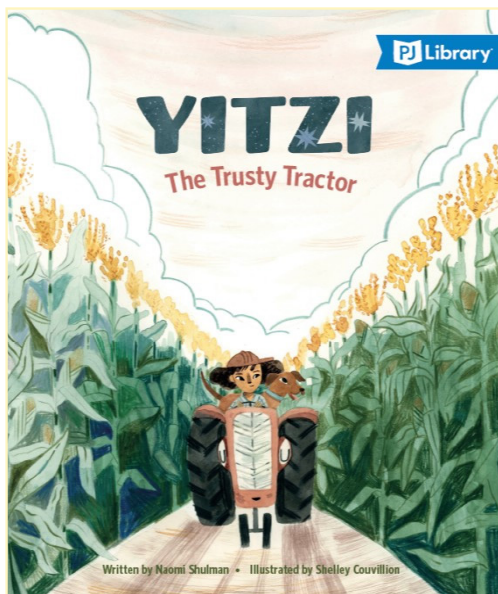


Yitzi the Trusty Tractor

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{ Why do we rest? }

A Relaxing Commandment

Shabbat, the Jewish day of rest, is one of the Ten Commandments: “Six days you will work . . . but on the seventh you will not work – you, your children, your workers, your animals, and the strangers staying in your community” (Exodus 20:9-11). Maybe tractors can rest on Shabbat, too! The story of Yitzi is inspired by a midrash, a story that expands upon topics in the Torah (the first five books of the Bible). The original midrash described a cow that rested on Shabbat along with her Jewish owner. When the farmer fell on hard times, he sold her to a non-Jewish neighbor. When Shabbat rolled around, the cow lay down in the field for her usual Shabbat rest. Her devotion to Shabbat inspired her new owner to start observing Shabbat, too! To learn more, visit pjlibrary.org/yitzihetrustytractor.

HANDS ON!

Make a Shabbat Resting Kit

You can spend Shabbat resting in your favorite ways, just like Sarah and Yitzi. Get ready for Shabbat and put together a resting kit.

Supplies:

- Large basket or tote bag
- Favorite activities, like books, toys, games, etc.
- Large blanket
- Your family!

Before Shabbat begins, pack your basket or tote bag with items you and your family can enjoy together, like books, cards and board games, toys, yummy snacks, and so on. Spread out the blanket in your yard or other favorite spot and relax! Read, play together, lie on your backs and look at clouds, take a snooze . . . just enjoy being together in a leisurely way. Shabbat shalom!

Power Down

You can't run on an empty tank. Shabbat provides a chance to rest and refuel after a busy week of school, work, activities, and errands. When Friday night arrives, Yitzi knows it's time to power down his headlights and settle in for a relaxing day of picnicking, napping, and reading books with Sarah. As Sarah explains to Ruthie, downtime is replenishing: “He'll work even better for you tomorrow. You'll see.” With the pause and quality time Shabbat provides, we may just find ourselves entering a new week with a new burst of energy, ready to tackle another round of “hard, fun work.”

Tuning In

Shabbat is a prime opportunity to reconnect with the ones we love and tune in to each other again. In this story, Yitzi's commitment to resting on Shabbat helps to reveal some new connections. Ruthie sympathetically notes how much Yitzi misses Sarah. Ruthie and Sarah begin a new partnership that they both benefit from. And Sarah, Ruthie, and Yitzi become a “great team” and all enjoy a Shabbat rest together every week. When we use Shabbat as a chance to check in on a deeper level with family and friends, new insights and wisdom about our relationships may be just around the corner.

TALK IT OVER WITH YOUR KIDS

WHAT makes you feel rested?

WHO do you like to spend your downtime with?

ONCE you've rested, what do you feel ready for?