Brainstorm
Acts of kindness

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

Kindness in the Torah: Abraham and Sarah welcome guests to their tent; Miriam watches over her brother Moshe in the floating *teva* (basket)

Acts of loving kindness
גְּמִלוּת חֲסָדִים
Gemilut chasadim

Cooking
for yourself
and for others

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

Vocab:
Koach/
Chazak/
Strength

Zishe the Strongman
By Robert Rubenstein
Illustrated by Woody Miller
Published by Kar-Ben Publishing

Vocab:
Chesed/
kindness
Beit cholim/
hospital

שְׁמִירַת הַגּוּף
Shmirat haguf
Caring for one's body

Carnival/circus
to raise money

Strength
גְּבוּרָה
Gevurah

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

GOES to SCHOOL