



What is Shabbat?

Shabbat is the Jewish Sabbath, our day of rest, which starts at sundown each Friday and ends after sundown each Saturday. It's a day to set aside as different and more special than any other day, spending time with family and friends. Some people go to synagogue on Friday evenings and/or Saturday mornings. Shabbat means different things to different people, and the most observant Jews will refrain from any work including writing and using electricity (unless it is automated).

What Songs Are in this Packet?

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Bim Bam (Shabbat Shalom, Hey!) by Nachum Frankel

Bim bam, bim bim bim bam
Bim bim bim bim bim bam
Bim bam, bim bim bim bam
Bim bim bim bim bim bam

Shabbat, shabbat
Shabbat shabbat shalom
Shabbat, shabbat
Shabbat shabbat shalom

Shabbat shalom (hey!)
Shabbat shalom (hey!)
Shabbat, shabbat shabbat
Shabbat shalom
(x2)

Shabbat shalom (hey!)
Shabbat shalom (hey!)
Shabbat, shabbat shabbat
Shabbat shalom

[Watch this version by Isaac Zones and Shaboom!](#)

Dancing Candles by Carla Friend

Dancing candles, dancing through the night
Dancing candles, oh they shine so bright
Dancing candles, what a pretty sight
A delight for Sha-ba-bat tonight

Swaying candles . . .
Blinking candles . . .
Melting candles . . .

What else do candles do?

[Watch a video of a Tkiya Verónica singing this on our website!](#)

If You're Happy it's Shabbat - Adapted

If you're happy it's Shabbat, clap your hands
If you're happy it's Shabbat, clap your hands
If you're happy it's Shabbat, and you like Shabbat a lot
If you're happy it's Shabbat, clap your hands

If you're happy it's Shabbat, stomp your feet...
If you're happy it's Shabbat, shout hooray...

[Listen to this version of "If You're Happy and You Know It" from Gracie's Corner](#)

I've Got That Shabbat Feeling

I've got that Shabbat feeling
Up in my head
Up in my head, up in my head
I've got that Shabbat feeling
Up in my head
All Shabbat long

I've got that Shabbat feeling
In my feet . . .
In my belly . . .
Deep in my heart . . .
All over me . . .

Where else do you feel Shabbat in your body? [Listen to this version from ShirLaLa!](#)

Lecha Dodi by Carla Friend

Chorus:

Lecha dodi likrat kala
P'nei Shabbat nekabelah
Lecha dodi likrat kala
P'nei Shabbat nekabelah

Chorus

More verses:

Jump to welcome Shabbat . . .
Spin to welcome Shabbat . . .
Stomp to welcome Shabbat . . .
Dance to welcome Shabbat . . .
etc.

Chorus

Last verse:

Take a deep breath
As we welcome Shabbat
Breathe in the peaceful feeling of this day
Take a deep breath,
Feel the magic of Shabat
She's why we're here together
So we welcome her this way

Chorus

[Listen to this recording from our album!](#)

Ma Yafeh Hayom (What a Lovely Day)

Mah Yafeh hayom
Shabbat Shalom
Mah yafeh hayom
Shabbat Shalom

Shabbat, shabbat shalom
Shabbat, shabbat shalom
Shabbat, shabbat shalom
Shabbat shalom

[Listen to this version from ShirLaLa!](#)

Ohr the Shabbat Dragon - Adapted by Carla Friend

Ohr the Shabbat Dragon lights our special lights
He helps to make our Shabbat magical and bright
Look into my hand, and on the count of three
He'll blow some fire and Ohr will make them shine for you and me

1...2...3...*blow the fire onto the Shabbat candles!*

[Listen to "Puff the Magic Dragon", where we borrowed the melody from!](#)

Rowing to Shabbat - Adapted

Row row row your boat, rowing to Shabbat
Rowing faster, rowing fast, we like Shabbat a lot

Bounce bounce up and down, bouncing to Shabbat
Bouncing bouncing up and down, we like Shabbat a lot

Sway sway back and forth, swaying to Shabbat
Swaying swaying back and forth, we like Shabbat a lot
Continue faster and faster!

[Watch "Row, Row, Row Your Boat", the song this is based on!](#)

Shabbat Bamba - Adapted from Shira Kline's adaption of a folk melody

Shabbat bamba, Shabbat bamba
Shabbat bamba, Shabbat bamba

Wave your scarves up high
Wave them way up to the sky
Wave your scarves high
Wave them way up to the sky

Shabbat bamba, Shabbat bamba
Shabbat bamba, Shabbat bamba

Wave your scarves in a circle
Wave them in a circle, around and around
Wave them in a circle
Wave them in a circle, around and around

Shabbat bamba, Shabbat bamba
Shabbat bamba, Shabbat bamba

Repeat with other motions

[Listen to the original "Chanukah Bamba" by ShirLaLa](#)

Shabbat Shoes by Carla Friend

Shabbat shoes, Shabbat shoes
Ya never know what those shoes can do
Shabbat shoes, Shabbat shoes
Ya never know what those shoes can do

Sometimes they jump!
Sometimes they jump!
Sometimes they jump, jump, jump, jump
Jump, jump, jump, jump
Jump, jump, jump
And then sometimes they stop!

