

# Creative Havdalah Programming



JEWISH BEDTIME STORIES and SONGS



# Havdalah-Its Meaning and Significance

- Hebrew roots:

*Hevdel*- **הבדל**

- *Difference*

**להבדיל** - L'Havdil

- *To divide, to separate*

## Havdalah:

- Serves as the dividing line between Shabbat and the rest of the week
- Eases the sadness that we feel as we separate from Shabbat
- Designed to help us begin the new week with joy



# Why Hold PJ Havdalah Programs ?

- Kids can attend wearing PJ's
- Enables families to experience joys of a short Jewish communal celebration
- Havdalah can be simply and easily replicated in the home
- Havdalah involves all 5 senses-relates to ways in which kids learn best
- Havdalah explores theme of transition-a theme that resonates with families



# Program Elements



## Setting

- Public Space, Museums -
- Synagogues, JCC, -
- Travelling Planetarium Tent

## Theme:

- Havdalah Basics
- Hiddur Mitzvah
- Transitions
- Other



## Havdalah Ceremony

## Story

- Havdalah Story
- Non Havdalah Story
- Shabbat Story

## Activities-

- Intro
- Follow-up
- Snack
- Entertainment





# Havdalah Programs from the Field



Congregation Ner Tamid Sisterhood, PJ Library\* &  
KANTOR EARLY CHILDHOOD EDUCATION CENTER



*Hey everyone, it's PAJAMA TIME!*

You are invited to the annual

## PJ HAVDALLAH

SATURDAY, JANUARY 9, 2010  
6:00-7:00 P.M.



Families with preschoolers (whether they are your children or grand-children) are invited to don their favorite jammies (AND YOU, TOO!) for this awesome event, which will include an art project, cookies & cocoa, singing, story, and a short Havdallah service.

Amanda Harris from  
PJ Library will be joining us!



There is no "paid" fee.  
Instead, admission is one new  
children's book (per family), which  
will be donated to a child in need.

**We hope you can join us!!!**

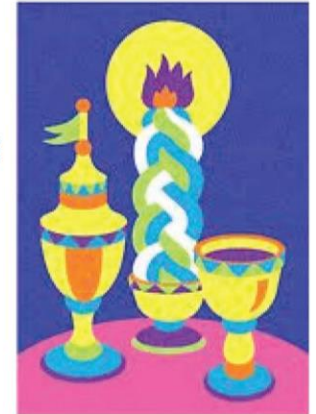
\* PJ Library is sponsored by the Jewish Federation of Las Vegas & the Greenspun Family Foundation



JEWISH BEDTIME STORIES & SONGS FOR FAMILIES

JOIN PJ LIBRARY AT  
CONGREGATION OR CHADASH  
FOR OUR

## HAVDALLAH IN A BAG PARTY



SUNDAY, FEBRUARY 13, 2011

**3:00-4:30 pm**

**Congregation Or Chadash, 3939 North Alvernon Way**

***Too Much of a Good Thing*** as told by Rabbi Tom Louchheim and  
accompanied by Cantor Janece Cohen - Learn what happens when  
**King Antoninus, who loves the joys of Shabbat so much, observes  
Shabbat every day of the week!**

**Craft:** Make your own Havdallah set to use every week

**Admission:** Please bring a new or used children's book which will be given to Jewish children in Argentina. Our Lion of Judah Mission to Argentina is April 3-8, 2011. Our Lions will bring the donated books and present them on your behalf!

**RSVP:** By February 8th to [pjlibrary@jfsa.org](mailto:pjlibrary@jfsa.org) or call Mary Ellen, 577-9393, ext 138



# Havdalah Programs from the Field

## Listening to One Another

HAVDALLAH PROGRAM  
FOR RUSSIAN-SPEAKING JEWISH FAMILIES OF  
WESTCHESTER

Do we listen to one another? An interactive conversations for adults.

