

חלה לשבת / כתבה: לטיפה בארי קרופף צילומים: משה שי

תרגום לאנגלית של ההצעות לפעילות בחיק המשפחה



Challah for Shabbat (Original title in English: "It's Challah Time!")

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Dear parents,

The children in the story are preparing for Shabbat: they bake challot, and carry out their own festive *Kabbalat Shabbat* ceremony together in the classroom. Young children can take part in the excitement and preparations for Shabbat at home too. The scents and flavors, slower pace, family time and particular customs you practice at home all make Shabbat a family day that is so different from the rest of the week.

Shabbat Shalom!

Family Activities

- What's in the picture? You may want to look for pictures of items relating to *Kabbalat Shabbat* throughout the book: the special tablecloth, candle lighting, Kiddush, the Challah covering. Does your child know these Shabbat symbols? What is Shabbat like in your home? Do you also have a special tablecloth or particular dishes prepared?
- You may want to bake your own challot at home, just like the children in the story. Young children can knead the dough, flatten it and roll it. They can even crack the egg! Follow the pictures in the book. Do you also like to lick honey?

And while the dough is rising, you can tidy up the room, set the table, tell stories and sing Shabbat songs together!

- How do you prepare for Shabbat? Baking challot is just one of many ways to get ready for Shabbat. You may like to think together of the things your family likes to do on Shabbat, and whether there are things you only do on Shabbat, and never on weekdays.



- "Make-believe challot": What do you need? A bowl, a large spoon, an empty egg carton, packets of ingredients and... plenty of imagination! Your child can use the stages described in the book to teach their dolls and toys how to bake challot. You may enjoy sitting at the table with your child and their toys, and carry out your own *Kabbalat Shabbat*. What would your role be? Perhaps you'd like to provide refreshments for your little Shabbat party!
- The pictures in the book are unlike those you find in most children's books; they are photographed images depicting real boys and girls. Many toddlers enjoy looking at photos together, leafing through family albums or scrolling down on screens. Family photos provide us with a wonderful opportunity to be reminded of special experiences and people we love. You may be inspired by the book to create a photo book of your family during a group activity that you find particularly enjoyable.

