

On Fridays, I have Shabbat dinner with my family. We have Shabbat dinner at home.



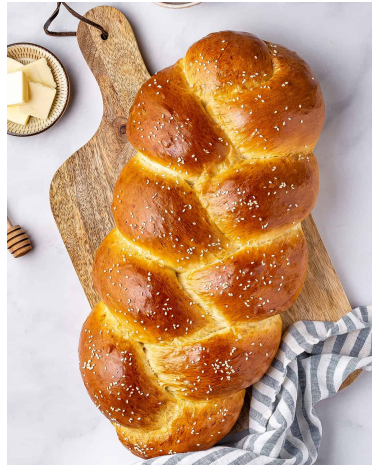
We wait for dad to return from the Synagogue. We all sing Shalom Aleicham and Eisher Chayil. Dad makes a blessing over the wine.



Afterwards, mummy, daddy, my sister and I wash our hands to get ready for the Challah.



Dad makes a blessing over the Challah and then we eat the Challah together.



After we eat the Challah, we have a yummy fish and salad course that is served first.



After the fish course, the chicken soup course is served.

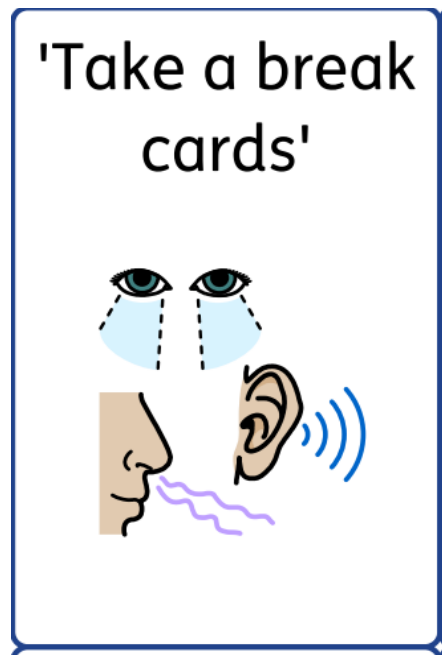


Next, the meat course is served. It comes with yummy potatoes and vegetables.



When we are eating, I can sit at the table. This makes my parents happy. I can join in the conversation. I can listen to my parents and my sisters. My parents will help me know when it is my turn to speak. I can talk about school, my friends or my favourite subjects. I can also listen to my parents and my brothers and sisters when they are talking about their day.

If I need a break, I can ask to leave the table. I can choose to go for a walk in a different room and I can choose something to do from my Take a Break cards.

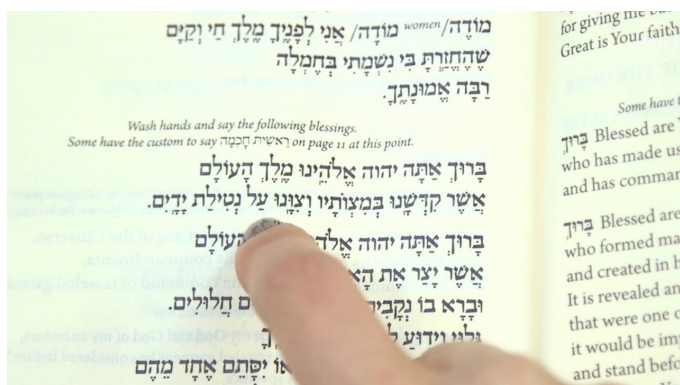


Then I can go back to the table and sit with my family. This will make my family happy.

Finally, we have dessert and some hot drinks to finish.



When our dessert is finished, we have our after eating prayer - this is called benching. We all pray together or wait patiently whilst it is said.





When we finish praying, we sing and have some discussions. I can leave the table after I have finished eating. I can let my family carry on talking while I go to play with LEGO or do some drawing, colouring or craft.

Then Shabbat dinner is finished.

