

Easy to Make Shtender

By Mr. Zvi Zobin

Grade Level: 4th – 5th Grade, Middle School

Description:

Easy to follow pictures illustrating how to make a foldable shtender by just cutting a cardboard box, such as a cereal box! Information regarding how the use of a shtender reduces eye-strain and encourages better focusing is included.

How to download:

- Download the print-ready PDF file (includes lesson plan/instructions)
- OPTIONAL: Download the editable Word file (Does not include lesson plan.)

Goals/Objectives:

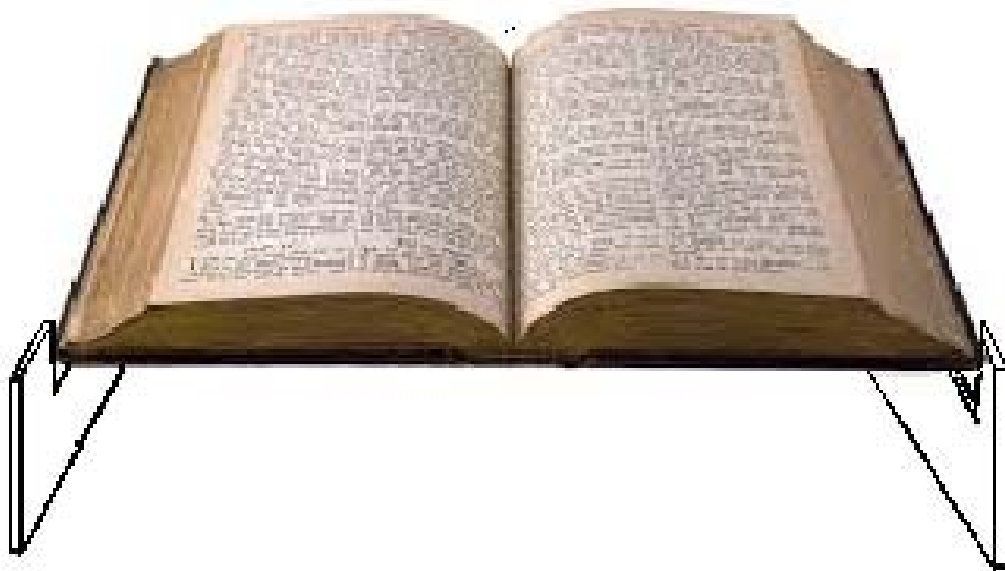
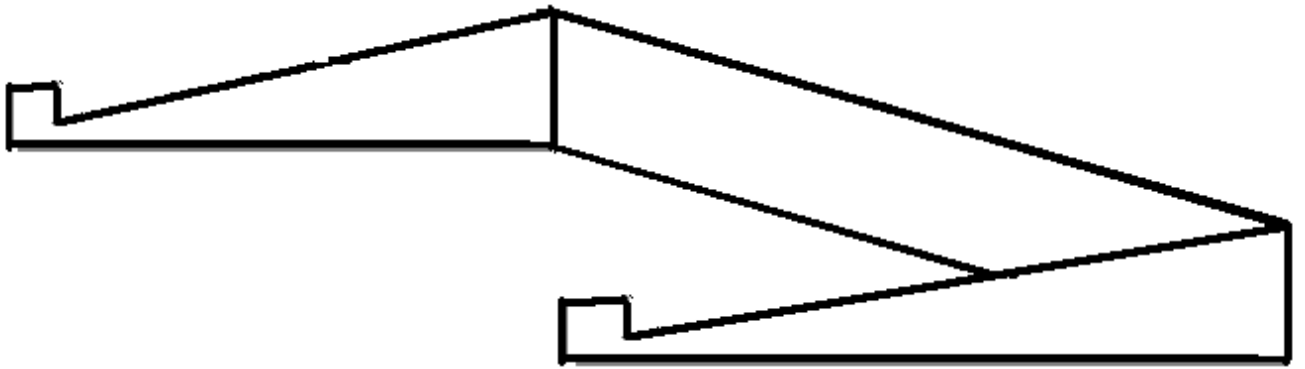
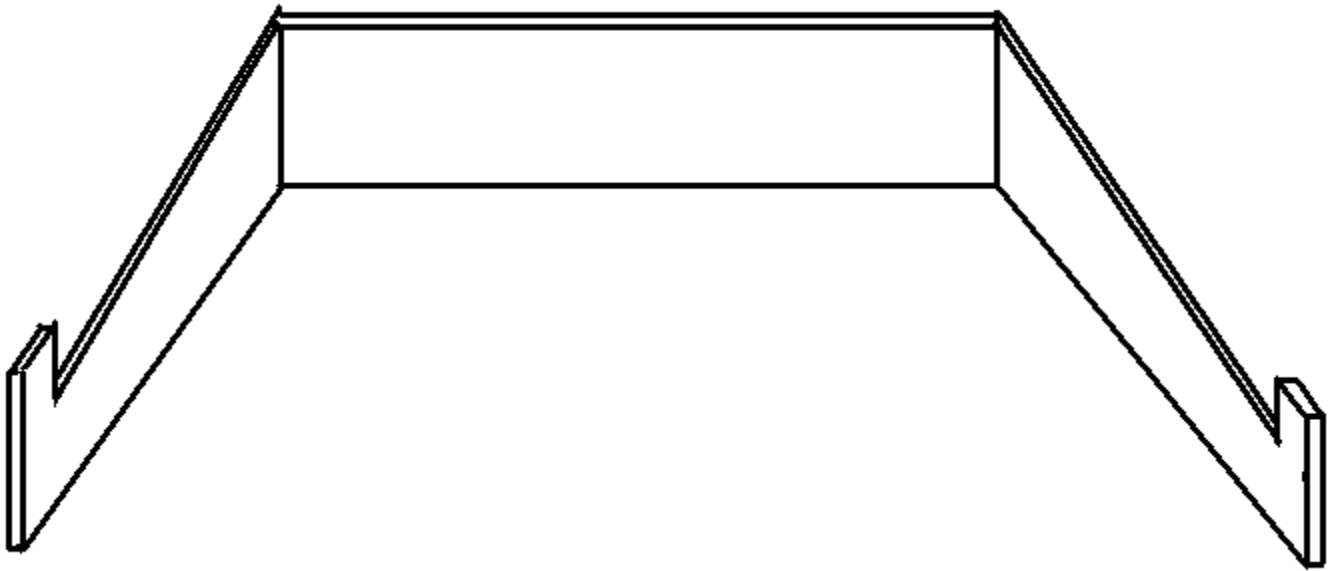
Students will create a shtender for home or classroom use.

