

What is Judaism?

Judaism is one of the oldest religions in the world. It is sometimes called the "Jewish religion." Many people who practice Judaism are called Jews.

Beliefs and Stories

Jews believe in one God, which means they think there is just one big, caring spirit who looks over everyone. They have many special stories that help them learn how to be good people and why they should care about others.

Special Books

One important book for Jews is called the Torah. It has many stories and rules that help Jews understand how to live. The stories in the Torah include things like how the world was made and adventures of important people.

Holidays

Jews celebrate special holidays throughout the year. For example, they celebrate **Shabbat** every week, which is a day of rest and family time. There are also other fun holidays like **Passover**, where they remember an important story from a long time ago.

Being Kind

In Judaism, being kind and helping others is very important. Jews try to do good things for their friends and family every day.

Jewish Symbols

Sometimes, you will see a special star called the **Star of David**. It is a symbol that represents Judaism, just like a heart represents love!

Fun Activities

If you want to learn more, you could try visiting a synagogue (the place where Jews go to pray) with your family or reading a children's book about the Jewish stories!

Judaism is all about loving others and understanding the world, and there's so much fun to learn!