

# HOW TO PRAY: ACTIONS: BOWING-LIKE ACTIVITIES

## Bending Down during Amida To Pull Up Socks,...

You may bend down during the amida to slide up your socks, scratch your legs through your pants, and other permitted actions.

**EXCEPTION** You may not do so when you are saying the final sentence (the actual blessing) in each paragraph.

## When You May Crawl on Stone Floor

You may crawl on a bare stone floor if you are trying to find something on the floor, are chasing a child, or for any purpose other than prayer.

## When Kneeling Is Forbidden

Kneeling is only forbidden if it is for praying (except for prescribed prayers such as at “*hayu kor'im*” in Yom Kippur) or if it looks like praying, but there is nothing inherently wrong with kneeling for fun, gardening, or other purposes.