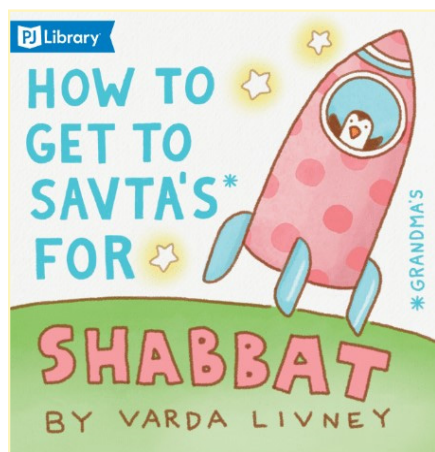


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HANDS ON!

Make—and Pack!—Your Own Backpack!

The first thing the child in this story does when it's time to go to Savta's is pack up a backpack! Why not pack up your own backpack to go on a pretend trip? You can use a backpack you already have, or make one out of paper bag.

Supplies:

Paper bag

Scissors

Stapler

Art supplies -- crayons, markers, stickers, etc.

Cut two inch-wide strips off the top of the bag. Decorate the bag however you'd like with your art supplies.

Ask a grownup to help staple the strips to either side of the backpack to create straps.

Now fill the backpack with items for your pretend trip!

Where does Shabbat take you?

Journeying Toward Shabbat

An elephant ride, a rocket to the moon, cloud travel ... getting to Savta's house for Shabbat is one involved journey! This exciting trip is a metaphor for getting ready for Shabbat, the Jewish Sabbath. Shabbat is special in and of itself, but when we make efforts to prepare for it — cleaning the house, cooking delicious meals, setting the table beautifully with flowers from the moon (or the local market), dressing up, and inviting family and friends — Shabbat can be even more wonderful. It's like most things in life: the more you put into something, the more you get out of it. The road to Shabbat may be long and winding, but once sunset arrives on Friday, you can relax; you made it to Savta's house! To learn more, visit pjlibrary.org/howtogettosavtas.

In the Zone

The 25 hours of Shabbat (from sundown Friday evening to nightfall on Saturday) are a time to experience our lives differently. The 20th-century rabbi and activist Abraham Joshua Heschel wrote, "The seventh day is like a palace in time with a kingdom for all. It is not a date but an atmosphere." On Shabbat, it can be as if we open up curtains in a dark room and suddenly see everything clearly in the light. The journey to Savta's house for Shabbat in this book definitely gives a different view of reality, with its travels through jungles and soaring cloud rides! For one day a week, we can enter the Shabbat zone and get ready to see life in a whole new light.

Second Soul

Jewish tradition tells us that we acquire a "second soul" on Shabbat — a spiritual leveling up. This extra soul loves the physical delights of Shabbat such as glowing candles, sweet grape juice, warm challah, and fragrant flowers. When we take it all in, we feel more connected to the core of who we are. The boy in this book must have listened to his second soul — he makes sure to bring the key Shabbat ingredients on his journey, and as we see on the final page of this book, he helps to make Savta's table a feast for the soul.

TALK IT OVER WITH YOUR KIDS

LOOK at the illustrations. Can you count the different ways the child in this book travels to Savta's house? Which of these would be your favorite way to travel?

WHAT does this child pack to get ready for a trip to Savta's house? What do you like to bring when you visit a grandparent or special older friend?

DID you notice the child picking up flowers to bring to Savta's? What are some ways to make Shabbat feel special in your house?