Have fun, listen, talk, discuss, learn, sing, play, eat with old and new friends

Participate in interactive activities based on the PJ Library book *The Shema in the Mezuzah* by Rabbi Sandy Eisenberg Sasso

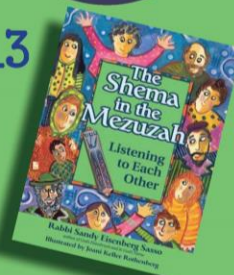
Design your family Eco-Mezuzah

Enjoy a delicious kosher dinner with your family and friends

Celebrate Havdallah with Rabbi Michael Farbman

Saturday, June 15, 2013  
6:30 PM

JCC of Mid-Westchester  
999 Wilmot Road  
Scarsdale, NY 10583



## HAVDALAH PAJAMA Parties

**FOUR LOCATIONS**

Join us in your PJs for a light dairy dinner\*, PJ Library® Story Time, singing, and a Havdalah craft to take home. Begin the week anew with Havdalah, a brief service that ends Shabbat. January dates will feature Tu B'Shevat fun!

<p><b>Saturday, January 11 • 5:30-7 p.m.</b> Sparkhouse Kids Studio 19 Scotland Road, South Orange RSVP to Leemor Ellman at <a href="mailto:lellman@ThePartnershipNJ.org">lellman@ThePartnershipNJ.org</a> by January 6th</p>	<p><b>Saturday, January 18 • 5:30-7 p.m.</b> Madison Community House 25 Cook Avenue, Madison RSVP to Leemor Ellman at <a href="mailto:lellman@ThePartnershipNJ.org">lellman@ThePartnershipNJ.org</a> by January 13th</p>
<p><b>Saturday, February 1 • 6-7:30 p.m.</b> Eagle Ridge Community Club House 1 Leonardo Drive, West Orange RSVP to Leemor Ellman at <a href="mailto:lellman@ThePartnershipNJ.org">lellman@ThePartnershipNJ.org</a> by January 27th</p>	<p><b>Saturday, February 8 • 5-6:30 p.m.</b> Congregation Ohr Shalom The Summit Jewish Community Center 67 Kent Place Boulevard, Summit RSVP to Leemor Ellman at <a href="mailto:lellman@ThePartnershipNJ.org">lellman@ThePartnershipNJ.org</a> by February 4th</p>

FREE, and open to the community — bring your family and friends!

For more information, contact Leemor Ellman at The Partnership for Jewish Learning and Life at (973) 929-2979 or [lellman@thepartnershipnj.org](mailto:lellman@thepartnershipnj.org). \*Dietary laws observed.



# Havdalah Programs from the Field

 JLIFE & PJ Library  
present

## HAVDELI

**SATURDAY, FEBRUARY 4, 2012 5:30-7:00 PM**

Havdalah (Hebrew, meaning 'separation') is a Jewish religious ceremony that marks the symbolic end of Shabbat and ushers in the new week. Shabbat ends on Saturday night after the appearance of three stars in the sky.

**\$10 PER FAMILY  
BY JANUARY 27  
OR \$15 PER FAMILY AFTER**

**REGISTER AT:  
WWW.BETHELNR.ORG/HAVDELI  
FINAL DEADLINE IS  
WEDNESDAY, FEBRUARY 1**



*Come in your pajamas & bring your teddy bear!*

All families with children ages 6 or younger are invited to join us for a delicious DELI DINNER, a musical HAVDALAH service with instruments, make your own SPICE BOXES, and a SNUGGLE STORY from PJ Library

We will be joining together for dinner and Havdalah with the participants of the Game Night/Camp-In, sponsored by Men's Club and the Family Initiatives Committee

For more information, contact Julie Rockowitz at [jrockowitz@bethelnr.org](mailto:jrockowitz@bethelnr.org) or 914-235-2700, ext. 256 or Ronnie Becher at [nursery@bethelnr.org](mailto:nursery@bethelnr.org) or 914-235-2700, ext. 250.

 JLIFE, Jewish Living and Family Engagement,  
geared towards Kindergarten aged kids and younger  
Presents

## HAVDAIRY

**SATURDAY, NOVEMBER 10, 2012 5:30-7:00 PM**

Havdalah (Hebrew, meaning 'separation') is a Jewish religious ceremony that marks the symbolic end of Shabbat and ushers in the new week. Shabbat ends on Saturday night after the appearance of three stars in the sky.

