

Shabbat is a Day of Rest



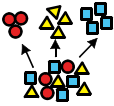
People usually work hard all week. They go to school or go to work. By the end of the week, many people feel tired.



The Torah tells us that God also works hard. Long ago, God created our whole world in just six days. But on the seventh day, God paused and rested for one day. We call that seventh day Shabbat.



We also pause and rest after working for six days. On Shabbat we do relaxing activities instead of work.



Try to sort the work activities we do during the week from the things we do to rest and relax on Shabbat!



Work During the Week



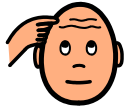
Rest and Relax on Shabbat

What other things to you do to relax? _____

Directions:



Cut out all of the pictures



Decide whether each picture shows a person working during the week or relaxing on Shabbat



If the picture shows a person who is busy or working, glue it on the **red** side of the chart.

If the picture shows a person who is resting on Shabbat, glue it on the **blue** side of the chart.

