## 1. READ

Shabbat is the seventh day of the Jewish week and a day of rest in Judaism. Shabbat is considered a festive day, when we can take a break from the regular labors of everyday life, and can enjoy special family time.

## 2. ASK

- What is one thing that made you happy this week?
- What is something that you are thankful for this week?
- How can you make Shabbat special this week?

## 3. DO

Circle the ways you would like to celebrate Shabbat this week

- Eat a family dinner
- Light the candles
- Take a nature walk
- Go to synagogue

**Draw your own**
(for example, organize family game night, read a book together, visit friends/family, invite guests over)