

Tech Shabbat: Creating Your Dream Day

- 1.** Gather any supplies that will make the day feel special for you (table decorations, favorite foods, flowers). Shabbat is the day we treat ourselves to our favorite foods (challah, ice cream) that we forgo the rest of the week, and we eat at a beautifully-set table. We put discussion question prompts at each setting. Do whatever will make it special for you.
- 2.** Make challah Friday morning.
- 3.** Plan a special meal. Everyone can pick a special dish to make and help prepare it. We do the same recipe every week: roast chicken, farmers market vegetables, and of course, challah.
- 4.** Start a pile of fun things you could do together on Saturday: games, books, puzzles, watercolors, a cookbook, instruments, or anything else from your list.
- 5.** At sunset, put all your portable screens (laptops, phones, tablets) in one place, preferably out of view, or put a special cloth over them. Out of sight, out of mind.
- 6.** Enjoy your Shabbat meal, your screen less sleep, and your Saturday dream day. Look to your poster or list of things everyone wants to do to guide you. Listen to music. Play games. Cook. Go for walks. Talk. Visit. Or just do nothing and enjoy each other's company. The key is to fill those twenty-four hours with things you love.
- 7.** At sunset Saturday, the screens can come back on. You'll be rested and refreshed and you'll appreciate technology all over again. I find when I dive back into the digital world I feel rejuvenated, with fresh perspective and creative juices pumping.

**For more information on bringing Tech Shabbat into your life, go to
24SixLife.com**