prepares for Shabbat together in a variety of ways and then enjoys the very special time with each other and with guests.

Shabbat begins like clockwork at sundown each Friday and ends on Saturday evening when the first three stars are visible in the sky. For some, the Jewish Sabbath is marked by a celebratory meal on Friday evening, another special meal on Saturday afternoon, and services at the synagogue. For many, Shabbat is a time for being with friends, having guests at the dinner table—as happens in *Many Days, One Shabbat*—and taking part in relaxing activities such as reading, taking walks, and perhaps enjoying an afternoon snooze! Every family approaches Shabbat in its own way. Something as simple as using a special tablecloth, spending an hour reading together or lingering over a meal to sing favorite songs can help set Shabbat aside as a special day.

Parents of young children may have a unique perspective on the importance of slowing down and taking a breath. Today, when so many of us are often plugged into computers and various electronic devices, Shabbat provides a wonderful opportunity to “un-plug” and have a full day of being with our family, embracing life without technology.

USING THIS BOOK AT HOME

With countless variations, the events in *Many Days, One Shabbat* mirror what happens every Friday in Jewish homes around the world. Help your little ones make connections

between the book and themselves by:

- Pointing out items in your home shown in the book, such as *challah* or candlesticks.
- Referring to the relevant words of *Many Days, One Shabbat* when guests arrive at your home or you light Shabbat candles.
- Finding objects your child recognizes that mirror the book’s format, such as “many peas, one pod” or “many books, one shelf.”
- Taking your children outside on a clear night to gaze at the stars. Pj

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