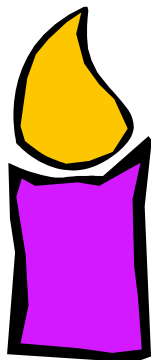


## Explore the Feeling: the Spirituality of Shabbat by Pat Lukens and Marthajoy Aft

edited by Nina Gelman-Gans



During a multi-station parallel learning program, families will think about the elements of Shabbat in a spiritual way and explore the feelings that celebrating Shabbat can evoke. The basic elements will be present for those who are learning, the more “feeling” aspect of things will enrich the celebration of those experienced in Shabbat celebration.

**Topic:** Shabbat practices and feelings evoked by Shabbat experiences.

**Target Audience:** K-grade 2.

**Time Frame:** 2 hour program includes 50 minute parent study piece.

**Staff:** family educator, adult presenter (optional) and two teachers. Having a music educator or cantor present at the beginning is helpful.

**Overview:** The program begins with families selecting a Shabbat book to read and discuss together. Then they visit 7 stations that explore various aspects of Shabbat. Parents and children then separate for 50 minutes of adult study and child-centered craft. Everyone returns to celebrate Havdallah together.

**Goals:** Families will think about the elements of Shabbat in a spiritual way and explore the feelings that celebrating Shabbat can evoke.

### Preparation & Procedure:

- **3 Weeks ahead:** Distribute program description to teachers.
- **2 Weeks ahead:** Meet with adult facilitator and review goals of study.
- **1 Week ahead:** Students assemble wooden candlesticks in classrooms with their teachers.
- **Day of program:** Room set-up should take about 45 minutes.

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