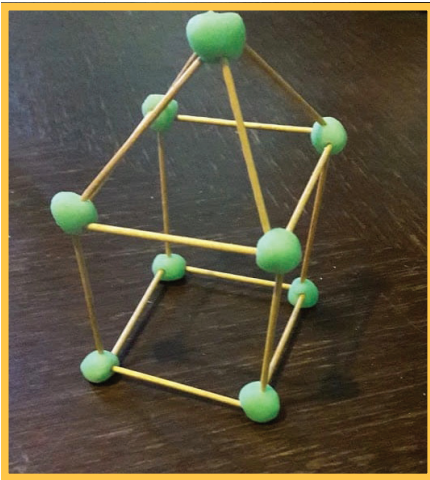


Live it. Love it

Build And Freeze!

 15 Minutes



How to Play:

- In this game there are 3 rounds of challenges. For each round you will have 60 seconds to build a structure. When the time is up you will stop building, “freeze for Shabbat”, and do a Shabbat activity.
- Before beginning a round, set a timer for 60 seconds. If using an hourglass, flip it over to begin and depending on how long it takes to finish, you may have to flip it over again when it runs out to have a complete 60 seconds.
- Bonus Challenge: Try to complete each round, while still saving enough toothpicks for the other rounds. If you run out, you may destroy your earlier creations to reuse the toothpicks and playdough.

Round 1:

- Use your toothpicks, and playdough to build a structure of a synagogue.
- When 60 seconds are up, freeze from all work!
- Shabbat activity: Sing your favorite shabbat song for at least 60 seconds.
- When you are done singing, reset your timer, and continue on to round 2.

OVERVIEW

Hashem created the world in 6 days and on the 7th day He rested. In this activity, you will be challenged to build exciting structures using playdough and toothpicks. When the allotted time is up, you will “rest” and do a Shabbat activity, just like on Shabbat!

SUPPLIES NEEDED

- 30 Toothpicks
- Mini tub of playdough
- Hourglass or Timer



4

Week 3
Monday

Live it. Love it

Round 2:

- Build beautiful Shabbat candlesticks or the shape of a special Kiddush cup.
- When 60 seconds are up, freeze from all work!
- Shabbat activity: Act out lighting Shabbat Candles and making Kiddush, for at least 60 seconds.
- When you are done acting, reset your timer, and continue on to round 3.

Round 3:

- Build a super tall tower!
- When 60 seconds are up, freeze from all work!
- Shabbat activity: Rest, by freezing like a statue or having a staring contest with a partner for 60 seconds, without moving.
- Once you have completed this challenge, repeat rounds 1-3 to see if you have improved your building, and freezing skills!



Think About It

Just like Hashem, for 6 days a week we are busy building, working, and creating. But then comes Shabbat. The 7th day of the week, Shabbat, is a totally different experience. It's our chance to "freeze" and refocus. It's a day that brings meaning into the rest of our week. And it begins with the lighting of Shabbat candles by women and girls every Friday 18 minutes before sunset. This special Mitzvah is a time of transformation, taking us out of our workday reality and bringing us into "Shabbat mode".



5

Week 3
Monday

Live it. Love it