Tish'a B'Av: What To Do until 12 Noon

Activities for *Tish'a B'Av* until *halachic midday*:

- **Thinking:** Until *halachic midday*, you should do things and think about things that will keep you in bad spirits or will make you sad.
- **Sitting:** You may not sit on any kind of seat that is higher than 12 inches (30 cm) above the floor or ground until after *halachic midday*.

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