



Shabbat: A Day of Rest (KS3)

Summary:

Discover why Jewish people observe Shabbat. Explore Shabbat rituals and traditions and the symbolism of artefacts. Reflect on the importance of Melachot and how observance of this translates into contemporary life.

Learning Objectives:

- 1) To understand the link between the creation story and Shabbat
- 2) To know the universality and symbolism of Shabbat
- 3) To leave with a positive view of what Shabbat means to Jewish families
- 4) To understand how the 39 Melachot relate to Shabbat observance today

Workshop structure (1 Hour total)

Reading the creation story to understand the origins of Shabbat

Exploring objects of the Shabbat table

Discuss the 39 Melachot and how they can be interpreted today