

What do you wear that expresses your identity?

Clothing as identity

- The way that people dress is used by many to pass judgements about others. There are many situations in which precise dress codes are required; some people choose for themselves; others are required. Visiting churches in Rome for example requires covering shoulders. Schools require uniforms (at least in this country). Can you think of any other examples?

- Muslim dress codes often cause controversy and discussion and there are many different responses to the Hijab, the Niqab and the Burka for example. Different amounts of the face and body are covered by the different versions, but all is done in the name of modesty. A verse from the Qur'an says: "And tell the believing men to lower their gaze and be modest…And tell the believing women to lower their gaze and be modest, and to display of their adornment only that which is apparent…."(Qur'an:24: 30-31).
- Thoughts?

Task 1 – Your identity 'uniforms'

- Draw 3 outfits you wear at different times

- Answer these questions
  - When do you wear this outfit?
  - Describe the outfit
  - Why does this outfit suit certain activities?
  - Do others wear similar clothes?

Do you know what this is?







- A **Tefilin** is a small leather box with long leather straps attached. Inside the boxes are passages from the Jewish scriptures (religious passages).
- It is worn on the left arm as a reminder to keep God's laws with all your heart, because it is near to the heart.
- A **Tefilin** on the forehead remind the Jew to concentrate on the teachings of the Torah with all your full mind.
- A **Tefilin** can be worn when praying at home or in the synagogue.

There are also verses in the Bible (1 Corinthians 11:7 e.g.) which suggest that women should dress modestly and in Judaism there are many rules about clothing. Some of them are biblical (such as not making garments from two different materials and keeping the hair at the sides of the head long) and others are later traditions.

Many orthodox women cover their heads, either with a scarf or with a wig. For Yom Kippur (religious fast) they do not wear leather shoes as a sign of penance, as in the past only leather shoes would have been considered comfortable. The wearing of the *Kippah* or head covering by men is as a sign of submission to God; the variety of hats worn by many other Jewish men often denote the sect of Judaism to which they belong. The prayer shawl is usually worn only to pray, but many devout Jewish men will wear a waistcoat with similar tassels, that serves as a reminder of the 613 commandments in the Torah.

Prayer Shawls - Tallit













Putting the Tallit on.



1. First, make sure the tassels are not tangled.

2. Next, hold the Tallit up over your head.

3. Then say the blessing.

4. After that some men put the tallit down over the face and wrap over the left shoulder for a few seconds.

5. Finally place it back on your shoulders.



Blessing when putting a Tallit on.



Bless the Lord, O my Soul.

O Lord my God, you are very great.

You are clothed in glory and majesty.

Wrapped in a robe of light.

You spread the heavens like a tent cloth.



A closer look at the Tallit.



- The Tallit has tassels on it to remind people of the 613 commandments. The tassels are called Tzitzit.

A skull cap – A Kippah





- Kippah means dome.
- Many Jewish men and women cover their heads when they go into a synagogue out of respect.
- In the past Jews wore black skull caps and white ones for special occasions. Now skull caps may be different colours, designs and patterns.

- http://www.bbc.co.uk/religion/religions/judaism/customs/yarmulke.shtml

