

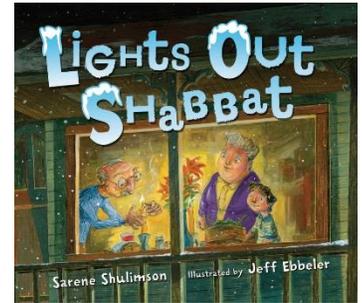
# Read the PJ Library Book

## Lights Out Shabbat (3s)

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### Synopsis

A young boy and his grandparents experience an unusual snowy Shabbat in Georgia. Just as they light the Shabbat candles and it begins to snow, the electricity goes out. This becomes an extra special Shabbat as they enjoy a cold supper, technology-free indoor and outdoor adventures, and lots of snuggles and stories. They savor each moment throughout the day until they recite the *Havdalah* blessings to say goodbye to Shabbat and wish each other *Shavuah Tov* (“have a good week”). Guess when the lights come back on!

## Discuss the Jewish values and vocabulary with one another

100 Blessings a day / *me-ah bra-chot* / מאה ברכות

Separating the sacred from the ordinary / *Hav-da-lah* / הבדלה

### Introducing the value of 100 blessings a day

#### *Meah brakhot*

#### From Jewish teachings

Rabbi Meir, a great sage, stated, “A person is obliged to recite 100 blessings every day.” In the course of a day, one can say blessings over many things, including food, the wonders of nature or meeting a friend on the street. One interpretation of the word blessing (*bracha*) is that it stems from the word *breicha*, or spring. Just as a spring continuously bubbles with water, the world perpetually gives us gifts for which we are thankful.

#### For the teacher

- The moments we bless can be large or small. If you paused to think of the small, everyday blessings that occur in your life each day, for what would you be grateful?
- What are ways that you express gratitude?
- How can we help children learn to recognize everyday blessings and express appreciation for them?

#### Questions for children

- When you notice something you are thankful for, Jewish tradition teaches us to recite a blessing. What are the things that make you thankful and might cause you to say a blessing?
- What are different ways that we could say “thank you”?
- Each day many good things happen to us. How can we remember to say “thank you” for them?



## Introducing the value of separating the sacred from the ordinary *Havdalah*

<p><b>From Jewish teachings</b> The word “Havdalah” means separation, and is the ritual many Jews observe to mark the end of Shabbat. During the ceremony that some Jews observe for Havdalah, we say “<i>hamavdil bein kodesh l’chol</i>” which means the separation of the sacred from the ordinary work week. In saying this we recall the commandments to remember Shabbat and sanctify it, keeping it separate from the rest of the week.</p>	<p><b>For the teacher</b></p> <ul style="list-style-type: none"> <li>• What are the ways you mark sacred time or space in your life? How do you separate and elevate these moments?</li> <li>• Do you consider your work to be holy work?</li> <li>• What are the ways you help the children in your class make transitions between special/sacred time and ordinary time? How do you prepare them for these transitions at home and at school?</li> <li>• Are there rituals or spaces in your room that aid in these shifts?</li> </ul>	<p><b>Questions for children</b></p> <ul style="list-style-type: none"> <li>• What do the words holy or special mean to you?</li> <li>• Can you think of some things, at home perhaps, that your family says are special? What makes them different from other things?</li> <li>• When something is special, how do we treat it?</li> </ul> 
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# Imagine your community living these Jewish values.

**How would your classroom change?  
How will families be involved?**

### In the Classroom / Centers



☆ **Separating sacred from ordinary/Havdalah:** Make sure there are candlesticks, challah, wine cups, and a Havdalah set in the **dramatic play** area to incorporate into daily play.

☆ **Separating sacred from ordinary/Havdalah:** Turn your classroom **calendar time** into an exploration of school time vs. special family time. Take a photo of one activity each

day so children have a visual history of their week at school. Ask families to send photos to school of special moments spent together on the weekend or preparing for Shabbat at home. You might help children keep a scrapbook of these sacred family times.



☆ **Separating sacred from ordinary/Havdalah:** Create a **sacred space** within the classroom; a place to think or quietly talk about feelings.



☆ **100 blessings/Meah berakhot:** Take a **nature walk** with your class, and encourage children to point out things for which they are thankful.

☆ **100 blessings/Meah berakhot:** Collect photos and drawings of your students’ happy places, people, and ideas.



## Bridging Home and School

### Havdalah Mondays

Havdalah separates the Sabbath from the rest of the week. The *Havdalah* ceremony is brief and lovely (see site at end of this guide). You can acknowledge the beginning of the school week by experiencing Havdalah on Monday mornings. Invite families to join you. You might set up a Havdalah station outside of your classroom where families can investigate the ritual objects associated with Havdalah, smell different spices, and wish each other “*Shavuah tov*” (“have a good week”) as the new school week begins.



### Battery-free game night

Invite your families (including grandparents) to school for a battery-free game night. Ask families to come prepared to share the games they played when they were younger. In advance, ask two or three families to teach their games to the rest of the class. Invite your rabbi and other leaders of your organization to share games and stories of their childhood as well. This will provide all of your families with ideas for non-electronic family time during Shabbat or at other times.

## Family Engagement at Home

### Thank you!

Encourage families to look around their home for special objects (perhaps ritual objects passed down from family members) and share the stories of those objects with their children. Ask them to bring in pictures of the objects and share stories with the class.

# Share

your stories and experiences with everyone.

**What happened?**

**How can the learning go deeper?**

**Tell us a story... and illustrate it with photos in story book style.**



Consider turning your next family event or classroom exploration into its own story book that children will read and reread all year long. Keep your story simple and engaging. During your event take candid action photos that visually tell the story. Use one or two sentences with pictures per page.

For example: *Once upon a time, Danny’s father came to visit our classroom to show us his favorite childhood toy. Welcome to our classroom, Mr. Cohen. [Picture of Danny and Dad] The children gathered around as Mr. Cohen showed us his marionette – a puppet with strings. [Kids pointing at puppet] Mr. Cohen made the puppet dance to music. The children danced along. [Puppet and children dancing.] Thank you Mr. Cohen. Come and visit us again! [Children hugging Danny’s dad]*

# More

resources and websites for inspiration

Musical Havdalah made famous by Debbie Friedman (z”l) <http://tinyurl.com/youtubehavdallah>

Games and crafts for Shabbat <http://tinyurl.com/shabbatgames>

How to make Havdalah <http://www.kveller.com/traditions/Shabbat/havdalah.shtml>

