

Temple Emanu-El My Shabbat Story



On Friday night I am going to Shabbat Services at Temple Emanu-El. Shabbat is a special time of the week, I'm going with my family.



I am going to walk into Temple Emanu-El through the 5th Avenue entrance and be welcomed by the security guards. There will be kids who greet us at the door. On Shabbat it's nice to say Shabbat Shalom to people.



Shabbat services will be in the Sanctuary. I am going to walk in, take a prayer book and find my seat.



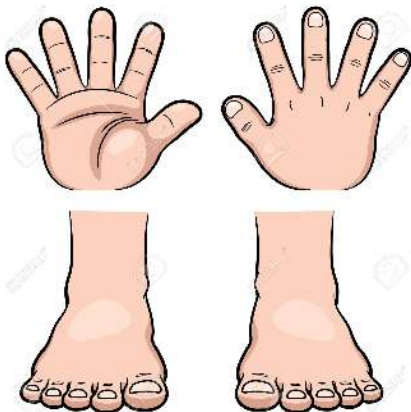
**At Temple, I am going to have a quiet voice
and calm body.**



Quiet Voice



Calm Body





Nice Hands and Feet

I am going to sit with my family. If I have a quiet fidget that will help me stay focused I can use it.



If I need to take a break during services, I'm going to tell my parents.

**Things I can do if I need a break:
(there is a space to add your own break idea)**

	<p>Take a walk</p>
	<p>Read a book</p>

When I'm done with my break I will go back and sit with my family.

During services I will hear singing and see the Rabbi and Cantor on the bima. There will be lots of instruments playing music



I can sing during the service if I know the songs. If the service is too loud, it's OK to move my seat towards the back.



When services are all done I can get a sticker for doing a great job.



**When we are all done I will go home with
my family.**