Lesson Plan – Shabbat

The following lesson plan is a suggestion of how some of the resources contained in this unit could be incorporated into a 60-minute class period for a high-school age class. There are many other themes and teaching opportunities found in this unit of resources which would take more classroom-time to explore with your students.

**Goal:** To explore the different themes of Shabbat expressed in the writings of Rabbi Sacks.

**1-5 minutes: Opening Activity**

Print and paste onto cards all the quotes found in the Shabbat Teaching Resource page from Rabbi Sacks on Shabbat. Lay them out on the floor and ask each of your students to pick one quote (you can print each quote 2 or 3 times if you do not mind students choosing the same quote. Additional quotes can be found at [www.RabbiSacks.org/quotes/](http://www.RabbiSacks.org/quotes/). Explain to your students that they should choose the quote that is most powerful/meaningful to them, and something they think could inspire and enhance a Shabbat meal if it were on a poster decorating the walls of a shabbaton. (If you choose to actually hold a shabbaton – see the Bet Nidrash at the end of the Shabbat Teaching Resource page - then you could ask your students to create these posters as a follow-up to this class).

**6-20 minutes: Sharing the Quotes**

Have each student share briefly why they chose that quote and what it means to them.

**21-40 minutes: Exploring the Themes Further**

Divide your students into small groups and ask them to choose one of the short quotes to explore further by finding the relevant longer sources presented in our Teaching Resources page. (You may wish to ensure that each group chooses a different quote so there is no repetition).

**41-58 min: Presentations**

Have each group present what they learned about the theme from the longer sources, and how that impacts their own understanding and practice of Shabbat.

**59-60 min: Summing Up**

Summarise the themes learned in this class on Shabbat from the writings of Rabbi Sacks.