Acts of loving kindness

Forming the habit of kindness; What are (or are there) differences between kindness to family, friends, and strangers

Koach/Chazak/Strength

Cooking for yourself and for others

Shmirat haguf/Caring for one's body

Strength in the Bible: Samson
Jacob moves the rock from the well for Rachel
David and Goliath
The Maccabees

Physical and mental health and strength

Jewish life in Europe in the 1900’s

Carnival/circus to raise money

Vocab: Chesed/kindness
Beit cholim/hospital

Birchot hashachar/morning blessings - ways in which we imitate God, such as clothe the naked, feed the hungry

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Zishe the Strongman
By Robert Rubenstein
Illustrated by Woody Miller
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