



What Is Shabbat?

Curriculum Map

This **What is ... Shabbat** program is designed to address the topic of Shabbat for students with little or no exposure to its observance. It is presented on a deeper level so that there is something new for students who have already learned about the topic of Shabbat.

Lesson #	Topic	Description
1	What is Shabbat?	The Mitzvah of Shabbat and why Shabbat is special, different.
2	Candle Lighting	When to light, why we light, where to light, how many lights, who lights, and customs related to lighting.
3	Kiddush and Friday Night Meal	The special prayers, Shabbat meal, and the meaning of Kiddush and how it is done.
4	Challah	The history behind challah plus the meaning and step by step instructions of baking and washing for challah.
5	Connecting to Hashem - Synagogue Services and Prayer	Shabbat is a special time to be able to connect to Hashem through Shabbat prayers. Includes a general overview of Kabbalat Shabbat.
6	Honoring and Safeguarding Shabbat	An understanding of what it means to honor and safeguard Shabbat and what to do and not to do. Includes the benefits for us as Jews.
7	Havdallah	The meaning of this term and explanation for the need of a bridge from Shabbat and the rest of the week. Includes step by step instructions for the Havdallah ceremony.