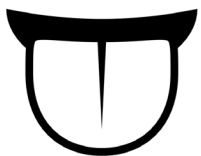


Create & Play with ShabbatUK

Create & Play with ShabbatUK
is a special inclusive activity
for primary school aged
children.

A ready made programme
for you to use in your
community.



5 Senses of Shabbat: An Interactive Shabbat Experience

Aim:

To create a relaxed ShabbatUK Activity Workshop for Primary aged children with SEN.

The Experience: To introduce Shabbat to the children through sight, smell, taste, touch and hearing, which are highlighted through the activities below.

Proposal:

Communities across the UK are encouraged to host the Interactive Shabbat Experience Programme – highlighted below – at shuls in the lead up to the ShabbatUK weekend.

We are proposing that although the programme is directed at neuro-diverse children with special educational needs, we would like the shuls to accommodate neuro-typical children as well, with the aim of supporting inclusion across our communities. Our suggestion would be to ensure that adult support is maintained throughout the duration of the programme for both neuro-diverse and neuro-typical children in attendance.

The 5 Senses activity stalls should be run by volunteers from within the shul community itself. We would anticipate needing two adults for the facilitation of each activity, and possibly additional adults for support as floaters.

What The Event Will Look Like:

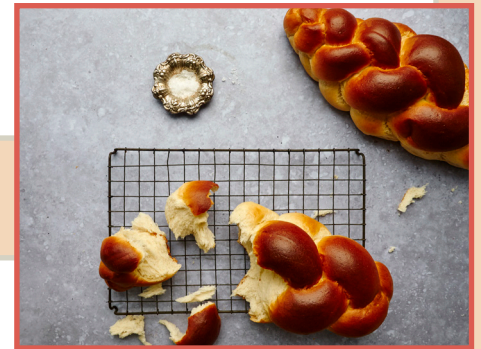
Carousel of Activities related to 'Our Senses': 5 short sharp activities (15-20 min), each station being run by a facilitator.

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1) Touch: Challah Shaping:

This station requires pre made challah dough, this can either be bought ready made from a kosher bakery, alternatively you can make the dough yourself, please find the ShabbatUK challah recipe here. You will need trays and parchment paper.

Steps: Child to roll, squish and manipulate challah dough



2) Sight: Candle Making:

This station requires beeswax sheets, candle wicks, blow-dryer (to be used by adult).

Steps:

- Place beeswax sheet on a clean, flat work surface and trim to a 5"x 5" square. Save the trimmings! Soften the beeswax by running a hairdryer over it for a few seconds.
- Cut wick to same length as beeswax square, plus the length of your pinkie finger.
- Lay wax flat and place wick on one side so that it covers the length of the wax and sticks out at the top; roll the wax around the wick.
- Make thin wax strips in different colours, or select from your pile of trimmed pieces. Press and attach them to your candle.



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3) Taste: Kiddush Cup Decorating

This station requires: high quality plastic wine glasses, stick on jewels, PVA glue and crepe paper, as well as plastic shot glasses and grape juice for the students to try either before they begin the activity, or once they have completed (possibly in conjunction with saying the bracha over kiddush)

Steps:

- Put PVA glue on little squares of crepe paper (which will need to have been pre-cut)
- Child to stick crepe paper squares all over the wine glass
- Put another coat of PVA over the crepe paper once the wine glass has been covered
- Add little rhinestones and stick on gems (with PVA glue/whilst some of the gems might be stickers), decorating the glass itself as well as the stem



4) Smell: Besamim Box/Sack:

This station requires: whole cloves, cinnamon sticks, cardamom pods, star anise, rolling pins, zip-lock sandwich bags, teaspoons, tulle circle bags or small metal box containers, coloured ribbon, parcel tags, coloured markers/pencils, scissors, rubber bands.

Steps:

- Child breaks cinnamon sticks with hammer or by stomping on them.
- Child places a teaspoon or two of the spices in the middle of the circle.
- Child raises edges of tulle with fingers and twists shut.
- Child wraps rubber band around the twist.
- Child writes name/decorates parcel tag.



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5) Hearing: Making Musical Instruments:

This station requires: plastic cups, rice, dried pasta, dried beans, dried lentils, sprinkles, masking tape, shower curtain rings and coloured ribbons.

Steps:

- Child fills their cups with rice.
- Child uses masking tape to secure the two cups together.
- Child knots colourful ribbon around a shower curtain ring.
- Child uses masking tape to secure the shower curtain ring to the top of their shaker.
- Next, we use packing tape and attach the two cups together really well.



At the end of the carousel, we encourage you to organise a group musical Kabbalat Shabbat/sing/dance-along, which would need an appointed leader.

There should also be a quiet space for those who may need a sensory break.

Budget

We would anticipate there will be a cost for this event found in the provision of the resources for each station, this being around £12-15 per child.

Please be in touch with sarah@chiefrabbi.org if you require help in funding this event.