Materials Needed:

- Cardboard box (The larger and heavier the Sefer the student will be using the larger and stronger the box will have to be.)
- Scissors
- Paint (optional)

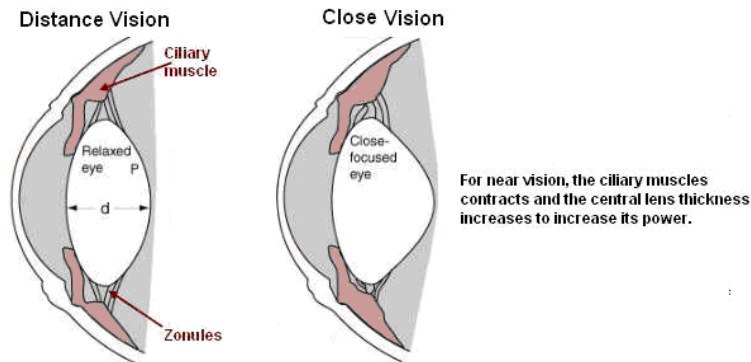
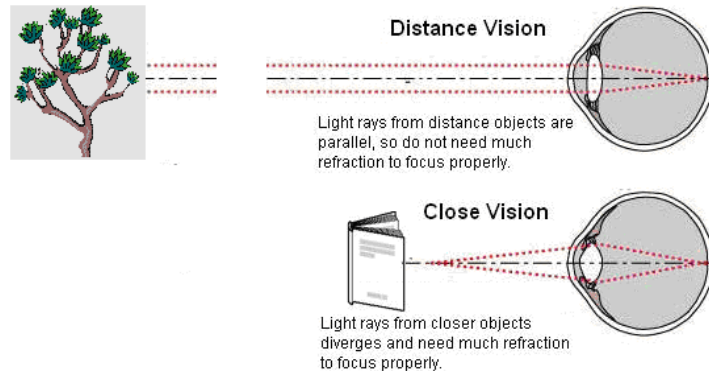
Instructions:

See file.



Schtender - Lectern

When a person looks from close to far and from far to close, re-focusing of the eyes is achieved by each eye changing the shape of the lens so that the image to be viewed is focused clearly onto the retina at the back of the eye.



Stressful refocusing severely hampers a person's ability to perform in a regular class situation, which requires him to continually change his focus from the teacher, to the book, to the board, etc.

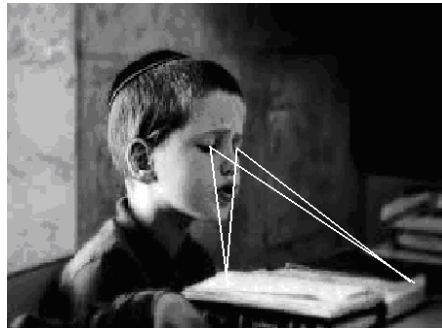
60 years age, a regular school desk was sloping.



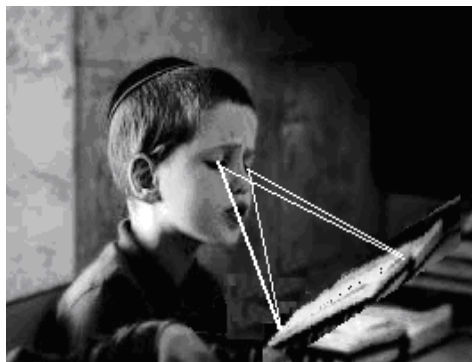
Nowadays, many school desks are flat



Reading from a flat desk forces a reader to have to constantly refocus from the top of the page which is far from his eyes, to the bottom of the page, which is closer to his eyes, and back.



Using a shtender (lectern) makes reading more relaxing because the whole of the page is about the same distance from the eyes and this reduces the amount of refocusing which the eye has to do while reading.



This resource shows you how to make a foldable, low-cost (free?) shtender from a regular cardboard carton or box.

Cut the carton as shown below.

Select your carton so that its width and length are big enough to support the book when it is open.

A heavy book, such as a large Gemora might need a carton made of a sturdy cardboard. Since each shtender is foldable, you can make a few shtenders of different sizes for large and small books.

Since the shtender is foldable and light, it is easy to carry around.

Leaving the back-panel of the box in place will make the shtender stronger but more bulky and it will not be possible to fold it flat.

