

# Lesson Plan - Jewish Customs and Values

## Session Structure

9:30	<ul style="list-style-type: none"><li>• Aleph bet song <a href="#">▶ Aleph-Bet Video</a></li><li>• Hebrew reading - <a href="#">▶ Learn to Read Hebrew - The Revolutionary NEW...</a> (from 0:25)</li><li>• Sh'ma <a href="https://aleph.danielpedroso.com/shma">https://aleph.danielpedroso.com/shma</a></li></ul>
10.00	Havdalah <a href="#">▶ Havdalah (Learn the blessings!) - Moishe House Rocks</a>
10:10	Topic of the day
10:45	break
11:00	Joint session: Topic of the day
11:40	Hatikvah <a href="#">▶ Hatikva: The Song of Hope</a>
11:45	Close

## Introduction

This lesson aims to educate students on the importance of Jewish customs, dietary laws, and values, emphasising their significance in Jewish life and community.

## Part 1: Jewish Food Customs (30 minutes)

### Kosher Laws and Their Significance (10 minutes)

**Definition:** Explain what kosher means.

**Laws:** Outline basic kosher laws (e.g., separation of meat and dairy, prohibition of certain animals).

**Significance:** Discuss why these laws are important in Judaism (e.g., spiritual discipline, connection to tradition).

**Activity:**

**Interactive Quiz:** Present a few food items and ask students to determine if they are kosher or not.

## Traditional Jewish Foods and Their Symbolism (10 minutes)

**Challah:** Explain its significance, especially during Shabbat.

**Matzah:** Discuss its importance during Passover.

**Latkes and Sufganiyot:** Talk about their role in Hanukkah.

**Symbolism:** Connect each food to its symbolic meaning in Jewish tradition.

## Shabbat Meals and Their Importance (10 minutes)

**Friday Night Dinner:** Describe the typical Shabbat dinner and its components.

**Family and Community:** Emphasize the role of Shabbat meals in bringing family and community together.

**Spiritual Rest:** Discuss the importance of rest and reflection on Shabbat.

### Activity:

Role-Playing: Have students act out a Shabbat dinner, including blessings over the candles, wine, and challah.

## Part 2: Jewish Values (40 minutes)

### Tzedakah (Charity) (10 minutes)

**Definition:** Explain what tzedakah is.

**Role in Society:** Discuss the importance of charity in Jewish life.

**Examples:** Provide examples of how students can practice tzedakah.

### Activity:

Charity Box: Create a class tzedakah box and decide on a charity to donate to.

### Bikkur Cholim (Visiting the Sick) (5 minutes)

**Definition:** Explain the concept of visiting the sick.

**Importance:** Discuss why it is important to offer support and comfort to those who are ill.

### Activity:

Discussion: Share ideas on how to help someone who is sick (e.g., making cards, visiting).

## Gemilut Chasadim (Acts of Loving-Kindness) (5 minutes)

**Definition:** Explain gemilut chasadim.

**Significance:** Discuss the importance of performing acts of kindness in daily life.

**Activity:**

**Kindness Challenge:** Encourage students to perform a kind act for someone during the week and share their experiences next class.

## Honoring Parents and the Importance of Family (10 minutes)

**Commandment:** Discuss the commandment to honor one's parents.

**Family:** Talk about the importance of family in Jewish life and how respect and care for parents are central values.

**Activity:**

**Story Sharing:** Ask students to share stories about how they honor their parents and family traditions they cherish.

## Shalom Bayit (Peace in the Home) (10 minutes)

**Definition:** Explain what shalom bayit means.

**Importance:** Discuss why maintaining peace and harmony in the home is crucial in Judaism.

**Activity:**

**Role-Playing:** Have students act out scenarios where they resolve conflicts peacefully at home.

## Mitzvot and Their Significance (10 minutes)

**Definition:** Explain what mitzvot are (commandments or good deeds).

**Types of Mitzvot:** Discuss different types of mitzvot (e.g., between man and God, between man and fellow man).

**Significance:** Explain the role of mitzvot in Jewish life, promoting ethical behavior, spiritual growth, and community building.

**Activity:**

**Mitzvah Tree:** Create a mitzvah tree in the classroom where students can add leaves representing mitzvot they have performed.

# Conclusion and Review

Summarise the main points about kosher laws, traditional foods, Shabbat meals, and Jewish values.

Recap the significance of mitzvot.

## **Questions and Answers:**

Open the floor for any questions the students might have.