



## 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](#)