

The _____ Family's Shabbat Checklist

There is no “right way” to celebrate and enjoy Shabbat as a family. Shabbat is a time to do things you don't get to do during the week, to spend quality time with your family, relax, reflect on the week, and enjoy even a few hours without the hassles and responsibilities of the school and work week. Here are some ways that you and your family can make Shabbat a meaningful family experience. Think about ways that you can make your family Shabbat unique!

- Light Shabbat Candles and say the blessing on Friday night
- Make a family tzedakah box- everyone can contribute and then decide together where to give it
- Play a board game together
- Go for a walk
- Leave the TV off and play outside
- Spend time talking: tell stories, jokes, talk about your week and how nice it is to be with family
- Go to a museum
- Go to a park and have a picnic
- Instead of video games, pick up a good book
- Make challah dough, braid it, and bake it together- cook meals together!
- Try and avoid emails and being on the computer- No homework!
- Plan an art project
- Go to the beach
- Create a Shabbat bedtime ritual- read a Shabbat story
- Have a special Shabbat breakfast with something other than what you have during the week
- No chores, everyone gets to relax and enjoy
- Invite family and friends over
- Add your own Shabbat ritual

Make Shabbat special by thinking about all the things you *have* to do during the week and make it a point not to do them. Set the day apart from the rest of the week by spending it with the family, making special meals, going on outings, and relaxing.

Creation Yoga
By Sarah Cohen
Pictures borrowed from Yoga Journal

In the beginning, God filled the whole universe (**Hero Pose**)



but when God decided to create the whole world,
God contracted (**Child's Pose**)

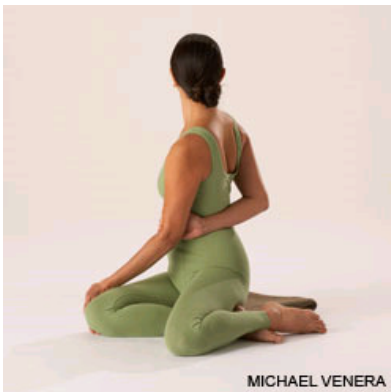


and then God divided light and darkness (**Hero Pose**)



and God saw that it was good.

On the second day, God divided the light and the darkness and God saw that it was very good. (**Bharadvaja's Twist, both sides**)



On the third day, God divided the water from the sky and dry land appeared and vegetation was brought forth from the land and God saw that it was good. (**move into Tree Pose**)



On the fourth day, God created the lights in the sky: the sun, moon and stars and God saw that it was good. (**Half Moon Pose with Hands to Feet Pose**)



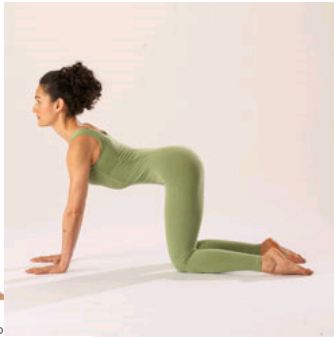
On the fifth day, God created the bird and sea creatures and saw that it was good. (Fish Pose)



On the sixth day, God created the wild beasts , livestock and reptiles.(Cat, Cow, Downward Dog, Cobra)



MARTIN SCONDUTO



MARTY SCONDUTO



MARTIN SCONDUTO

and Man and Woman are created (**Plank**)



DAVID MARTINEZ

and God saw that it was good and on the seventh day, on Shabbat, God rested. (**Savasana**)



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