**\$20 PER FAMILY  
BY NOVEMBER 1  
OR \$25 PER FAMILY BY  
NOVEMBER 6**

**REGISTER AT:  
WWW.BETHELNR.ORG/HAVDAIRY  
FINAL DEADLINE IS  
TUESDAY, NOVEMBER 6**



*Come in your pajamas & bring your teddy bear!*

 PJ Library  
JEWISH BEDTIME STORIES AND SONGS

Join us for a delicious Dairy DINNER, a musical HAVDALAH service, make your own HAVDALAH BOXES, and a SNUGGLE STORY from PJ LIBRARY

We will be joining together for dinner and Havdalah with the participants of the Game Night/Camp-In, sponsored by the Family Initiatives Committee

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# Havdalah Programs from the Field

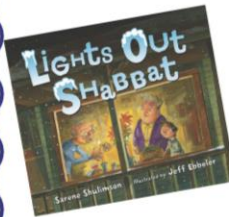
**PJ Library** invites you to

East Avenue *Wegmans*

for a

## HAVDALAH CEREMONY

Teach children up to age 12 how to mark the end of Shabbat  
and usher in a new week!



featuring:  
Story  
Craft  
Snack & Song!

**Saturday, February 1, 2014**

**6:30 - 8:00 PM**

**East Avenue Wegmans Cafe**

**1750 East Avenue**

**Free of charge • All are welcome!**

For questions or to RSVP, contact Jacqui Lipschitz, [jlipschitz@jewishrochester.org](mailto:jlipschitz@jewishrochester.org)

PJ Library is brought to you by the Jewish Federation of Greater Rochester and the Jewish Community Center with a generous grant from the Max and Marian Farash Charitable Foundation. Learn more at [JewishRochester.org/pjlibrary](http://JewishRochester.org/pjlibrary).

The PJ Library®





# Reciting Havdalah

## Hints for success:

- Allow each family to hold their own havdalah props (glow stick flashlight, spice bag or cinnamon stick)
- Try to use a melody that's easy to learn and sing

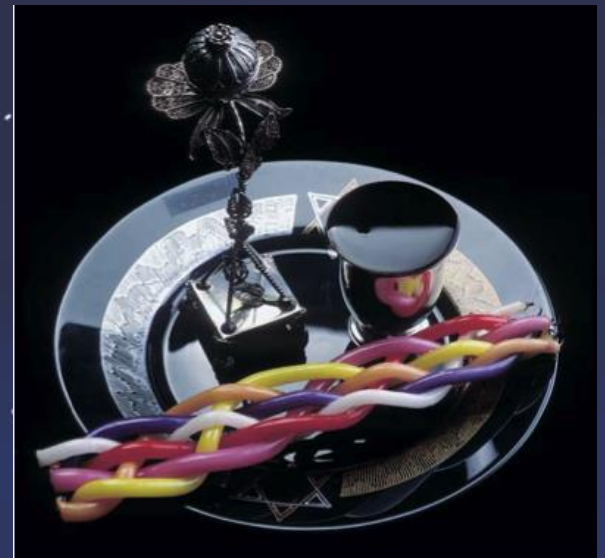
<http://fajew.com/moishe-house-rocks-havdalah>

- Prepare handouts containing the words of havdalah
- Briefly describe the meaning of each havdalah element
- Gather people together



# Possible Havdalah Themes

- **Havdalah Basics**-The How's and Why's of Havdalah
- **Hiddur Mitzvah**-Ways of adding to and enhancing one's Havdalah celebration
- **Transitions**- Ways in which (Havdalah) ritual can help us move more easily from one point in time to the next



# Havdalah Activities

- Making Havdalah Sets
- Decorating Havdalah Trays/Boxes
- Creating Havdalah Books
- Visiting Senses Stations
- Designing Havdalah placemats/drip mats, reversible-Shabbat Shalom/Shavua Tov (Good Week) Signs/ doorknob hangers

