

# 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.