

Shabbat - the Jewish day of rest

1. As the pupils enter

Have the webpage open:

<https://www.bbc.co.uk/teach/school-radio/assemblies-shabbat-the-jewish-day-of-rest/zvsj96f>

Play your chosen music and display the image Shabbat meal (see Key links):

http://teach.files.bbci.co.uk/schoolradio/assemblies/images/shabbat_meal.jpg

2. Your introduction to the video

You could begin by referring to significant lines the lyrics of the song you have chosen. Ask the children to volunteer suggestions for 'What we need' and 'What we want'. You may wish to explore with them which list certain suggestions belong to if there is any doubt. You could list the suggestions by writing them on a board, or by asking one or more children to do this. Discuss what everybody needs as necessities and then what we want as luxuries. Ask whether the children think their ideas on what is essential and what is a luxury will change as they get older. How? Explain that the children are going to watch a short video about Shabbat - the Jewish day of rest - and encourage everyone to think about what the video has to say about the important things in life.

3. Play the video

Play the video. The duration is 3' 48" and the final words are: '...start fresh. It's a new week.' The video can be paused at appropriate times to ask the Video questions or leave them until after the video to become part of the discussion.

4 & 5. Time to talk

Pose the Video questions to consolidate recall of the video. You could also display the image called 'Shabbat meal' (see 'Key links'). 1. According to the Bible, what did God do on the 7th day? 2. When does Shabbat begin? 3. How long does Shabbat last? 4. What can Charlie not do during Shabbat? 5. What does Charlie say is good about Shabbat? 6. How does Charlie's mother welcome Shabbat? After the questions move on to a more general discussion, which might include some of the following questions: 1. We can see that Jewish families need to be very organised before Shabbat. What difficulties might happen? 2. What electrical item would you struggle to live without - even for one day? 3. How do you make quiet time for yourself to rest? 4. Charlie admits that it is tempting to play with his phone or other electrical items. What advice could you give him to avoid being tempted? 5. Do you think we should live without luxury for a time in order to appreciate it? 6. What does the celebration of Shabbat tell us about what is truly important?

Play video



6. Time to sing

An opportunity for you to sing your chosen song.

7. Opportunity to reflect

'We've thought today about 'wants' and 'needs'...the things we really need in life...and the things we merely want...

And we've heard what it's like to give up luxuries for a day and take some time to rest during our busy lives and think about what's truly important...

If you could create the world again, imagine what you would do differently...

What would you keep the same..?

What changes would you make..?

How would you improve life..?

8. Opportunity for prayer

'Thank you for all the things that make our lives colourful and exciting. Help us to find space in our busy lives to think about what we truly need and what is truly important. When we are tired help us to find rest...and when we are rested help us to begin again with new energy. Amen.'