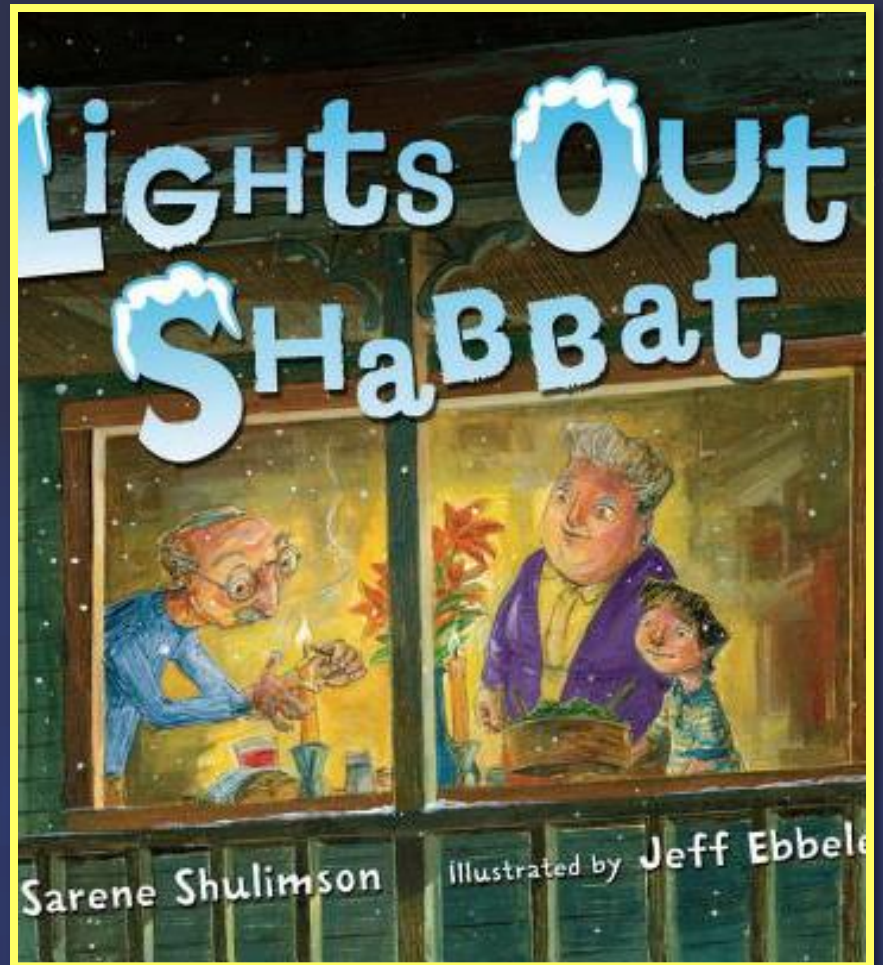
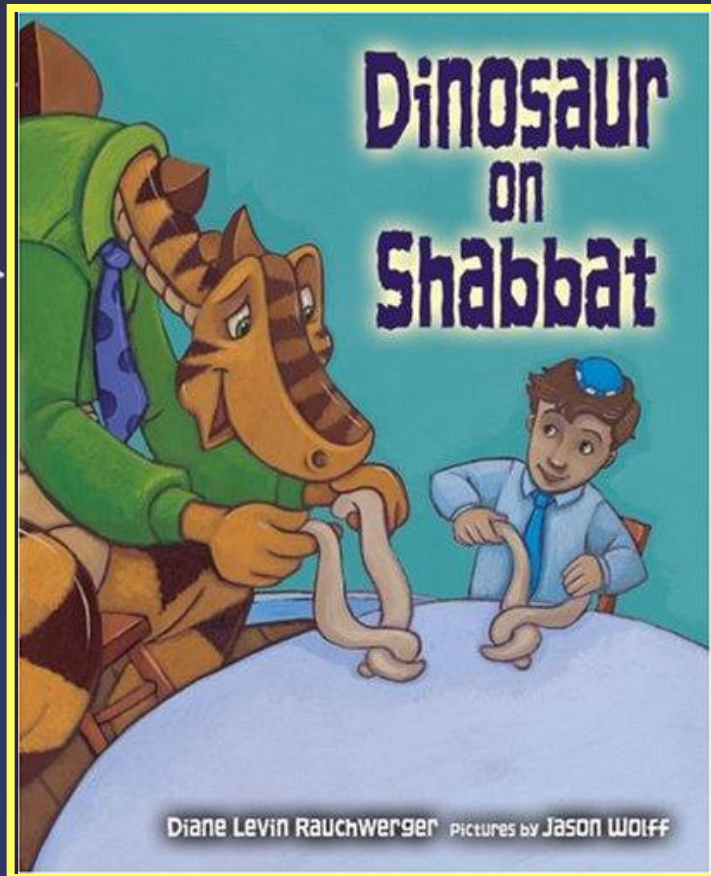




