

# How should we spend the weekend?

Year 2

Summer Term 2

## Key Questions

What would you rather do at the weekend?  
What do people do at the synagogue on the Shabbat? Do they have to go?  
What is the symbolism of the Jewish Friday meal?  
Is it good to have a day with no work?  
How do Jewish people feel about their Shabbat?  
Does it make them feel special?  
Does it make them feel like they belong?  
How would you feel about having rules for the weekend?

In this unit the children will learn:

- Key rules, rituals and practices associated with the Jewish Shabbat
- About the key features of the Shabbat meal and the main artefacts associated with it
- About the link between Shabbat, the creation story, and the Christian Sabbath



### Key content:

- Shabbat begins at sunset on Friday evening and runs through to sunset on Saturday.
- This follows the days in the creation account – “there was evening and there was morning”; the reason for this is that sunset is clearly identifiable, whereas midnight is not.
- The other key behind Shabbat is the fourth commandment – Remember the Sabbath day by keeping it holy. Six days you shall work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work... (Exodus 20:8-10a).

### Key content:

- Entertainment in the home is permitted – singing, dancing making music, reading, and going for a short walk, but things like knitting, weaving, gardening, and cooking are considered work and so are not allowed.
- On Shabbat Jewish people often attend the synagogue and share food that has been prepared on the Friday, the preparation day.
- There are then rituals that are observed; candles are lit just before the meal begins, usually by the women of the household and special prayers of blessing are said over the children.
- A glass of wine is shared, and a special meal is held, usually starting with challah bread, sprinkled with salt.
- Shabbat finally finishes when the Havdalah candle is put out in a saucer of wine, signifying that the joy of Shabbat should spill out into the rest of the week.

### Key Vocabulary

**Judaism:** the monotheistic religion of the Jewish

**Shabbat:** the Jewish day for praying and resting

**Creation:** the action of bringing something into existence

**Synagogue:** the building where Jewish people worship God

**Havdalah candle:** the candle that marks the end of Shabbat

