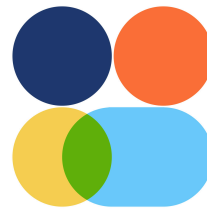


LESSON PLAN



Matan

Theme: Havdalah

Week: 22

Learning Outcomes

Students Will:

- Know what *havdalah* is
- Identify the items used in the *havdalah* ceremony
- Recognize the *havdalah* prayer

Materials & Resources

- *Havdalah* candle
- *Besamim*
- *Kiddush* cup
- Sand
- [Beeswax candle making kit](#)
- Spices (cinnamon sticks, cloves, etc.)
- Small cloth/organza jewelry pouches
- Grape juice
- Book: [Shabbat Hiccups](#) by Tracy Newman

Arrival/Warm Up (15 min)

Put out a *havdalah* candle, *besamim* case, and a *kiddush* cup for students to take turn exploring. Allow students to color a *havdalah* coloring page as well if they would like.

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.
- Place each *havdalah* item next to a child's seat so that there is a designated order in which each child will get a chance to explore each item

Tefilah Time (15 min)

Start *Tefilah* Time today by having students identify their senses. Ask students why each sense is important. Have them use their senses throughout the tefilot (ex. during *Modeh Ani*, have students listen carefully for the sounds of the morning, during the *Amidah* have students smell as they breath in and out and pretend they are smelling something really nice, etc.).

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
- Provide items to help students use their senses such as a scented candle for them to smell as they breath in

Centers (45 min. 15 each)



Center Theme: Hebrew Letters

Center Activity: Letters of *Havdalah*

Have the letters of havdalah out in various forms. Put sand out on the cookie sheets and have students trace the letters into the sand

Specific Accommodations:

- Put the letters in the sand for students to trace
- Choose a few letters for students to trace at a time so as not to be too overwhelming
- If students have an aversion to the feeling of sand, give them a stick or a pencil and have them trace in the sand with that instead of their fingers

Center Theme: Art

Center Activity: Make Your Own *Havdalah* Candle

Use beeswax to create *havdalah* candles. Show students that *havdalah* candles have 3 wicks then have them choose 3 different colors to create their own candles. They should stick the wick into the beeswax strip and roll it up into the wax. Then they should braid or smush their 3 candles together to make one candle.

Specific Accommodations:

- Use a visual for students to follow the directions for making the candle

Center Theme: Sensory

Center Activity: Exploring Smell Scent

Have students explore different smells using different spices you have available (cinnamon stick, cloves, etc.). Have them fill a pouch with any spices they want to create their own *besamim* for havdalah.

Specific Accommodations:

- Use visual for creating *besamim* pouch

Bracha Spotlight (and snack time, 20 min):

Snack: Grape juice and grapes or raisins! Students should say *Hagafen* just like it is said in the havdalah ceremony

Whole Group Activity (30 min):

Read- Shabbat Hiccups by Tracy Newman

When the book is done, tell students that as a class, we will now do a *havdalah* ceremony for practice. Tell students that during *havdalah* we use all of our sense to think about saying goodbye to shabbat and starting our new week off well. Do each of the parts of *havdalah* and after each part, ask students which sense they used most for it.

- Grape juice - Taste
- Fire - Touch (feel the warmth on your skin but do not touch the flame) and see
- *Besamim* - Smell
- All of the singing- Hear

After they name the sense, ask students to explain what feeling each of those senses make them feel.

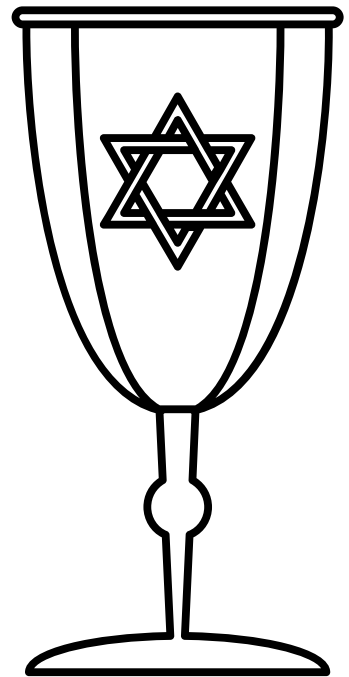
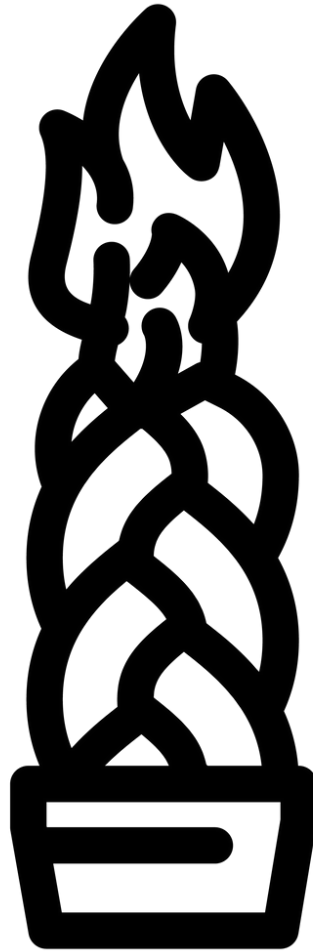
Specific Accommodations:

- Use visuals for each of the senses being discussed
- Use a fake flame if fire cannot be used safely

Closing/*Lehitraot* (10 min):

- Ask students why might it be important to say goodbye to Shabbat?
- Finally, sing *Shalom Chaverim* together

Havdalah



Make Your Own “No Melt” Havdalah Candle

Place a string in a beeswax sheet and roll it up

1



Roll two more strings in beeswax until you have 3

2



Squish, braid or tie the candles together so that they make a Havdalah candle

3



Make Your Own Besamim

Smell the different spices and choose the ones you like

1



Place them into a pouch

2



Tie the pouch closed and smell your besamim

3



Senses



Smell



Feel



Hear



Taste