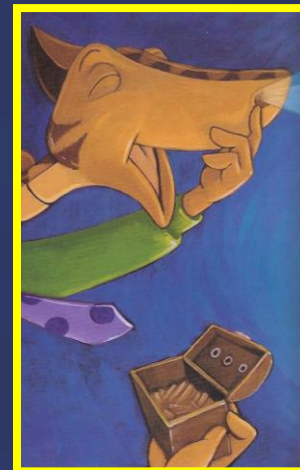
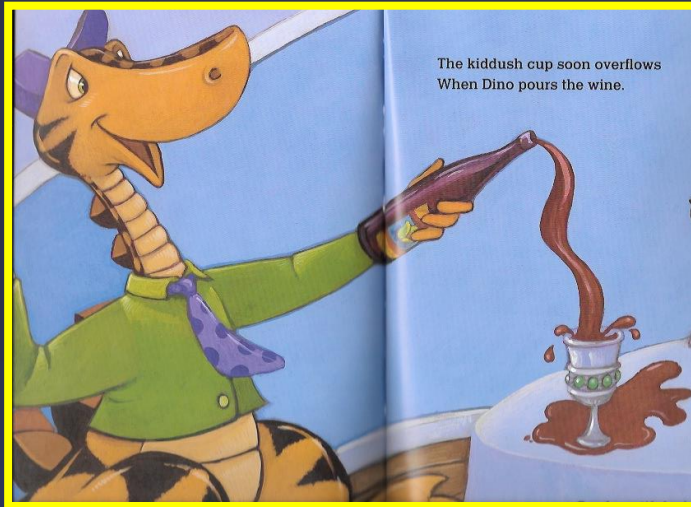
# Havdalah Theme Chart

Theme	SUGGESTED BOOKS	DEVELOPMENTAL APPROACH	ACTIVITIES TO HIGHLIGHT VALUE
<p>Havdalah Basics And Hidur Mitzvah</p> <p>Enhancing and adding to the mitzvah</p>	<p><i>Lights Out Shabbat</i> <i>Dinosaur on Shabbat</i></p>	<p>Havdalah is a ceremony performed at the end of Shabbat. We try to use the most unique and beautiful objects to perform this ceremony. Each object has its own meaning and significance</p>	<p>Making Havdalah Sets Decorating Havdalah Trays/Boxes</p>
<p>Transitions</p>	<p><i>Dinosaur On Shabbat</i> <i>Lights Out Shabbat</i> <i>The Shabbat Box</i></p> <p><i>Shabbat Puppy</i> <i>Schmutzy Family</i> <i>Bim and Bom</i></p> <p><i>Bedtime Books-i.e.</i> <i>Bedtime Shema</i> <i>The Mezuzah on the Door</i> <i>Naamah and the Ark at Night</i></p>	<p>It's sometimes hard to switch gears, make changes. Havdalah enlists the help of all 5 senses to help us gently take leave of Shabbat</p> <p>Havdalah helps us move from the restful day of Shabbat into the start of a busy week. As we recite Havdalah we think about the differences between Shabbat and all of the other days of the week</p> <p>Just as we need help leaving Shabbat, we often need help moving from the excitement of our active day into the world of sleep and bedtime. Jewish ritual can help with this transition</p>	<p>Havdalah Sensory Play Creating Havdalah Books</p> <p>Shabbat Shalom and Shavua Tov signs, trays, door hangers etc,</p> <p>Decorating Shema Signs Making mezuzot Creating Bedtime Songs, Poems</p>

# PJ Havdalah Specific Books



# Dinosaur on Shabbat





# Connecting *Dinosaur on Shabbat* to Havdalah Basics

## Discussion Questions:

- Who came to visit the family in our story? Why did he come?
- What is Shabbat? What did Dino and the family do on Shabbat? Was Dino a good Shabbat guest?
- What did Dino and the family do at the end of the book when Shabbat was all over?
- What items/objects did the family use for making havdalah?
- What did they the family do with the spice box? What happened when Dino smelled the spices?



