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# THE PURIM HOST TOOLKIT: DESIGN YOUR SEUDAH

Practical tools for hosts who want people to feel cared for

## BEFORE PURIM

### THE 3 QUESTIONS EVERY HOST SHOULD ASK:

#### 1. HOW WILL PEOPLE GET HOME SAFELY?

- We're within walking distance for most guests
- I've budgeted for Uber/Lyft codes
- I have a designated driver list
- I've arranged carpools in advance

#### 2. WHAT'S MY PLAN IF SOMEONE NEEDS HELP?

- I know who to call (Hatzalah, trusted friend)
- I have a quiet space someone can rest
- I've talked to my spouse/co-host about our protocol

#### 3. WHAT SIGNALS AM I SENDING?

- Limited alcohol visible at any one time
- Non-alcoholic options are appealing, not afterthought
- Food is always available
- The vibe is connection, not consumption

## SETTING UP YOUR SPACE

### ENVIRONMENTAL DESIGN TIPS:

- ✓ Slow the pour: Don't put out everything. Bring out two at a time.
- ✓ Elevate the mocktails: Fancy non-alcoholic options = normalized choice
- ✓ Create conversation areas: Seating that encourages talking, not just drinking
- ✓ Food first: Make sure eating happens before heavy drinking
- ✓ Quiet zones: A place where someone can decompress without explanation

### SCRIPTS FOR HOSTS

When someone's had enough:

*"Hey, let's get some air together."*

When someone's being pressured:

*"We've got everything here – grab what works for you."*

When you're worried about a guest driving:

*"I'm calling you an Uber. It's easier that way."*

When you need to slow things down:

*"Let's start the seudah – I want everyone together for this."*

## THE NIGHT-OF CHECKLIST

### DURING YOUR SEUDAH:

- Someone checking: "How's everyone doing?"
- Food being refreshed regularly
- Non-drinkers feeling included (not spotlighted)
- Clear ride plan for anyone who needs it
- Kids/teens being monitored without helicoptering

### RED FLAGS TO WATCH FOR:

- ▶ Someone drinking faster than eating
- ▶ Someone becoming aggressive, withdrawn, or sloppy
- ▶ Teens drinking without adult awareness
- ▶ Anyone planning to drive who shouldn't

### IF YOU SEE A RED FLAG:

- Quiet intervention (pull them aside, not public)
- Offer food, water, space
- Arrange safe transportation
- Call backup if needed (spouse, friend, Hatzalah)

## AFTER PURIM

### THE NEXT DAY, ASK YOURSELF:

- Did people feel cared for?
- Did anyone get hurt (physically or emotionally)?
- Would I do this again the same way?

### IF SOMETHING WENT WRONG:

Don't shame yourself

Learn from it

Reach out for support if needed (Amudim is here)

### IF IT WENT WELL:

Celebrate that

Share what worked (help other hosts)