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וְשִׁנָּתֶם לְבָנֶיךָ וְדִבְרָת בָּם בְּשִׁבְתָּךְ בַּבָּיְתָךְ
וּבְלִכְתָּךְ בְּדֶרֶךְ וּבְשִׁכְבָּךְ וּבְקוֹמָךְ

And you shall teach the Torah to your children, and you should speak about it when you are home and when you travel, before you lie down to sleep and when you wake up.

(DEUTERONOMY 6:7)

The Torah isn't just one subject. It isn't one thing to check off our list in the morning. Torah needs to be part of our whole day and night!

When the words of Torah are always with us, we'll be able to live the way the Torah teaches us, all the time and everywhere.

Keep Learning

What do you do in your free time?

At a rally, the Rebbe spoke to kids about what we do when we have extra time.

As Jewish kids, we have a different way of doing things! We don't just look at what everyone else does, we look at what the Torah says we should do.

And what does the Torah say?

Veshinantam Levanecha Vedibarta Bam — Parents and teachers have a responsibility to teach and discuss Torah with their children and their students!

Beshivtecha Beveisecha — When you are sitting in your house, after school or *shul*, that is also a time for Torah!

Uvelechtecha Vaderech — When you are on your way somewhere, whether you are driving to school or to Bubby's house, that is a time for Torah too!

Uveshachbecha Uvekumecha — At bedtime and in the morning are also times for Torah!

After school, we are not finished learning! We can find a book, or a game, or a contest that will give us the chance to learn more.

When we are in the car, we can ask our parents to listen to Torah stories or *shiurim*!

Before we go to sleep, we can make sure we are learning something too! We can review the *Tanya* or *Mishnayos* we know by heart, or learn *Sefer Hamitzvos*.

In the morning, we can start off our day with *Chitas* or another *shiur*.

That way, we can be sure that we will be learning Torah in a way of ***Veshinantam*** — all the time!

See sicha Yud-Beis Adar Tof-Shin-Mem-Beis