

Year 5 RE Task - Spring Week 5

This week we are continuing to look at the faith of Judaism and what is known as 'Shabbat'.



Shabbat is the Hebrew (the language that the Jewish holy book is written in) word for Sabbath, which Jewish people mark from nightfall on Friday night until nightfall on Saturday.

Shabbat is a day of rest after 6 days of work. Keeping Shabbat holy is one of the 'Ten Commandments'. Shabbat includes family prayers, bread and wine, and time away from the busy life. Rest has a special place in Jewish life.

To find out about Shabbat, watch this video:

<https://www.bbc.co.uk/teach/class-clips-video/religious-studies-ks2-shabbat-day-of-rest/zrkvrj6>

Task:

Watch the video and make a list of all the things that Charlie liked about Shabbat and all the things he didn't like as much.

If you had to take part in Shabbat, what do you think the positives of having this 'day of rest' would be? Would there be any negative things about it?