

# TEFILIN: ACTIVITIES WHILE WEARING

## **Tefilin: Activities While Wearing: Distractions**

You may not do any activities while wearing tefilin that would distract you (hesech da'at) from remembering that you are wearing tefilin.

## **Tefilin: Activities While Wearing: Eating**

You may eat a snack while wearing tefilin, but you may not eat a full meal (with bread).