



A Multi-Sensory Approach to Havdalah

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

Listening

- Check out this fun [Havdalah playlist](#) from the jkidphilly team!

Tasting

- Save a piece of challah from Friday night dinner and eat it right before Havdalah, so you can keep the taste of Shabbat on your tongue as you begin the week.
- Take a sip of the ceremonial grape juice before Havdalah starts, and think about the sweetness on your tongue.

Moving (Vestibular)

- Dance to your favorite Shabbat song until it's time for Havdalah to start.
- Spin around six times to get ready for the six days of the week that will happen before the next Shabbat.

Touching

- Hold the Havdalah candle in one hand and a Shabbat candle in the other. How do they feel the same? In what ways do they feel different?
- [Make your own spice holder](#) using just cloves and an orange!

Watching

- Watch this [animated read-aloud video](#) of *Havdalah Sky* from our friends at PJ Library.

Smelling

- Bring out your spice bundle and take a big sniff. What things do you smell? Is there anything you'd like to add?
- Make your own besamim (spice) bundle by tying together herbs like basil, rosemary, lavender, and thyme — or whatever nice-smelling things you find in the garden.