



# ONE, TWO, THREE, SHABBAT!

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*Shabbat rituals are filled with rich sensory experiences. When babies and toddlers take part, it's as easy and fun as 1, 2, 3!*

## JEWISH CONCEPTS

Shabbat, the Jewish Sabbath, is a cornerstone of Jewish life. Arriving every Friday evening at sundown and lasting until nightfall on Saturday, Shabbat offers a welcome respite from the hustle and bustle of the rest of the week. It is traditional to abstain from any kind of work on Shabbat. Instead, families and friends gather together to share meals, convene at synagogue to sing and pray, read, take long naps, and simply take time to reflect and breathe.

It is customary to welcome Shabbat with blessings over candles, wine or grape juice, and bread (which is usually *challah*, a braided egg bread). Preparing for Shabbat is something any child can take part in, even one who is very small. Whether you bake a challah at home or pick one up from the bakery, host dinner for a crowd or set a table for two, spend time in synagogue or take a quiet walk in the woods, the point is always the same: to take a little time apart from your everyday routine. This has been a beloved, restorative practice of the Jewish people for centuries and continues to be so today. As Ahad Ha'am, a Jewish essayist and Zionist, famously said, "More than the Jewish people have kept the Sabbath, the Sabbath has kept the Jews."