

Theme: 10 Commandments

Week: 18

Learning Outcomes

Students Will:

- Know what the 10 Commandments are
- Understand the importance of rules
- Know the rules that are special to being Jewish

Materials & Resources

- Dot markers. Highlighters
- Finger paint
- Sensory table materials
- Large poster boards
- Tape

Arrival/Warm Up (15 min)

“Rule or Not a Rule” sort. Have students circle all the pictures that are rules and X out the ones that are not rules.

Specific Accommodations

- If possible, put student picture next to their name at the table so they know where to sit even if they cannot recognize their names in print.
- Students can circle, use a dot marker to put a dot on the ones that are rules or you can cut them out and have students sort them that way.

Tefilah Time (15 min)

Start *Tefilah* Time by explaining to students that today we will be learning about the 10 commandments. Ask: What would the world be like if we did not have any rules?

Specific Accommodations

- use cube chairs, cushions, carpet dots, or hula hoops for students who need support sitting on the floor or for students who need help understanding how to stay in their spot
- allow students to answer question by drawing or building

Centers (45 min. 15 each)



Center Theme: Hebrew Letters

Center Activity: Hebrew Letter Yoga

Have students create the letters of their names using their bodies. Have them use their Hebrew name mat for this to remind them which letters they should be making with their bodies. Challenge them to do more letters if they are able to easily do the letters in their name

Specific Accommodations:

- Allow students to use Play Doh or pipe cleaners if they cannot use their bodies in this way
- Allow students to only use their hands rather than their whole body

Center Theme: Art

Center Activity: 10 Commandment Finger Paint

Have students make hand prints on a piece of paper and then glue on pictures of the 10 commandments assigning one to each finger.

Specific Accommodations:

- Allow students to trace their hands, use stamp ink, or paint depending on what is most comfortable for them

Center Theme: Sensory

Center Activity: 10 Commandment Scavenger Hunt

Place pictures or objects that represent the 10 commandments in the sensory bin and have students search for all 10. Include distractor items that are not representative of the 10 commandments to make the task a little more challenging.

Specific Accommodations:

- Provide check list for students for what they are looking for
- Leave out the distractor items if students struggle to differentiate between them and the 10 commandments

Bracha Spotlight (and snack time, 20 min):

Pick any snack item and give students 10 of them.

Whole Group Activity (30 min):

Tell the story of the Golden Calf and how the Israelites eventually got the 10 Commandments. After the story is told, discuss how it must have felt for Moses to see the Israelites building the Golden Calf. Discuss better ways to deal with our anger than smashing the 10 commandments. Ask students, even though the Israelites made a mistake, did they still deserve to get the 10 Commandments?

Whole Class 10 Commandment Puzzle: Create a large version of the 10 Commandments using poster board and pictures attached. Cut the poster board into 10 different parts and have students work together to rebuild the 10 Commandments.

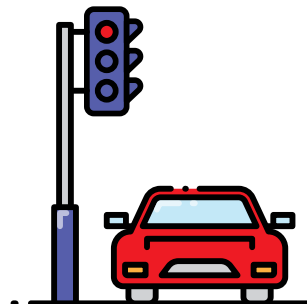
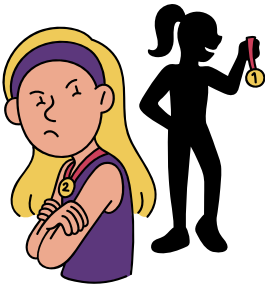
Specific Accommodations:

- Have students act out the story as it is being told if they are having trouble sitting still
- Facilitate turn taking for students during collaboration on putting the puzzle pieces together

Closing/*Lehitraot* (10 min):

- Have students reflect- if they could add an 11th Commandment, what would they add?
- Finally, sing *Shalom Chaverim* together

Rules/Not Rules



10 Commandments

(use for 10 Commandment craft and for sensory bin if you are not using other objects)



Celebrate
Shabbat



Respect God



Respect your
Parents



Pray to God



Do Not Pray to
Things That are Not
God



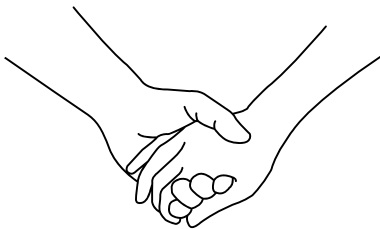
Do Not Hurt Others



Do Not Steal



Do Not Lie



Show Love and Care
to Your Partner



Do Not Be Jealous

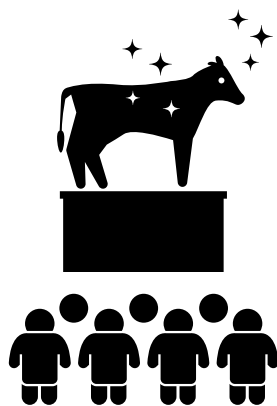
Remember when God took the Jewish people out of Egypt? We learned about that during Passover! Well after that, the Jewish people were walking in the desert for a long time before they reached their homeland. All they could do was trust their leader, Moses, and God.

