

Creative Shabbat: Putting Down Our Burdens

Shulchan Aruch Orach Chayim 349:1

וּאִם אַמְתּוֹ , כָּל אָדָם יֵשׁ לוֹ אַרְבַּע אַמּוֹת בְּרִשּׁוֹת הָרַבִּים שִׁיכוֹל לְטַלְטֵל בֵּהֶם וּמוֹדְדִין לוֹ בְּאִמָּה שֶׁלוֹ
שְׁכֵל אַחַת מֵהֶן שֶׁשָּׁה טַפְחִים , נוֹתְנִים לוֹ אַרְבַּע אַמּוֹת בִּינוּנִיּוֹת שֶׁל כָּל אָדָם , קִטְנָה

Kol adam yesh lo arba amot b'reshut harabim she'yachol letaltel bahem
u'modedin lo b'amah shelo, v'im amato k'tana, not'nim lo arba amot beynoniyot
shel kol adam, shekol achat mehen shisha tefachim.

Every person has four cubits (amot) in public space in which one may carry [on Shabbat]. We measure these cubits by one's own forearm. If one's forearm is small, we allow for four average cubits, which are each six tefachim (the length of one's fist).