## Digging Deeper:

- What is Havdalah?
- Havdalah is a ceremony that helps us say good bye to Shabbat. Each object that is used for havdalah teaches us a different lesson or asks us to think about a different idea.
- Some people feel a little sad at the end of Shabbat? Why do you think they might feel sad?
- The spices that we smell at Havdalah are meant to take away some of the sadness that we may feel as Shabbat goes away. The sweet smells help us to remember and hold onto some of the special things that happened to us over Shabbat.
- What sweet memory of today would you like to hang onto?

# More *Dinosaur on Shabbat*

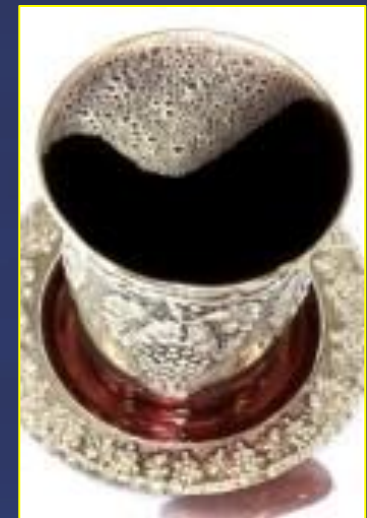
## Discussion Questions

### Discussion Questions

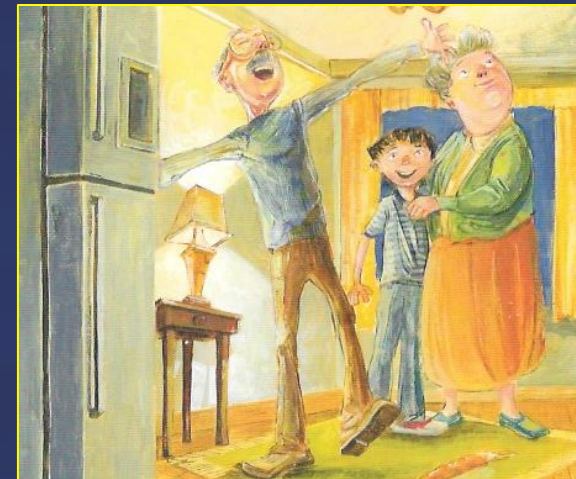
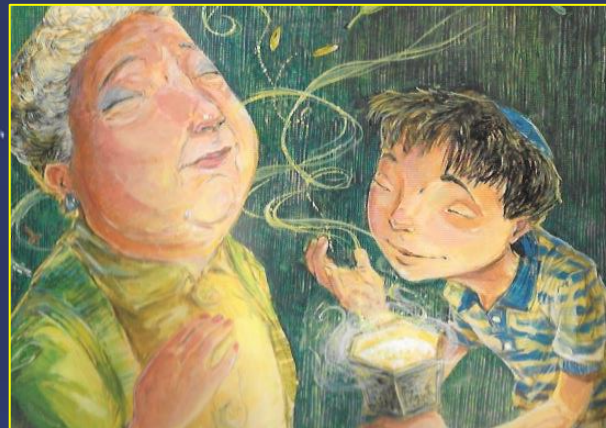
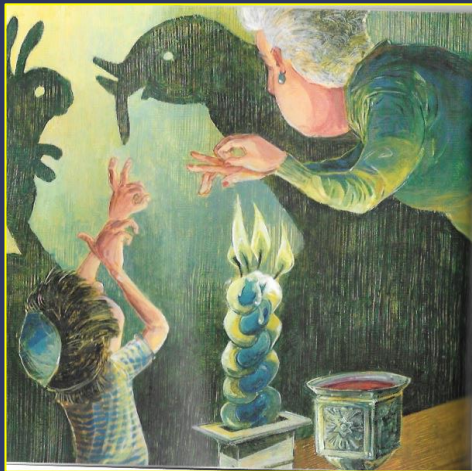
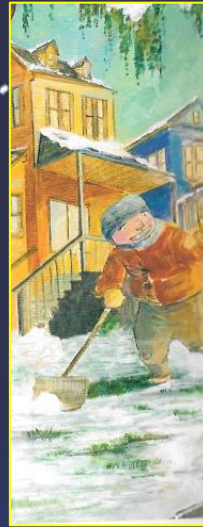
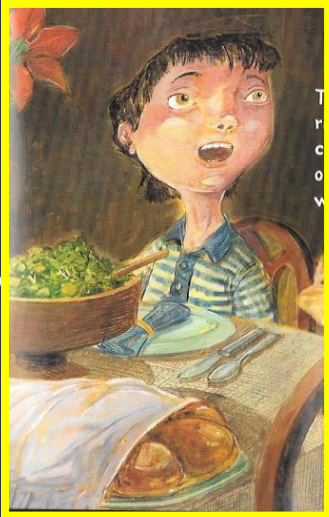
- At the end of havdalah, Dino put the candle out in a very funny way. Do you remember what he did?
- Some people put their havdalah candles out in a special way to show that they hope that the week ahead will be full of sizzle and excitement.
- After he puts the candle out, Dino says *Shavua Tov*. What do you think those words mean?
- What would a good week be for you? What might happen in a good week? Is there anything new or special that you'd like to do or learn in the week ahead?

