



A Multi-Sensory Approach to Shabbat

Help your child get ready for Shabbat with this fun range of activities to engage different senses!

Listening

- Check out the [jkidphilly Shabbat playlist](#)
- Our jkidphilly team reads you [Shabbat stories](#)

Tasting

- Make and taste your own [challah](#). Try variations like cinnamon-sugar or chocolate chip braids.

Moving (Vestibular)

- Dance to [Shabbat music](#)
- Pantomime [Shabbat rituals](#)-- lighting candles, drinking juice and blessing the challah
- Act out eating Shabbat dinner with favorite dolls, figurines, or stuffed animals

Touching

- Practice setting the table for Shabbat. Use a checklist of what you'll need.
- Make a [flower arrangement](#) for the Shabbat table.
- Knead and roll out [challah dough](#)

Watching

Kids can get ready for Shabbat by watching these great videos:

- [Shalom Sesame](#)
- [Shabbat videos](#) from Bimbam

Smelling

- Do a 'smell' test of spices and herbs for havdalah and [make your own spice box](#)