One day, God said to Moses: “Come up to the top of Mount Sinai. I will give you special rules called the Ten Commandments.” So Moses climbed the big mountain. He stayed there for many days and nights, talking to God. God gave him two big stone tablets. The tablets had 10 very special rules for all the Jewish people to follow.



The rules were all about how to love God and how to be kind to other people. But while Moses was up on the mountain, the people waiting down below got scared. They thought maybe Moses wasn't coming back.

They forgot to trust God. So they made a big mistake—they built a statue of a golden calf and started to pray to it. They thought it would help them, but it was not real! A statue could not help them!



When Moses came down the mountain and saw the people praying to the golden calf, he was so upset! He threw down the stone tablets and they broke.



The people realized they had made a mistake. They said, “We’re sorry, Moses! We’re sorry, God!”

God forgave them because He loves His people. Then, God told Moses to come back up the mountain.

This time, God gave Moses a new set of tablets with the same Ten Commandments. The people promised to try their best to follow God’s rules. After that, we remember to follow the 10 commandments because they teach us to be kind to each other, to ourselves, and to God. But we also know that if we make a mistake, God will forgive us.



1.



Respect God

2.



Pray to God

3.



Do Not Pray to
Things That are Not
God

4.



Celebrate Shabbat

5.



Respect your
Parents

6.



Do Not Hurt Others

7.



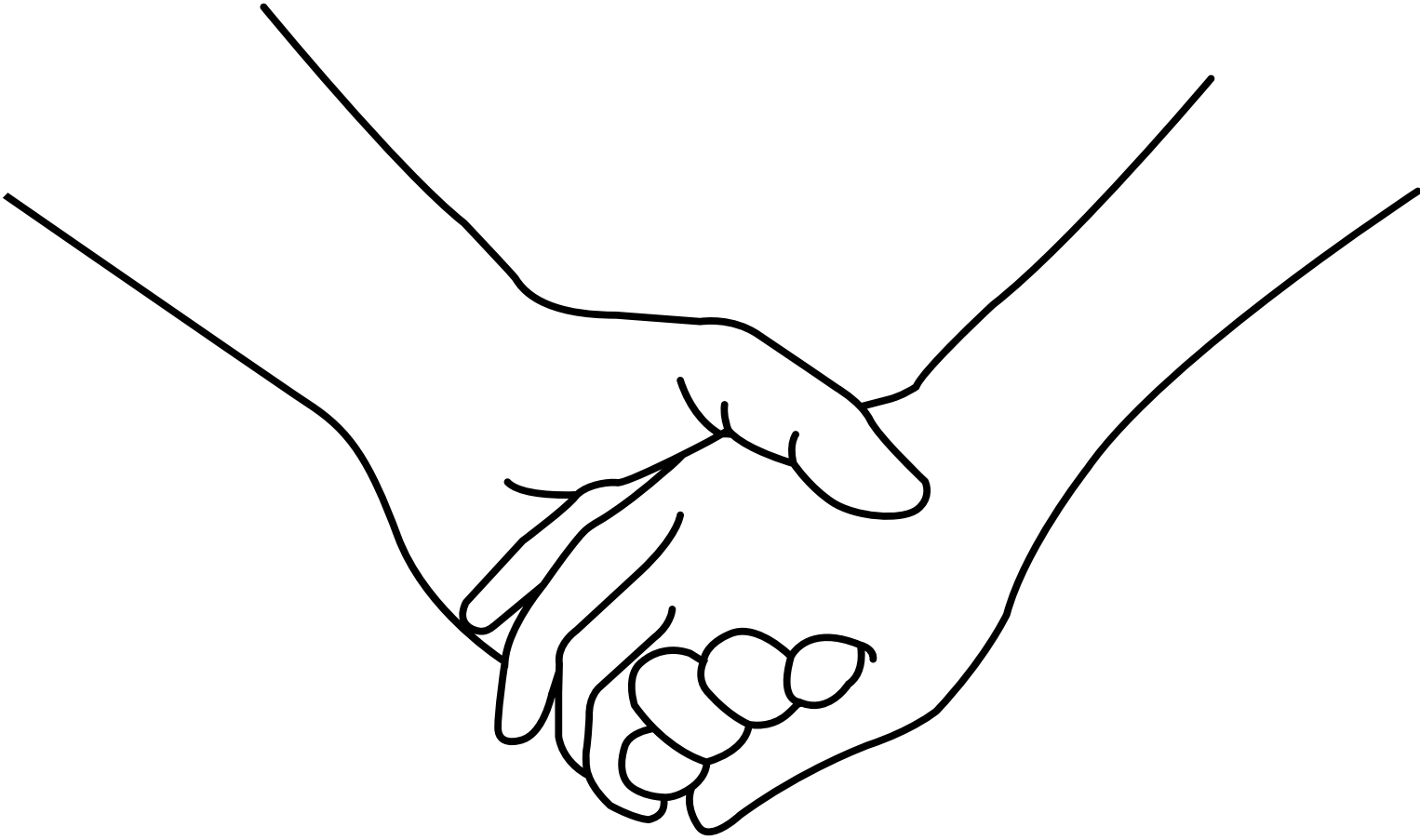
Do Not Steal

8.



Do Not Lie

9.



Show Love and Care
to Your Partner

10.



Do Not Be Jealous