Ready, Set, Shabbat!

First Peulat Shabbat

Location: Upper migrash

Materials: 7 large pieces of paper that will be used for the days of the week

Goals: Teach the chanichim the importance of menucha on Shabbat

~30 mins

Part One: Similar to red light/green light

* Hold up signs (Monday🡺 Thurday are yarok, Friday is tzahov, Shabbat is adom)
* Facilitate a game of red light/green light with these signs
* Should take ~7 minutes

Part Two: Talk together

Questions to ask the chanichim:

* How did it feel to be going, going, going, and all of a sudden have to stop?
	+ Was it a hard transition?
* How did the transition from yellow to red feel similar to your transition into Shabbat yesterday?

Explanation:

* “So as your madrichim told you, at camp we don’t do x, y, and z on Shabbat.”
* Explain how God created Shabbat as a day of rest, menucha, at the end of a crazy, high-energy (especially at Machane Ramah!)

Part Three: Share with a partner

* Have each chanich turn to their neighbor and share what they like to do to rest and unwind after a busy day or week
	+ Give an example of your own answers tog et the ball rolling
* If there is time, go around and have everyone present their partner’s answer to the group