What else can our Shabbat shoes do?

Shabbat shoes, Shabbat shoes
Ya never know what those shoes can do
Shabbat shoes, Shabbat shoes
Ya never know what those shoes can do

Sometimes they dance!
Sometimes they dance!
Sometimes they dance, dance, dance, dance
Dance, dance, dance, dance
Dance, dance, dance
And then sometimes they stop!

Shabbat Sleeping Animals by Carla Friend

Look at all the bunnies sleeping
Sleeping late because it's Shabbat
Soon we will wake them up
While their breakfast is still hot

WAKE UP, BUNNIES!

Hop, hop, hop little bunnies
Hop, hop, hop little bunnies
Hop, hop, hop little bunnies
Hop, hop, hop, hop, hop

Repeat with all the animals!

Look at all the birdies sleeping
Sleeping late because it's Shabbat
Soon we will wake them up
While their breakfast is still hot

WAKE UP, BIRDIES!

Fly, fly, fly little birdies
Fly, fly, fly little birdies
Fly, fly, fly little birdies
Fly, fly, fly, fly, fly

Sol the Snail by Carla Friend

His name is Sol the Snail	Every Shabbat Day
He leaves a crumbly trail	He comes out to play
Because he lives inside a challah (a challah?!)	But he'll never leave his Challah (my challah!)
His name is Sol the Snail	He loves his challah so much
He leaves a crumbly trail	That he eats it for lunch
Because he lives inside a challah (a challah!)	He lives inside a challah (a challah!)

[Watch Teacher Dina sing with Sol on our website!](#)

There's a Dinosaur Knocking at My Door

There's a dinosaur knocking at my door	They want to light the candles
Knocking one, two, three (knock, knock, knock)	And they want to drink the wine
There's a dinosaur knocking at my door	They want to eat the challah
And they want to spend Shabbat with me	Because it tastes so fine

[Watch this version by Isaac Zones and Shaboom!](#)

Walking Down the Street

I was walking down the street
I was far away from home
When I saw a little cow
Who said "Shabbat Shalom!"

Moo, moo, moo,
Shabbat Shabbat Shalom!
Moo, moo, moo,
Shabbat Shabbat Shalom!

Repeat with different animals!

[Listen to this version by Debbie Brukman!](#)

Wonderful Shabbos Sound by Ellen Allard

Chorus:

Friday, Friday, Friday, Friday night when the sun goes down
Friday, Friday, Friday, Friday night when the sun goes down
What a wonderful Shabbos sound
With the singing going 'round and 'round
On Friday, Friday night when the sun goes down

Light the candles,
Gonna light gonna light the candles,
Gonna light gonna light the candles
For the Sha-ba-ba-ba-ba-ba-ba-bat!
Light the candles,
Gonna light, gonna light the candles,
Gonna light, gonna light the candles
For the Sha-ba-ba-ba-ba-ba-ba-bat!

Chorus

Gonna pour the grape juice,
Gonna pour, gonna pour the grape juice
Gonna pour, gonna pour the grape juice
For Sha-ba-ba-ba-ba-ba-ba-bat!
Drink the grape juice,
Gonna drink, gonna drink the grape juice
Gonna drink, gonna drink the grape juice
For the Sha-ba-ba-ba-ba-ba-ba-bat!

[Listen to Ellen here!](#)

Chorus

Braid the challah,
Gonna braid gonna braid the challah,
Gonna braid gonna braid the challah
For the sha-ba-ba-ba-ba-ba-ba bat!
Eat the challah,
Gonna eat gonna eat the challah,
Gonna eat gonna eat the challah
For the Sha-ba-ba-ba-ba-ba-ba-bat!

Chorus

Shabbat Song Vocabulary

Challah - A braided loaf of bread we eat on Shabbat and some holidays. On Rosh Hashanah (the Jewish new year) challah is round instead of braided.

Ohr - The Hebrew word for light (also a name!)

Shabbos - The *Ashkenazi* pronunciation of the word *Shabbat*. *Ashkeazi* describes Jewish people and culture of central and eastern European descent.

Shalom - the Hebrew word that means hello, goodbye, and peace