

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.