

Key Knowledge:

The Torah is a special book for Jewish people containing laws and history.

Shabbat is the Jewish Holy day.

Shabbat takes place from sun down on Friday until Sundown on Saturday

Shabbat is a day of rest - honouring the seventh day of creation.

One of the 10 commandments is to keep Shabbat.

Building Blocks:

The Torah sets the expectations for how a Jewish person should live and includes the 10 commandments.

Shabbat helps Jewish people remember that God rested after creating the world.

Shabbat is a time of rest, reflection and to spend with family and community.

Vocabulary:

Judaism - Abrahamic religion that constitutes the total way of life, culture, and faith of the Jewish people.

Synagogue - Jewish house of worship, assembly, and study.

Torah - the foundational, sacred text of Judaism containing 613 commandments and early Jewish history.

The 10 commandments - were given to Moses by God on Mount Sinai as part of the covenant with the Jewish people.

Shabbat - Jewish day of rest.

Challah Bread - Festive, braided bread.

Kiddush Cup - ceremonial wine goblet used to sanctify the Jewish Sabbath.

Havdalah candle - a specially braided candle with multiple wicks used in the Jewish ceremony marking the end of Shabbat

