



The Shabbos Helpers Guide

Every job below turns you into a **somebody** — not "cut the paper towels," but **The Paper Towel Cutter**. Pick your title, own your job, and watch the house turn into Shabbos because of **you**.

Getting the house ready

The Toy Rescuer ages 3+

Clear the floors so the whole house looks like Shabbos

The Couch Commander ages 5+

Pillows straight, seforim stacked, magazines away

The Shoe Shiner ages 6+

Line up everyone's Shabbos shoes, shined and ready

The Flower Arranger ages 8+

Trim the stems and arrange the Shabbos flowers

The Candle Captain ages 10+

Set up the leichter and lay out the matches (with a parent)

In the kitchen

The Challah Helper ages 4+

Braid, egg-wash, and sprinkle the seeds

The Dip Chooser ages 5+

Pick this week's dips and get them into their bowls

The Salad Builder ages 7+

Wash, tear, and build the Shabbos salad

The Paper Towel Cutter ages 5+

Pre-cut the paper towels before Shabbos comes in

The Fridge Scout ages 6+

Make sure the drinks and grape juice are cold and ready

At the table & beyond

The Table Setter ages 6+

White tablecloth, best dishes, a seat for everyone

The Napkin Folder ages 4+

Fancy folds strongly encouraged

The Zemer Picker ages 6+

Choose one zemer to lead at the seudah

The Dvar Torah Sayer ages 8+

Prepare one thing on the parsha to share

The Havdalah Holder ages 8+

Hold the candle high!

For parents: let each child pick (or draw) their jobs on a card and tick them off as they go — and know what motivates your child: finished jobs might earn first pick of the Shabbos treats, or the week's magazine. Jobs with a title get done with pride.



PRINT ONE PER CHILD • HANG IT ON THE FRIDGE

My Shabbos Jobs

Write your jobs for this week, then check each box when it's done. All boxes checked = you made Shabbos happen.

My name: _____ Parshas: _____

- ☐ This week I am **The** _____
- ☐ ...and **The** _____
- ☐ ...and **The** _____
- ☐ Bonus job: _____

After Shabbos: did you do your commitment? Ask a parent to open your family page and tap "✓ I did it!" — your streak grows and the whole shul's numbers go up.



This counts for the Elul Shabbos Project!

If your commitment is "**Spend 15 minutes helping prepare for Shabbos**" — two jobs from this guide and you've done it. Signed up yet? Every family that signs up sends **\$5 to Tomchei Shabbos**, and families where everyone checks in enter the weekly **pizza raffle**. → shabboswithadas.com