

1. Make a “cell phone sleeping bag” drawstring bag (or a bin, or a drawer, called “a *muktzah* drawer”), and everybody puts their phone in, perhaps for 24 hours, or (more likely!) for Shabbat dinner, or for the candle lighting, or some symbolic period of time.
2. Go to services.
3. Light candles.
4. Have dinner together.
5. Read something out loud to each other (a silly Yiddish poem?)
6. Make challah (try a variation! Buckwheat! Chocolate chip!)
7. Meditate.
8. Discuss what to do with the money in your *tzedakah* box.
9. Organize an *oneg* with friends or neighbors. Bake cookies and bring them to somebody’s house with some milk—milk and cookies before bed on Shabbat is a nice treat! Or just make cookies and eat them yourselves.
10. Take a walk.
11. Look at the *parasha* for the week and discuss it over dinner. You can find the *parasha* listed in the Temple weekly email every week. If you don’t have a copy of the *Tanach*, buy one! Or check the Temple library.
12. Have a musical interlude. Listen to music (download/purchase some Jewish music from different countries or traditions for this purpose and listen over dinner or before bedtime on Friday night), play music, sing music.
13. Make up a “Shabbat pose” with your family and then have a little yoga session before bed where everybody does the pose.
14. Make up special “Shabbat rules” to one of your family’s favorite games (nobody loses a turn; if you roll a 6 you get to roll again, etc.) and then only use them when it’s Shabbat. Or, just play a board game with the family, with everybody’s phone in the other room.
15. Make a “are we ready for Shabbat” chart (tablecloth, candles, challah, wine, food) and everybody in the family is in charge of something. Whoever is in charge of food can decide—take-out v. cooking.
16. Pick a new ritual to test out every month. You could try preparing the jug of water for the final washing and learning the prayer for washing hands. Or have the person lighting the candles cover their head and eyes while doing so. Or, try observing the “no tearing” or “no carrying” rules on one Shabbat. See how long you last!
17. Find a craft or activity that relates to the *parasha*. There are many internet resources that can help with this.
18. Come up with a family blessing ritual. Start with the traditional one (“may you be like Ruth and like Esther...”). Discuss why we might want or not want to be like these Biblical figures. Find your own role models that you believe in as a family (“May you be like George Washington,” or “be brave, creative, and bold” or whatever your family values are), and write your own version.
19. Try making a Shabbat dinner in the slow cooker so it’s ready when you come home from work.

20. Pick a restaurant everybody likes and go there on Friday night, or get take-out, but have a Shabbat moment somewhere in the dinner. Maybe after ordering, everybody takes a restful deep breath and you have a conversation related to the ending of the week.
21. Go around the room and everybody says “I will rest this Shabbat by...” (knitting, staring into space, taking a walk, taking a nap, etc.).
22. Find a place in your house where you keep the Shabbat candles (always keep a supply), the matches, and the candlesticks so you don’t have to run around finding them.
23. If you don’t like to blow out the candles, yet you are going out after lighting them, put them in the kitchen sink. Or, just blow them out. It’s okay.
24. Make a tile or a placemat where you light the candles and put it with the other Shabbat supplies. This helps prevent candle wax on the table or the tablecloth.
25. Make a Shabbat tablecloth. Get some white fabric and fabric paint or markers and everybody paints. Be creative! Draw Shabbat symbols, or just draw circles for where the candles and the challah and the wine will go. Use it every Friday night when you have dinner at home.
26. Listen to services at Temple Shalom on jwash.net.
27. Play a Jewish board game (ideas include Jewish Chutes & Ladders; Jewish Taboo; Jewish Apples to Apples; Jewish Twister—check one of the Judaica stores or look online)
28. Take dinner to somebody who needs an extra hand.
29. Make a casserole for SOME (So Others May Eat) and bring it to the Temple freezer for delivery.
30. Write a letter to somebody you know—grandparents, cousins at college—or somebody you don’t (military organizations can give you addresses).
31. Visit the Hebrew Home in Rockville and bring a treat or play a game with a resident (call and ask what sorts of things are appropriate).
32. Plan (and execute!) a family service project.
33. Start a once-a-month Shabbat potluck with some (old or new!) friends from Temple. (or friends from anywhere!)
34. If Friday night is too complex, make Shabbat Breakfast on Saturday mornings a tradition. Plan a special Shabbat breakfast—bagels & lox; pancakes; etc. Use the tablecloth!
35. Organize a “Kugel-Off” (like a chili making contest or a baking contest).
36. Get a babysitter for a few families and the adults can go to one house and have a more “adult” evening with wine and conversation.
37. Go to a paint-your-own pottery place and make a set of Shabbat dishes that you only ever use on Friday nights.
38. Invent a game to play while passing around the Kiddush cup. Whoever has the cup has to say something nice about the week. Or about the family. Or about what they have planned for the weekend.
39. Remember: the only way to start a tradition is to start one.
40. Instead of washing hands before the meal...wash feet! Make it funny. But say the prayer, too.
41. Say “Shabbat Shalom” to each other.
42. Call your mom and dad. Or a friend. Or a sibling or cousin or neighbor. Text “Shabbat Shalom” to somebody who could use a hug.