### Digging Deeper

- When we say havdalah we use an overflowing kiddish cup. We use a full cup to show that we want the week ahead to be full/overflowing with blessings. Can you give a blessing to someone in your family? What good things will you wish them? Is there someone in your family to whom you'd like to say thank you?



# Lights Out Shabbat





# Connecting *Lights Out Shabbat* to Havdalah Basics

## Discussion Questions

- Where does this story take place? Why did the boy come to visit his grandparents? What made this Shabbat special?
- How did the family celebrate Shabbat?
- What does the family do when Shabbat is over?
- What items or objects do they use for havdalah?
- Have you ever seen a candle like the one that this family uses for Havdalah? What's special about this candle? What do they do with the light from the candle?



## Digging Deeper

- Each object that is used in the havdalah ceremony is used to teach a different lesson or help us think about a different idea.
- Some say that the havdalah candle is braided/twisted together in order to remind us of the ways in which Shabbat brings people together.
  - Did the boy in our story like being with his grandparents for Shabbat?
  - In the week ahead with whom would you like to spend time?
- The bright light of the havdalah candle reminds us to greet the new week with joy and bright hopes. Can you name something wonderful that you hope will happen in the upcoming week?

# More *Lights Out Shabbat* Discussion Questions

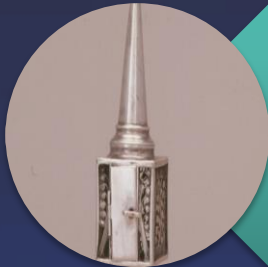
- When Nana and the boy smell the spices, the boy says that he “took a deep breath to hold in as many sweet smells of Shabbat” as he could . Which memories do you think he wants to hold on to?
- Think of the week that just ended. What was a bright, happy part of your week? What was a low, not so happy point of your week?
- An important part of making havdalah involves noticing the difference (*hevdel*) between the darkness of the room/night and the light of the candle. Often families cup their hands in front of the candle so that they can see light glowing on their fingertips and shadows dancing on their palms.



# Summary of Havdalah Symbols



- Bright Light-Helps us greet new week with joy. Symbol of hope and promise of new week
- Twisted Shape- symbol of ways in which Shabbat has united us with others
- Fire-symbol of creativity. Urges us to think of how we can best use our creativity in the week ahead



- Allows us to hold on to memories of Shabbat
- Can help us anticipate sweetness of week ahead
- Expresses hope that new week will be filled with sweetness



