

Stop and Take a Breath

by Lisa Baydush © 2018



**We've got to stop!
And take a breath,
And let it out
On Shabbat. (repeat)**

Use this song as a means of segueing from ruach to prayer at a Shabbat Sing or Tot Shabbat service. Remind students that although it is fun to jump and dance and play instruments, Shabbat is a quiet time, a time to pause from our busy lives, to take a breath, and rest.

Encourage children to show their stop sign hands and to shout STOP!

Reach up high and take a deep breath. Let out the breath while bringing hands down to shoulder height.

Make the sign for Shabbat – hold up index fingers on both hands like candles, and bring them together.