



SHABBAT YOGA BREAKS

BLISS, Song or Game, Meditation

SUGGESTIONS FOR A BLISS

Shabbat

One of our favorite activities is "read a book". It provides endless opportunities for conversations with kids on ANY topic. So we like to start off this way and then you as the teacher can say: "I'm reading a book about" So here's the short and sweet Shabbat BLISS. Remember you have already been doing READ A BOOK which takes time so you can move through this quickly.

"I'm reading a book about how to prepare for Shabbat. First we take out our CANDLE STICKS and set them in the holders so they are nice and straight. (chat this up for a moment so they hold the pose for a few). Then we bake our CHALLAH.

(Forward bend with your arms crossed around the outsides of your feet).

Keep baking that challah. It's gotta cook for another few moments.

Wow... smell that fresh bread...pranayama!!! (Take a deep breath and smell it.)Let's set the TABLE and make it nice and pretty with our most special table cloth. Now it's time to put some extra CHAIRS up because we

like to have company on Shabbat. You know what else I like to do on SHABBAT? I like to dance." (This is a great intro to Yoga Nagila!)

SUGGESTIONS FOR SONGS & GAMES

Songs:

- Yoga Nagila
- Yoga is Fun/Adom Olam
- This Little Light of Mine

Games:

- Toe-ga (*Shabbat- how many mazot balls can you pick up??*)
- I Went to Visit my Bubbe
- Yoga Nosh

SUGGESTIONS FOR BREATHING & MEDITATIONS

Breathing

- Aleph Bet Breathing
- Bumble Bee Breathing

Meditation

- Have everyone lay on their tummy and gaze at a flameless candle while breathing deeply in through the nose and out through the mouth. Reflect on the beauty of the light.
- Shalom Begins With Me

More Resources for Shabbat

- [Shabbat Activities](#)