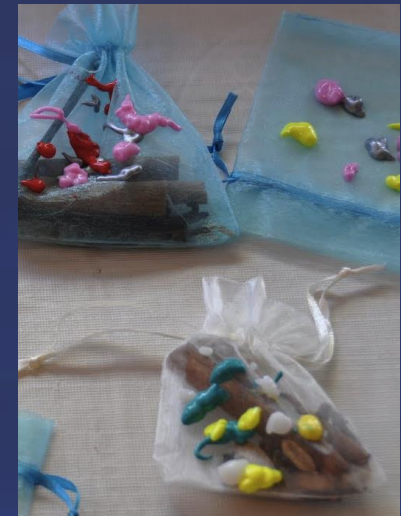
- Expresses hope that new week will overflow with blessings. Encourages us to share blessings and good thoughts with others
- Blessing over wine/grape juice helps to sanctify week. Encourages us to think about the week ahead and think of ways that we can make the week worthwhile, special, filled with blessings.



# Creating Havdalah Sets: Candles

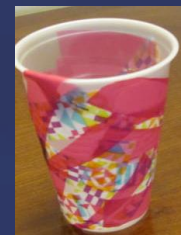
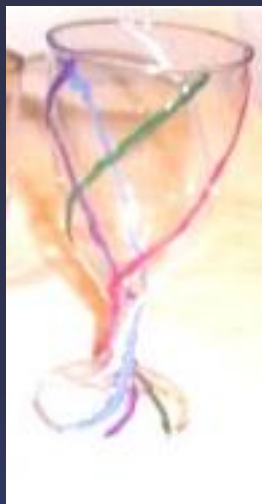


# Havdalah Spice Boxes





# Havdalah Kiddish Cups





# Havdalah Book

Havdalah Kiddish Cup



Overflowing kiddish cup represents hope that the week ahead will be overflowing with blessings. Can you make up a blessing for a special person in your life? Who will you bless and what will you wish for them?

A Blessing for-----  
(name of person). In the week ahead I hope that you-----

Havdalah Candle



Havdalah candles always contain more than one wick. These wicks are meant to produce a strong, bright light that will help us greet the new week with joy and bright hope.

Can you name something bright and wonderful that you hope will happen in the upcoming week?

Spice Box/Bag



The sweet smell of these spices are meant to take away some of the sadness that we may feel as Shabbat goes away. The sweet smells also help us to hold on to the memories of some of the special things that happened over Shabbat/or during the past week .

What sweet memories from today would you like to hang on to?

# Havdalah Boxes, Drip Sheets



# Havdalah and the Theme of Transitions

- Havdalah helps us move from peacefulness of Shabbat into the start of a new week.
- To help us deal with the discomfort of moving forward/leaving the familiar behind, Havdalah repeats some of the same comforting rituals that we used when we first began Shabbat

Shabbat ritual	Havdalah ritual
Light 2 or more candles	Light one candle containing 2 or more wicks
Cover our eyes-block the light	Explore the light-Make light dance on our fingertips
Listen to and Sing songs-Blessings, Shalom Aleichem	Listen to and Sing songs-Eliyahu Hanavi; Shavua Tov
Taste sweet grape juice	Taste sweet grape juice
Smell warm challah, good food	Smell Basamim-Spices



# Havdalah's Helpful Transition Hints

- Routines and repetition of the familiar help to ease transitions
- Engaging the senses help to make transitions proceed more smoothly. Use of the senses creates pleasure, eager anticipation.



# Door Hangers- A Fun Transitional Activity



# Sensational Stations



Sight:  
Flashlight Games  
Shadow Play  
Scratch Art



Smell:  
Smell Matching Games  
Creating Personal  
Potpourri/ Closet  
Fresheners



Taste:  
Grape and Grape Juice  
Tasting Stations  
Havdalah Snacks: Star  
Sandwiches  
Decorating Cookies



Touch:  
Texture  
Collages/Havdalah  
Objects  
Sound:  
Matching Games  
Making Instruments







# Program Elements



## Setting

Public Space,  
Museums  
Synagogues, JCC,  
travelling  
Planetarium Tent

## Theme:

Havdalah Basics  
Hiddur Mitzvah  
Transitions  
Other



# Havdalah Ceremony

## Story

Havdalah Story  
Non Havdalah  
Story  
Shabbat Story

## Activities-

Intro  
Follow-up  
Snack  
Entertainment

