



## NOAH'S SWIM-A-THON

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*Noah loves everything about summer camp—except swimming. Nothing can get Noah into the pool until he learns about the camp swim-a-thon that will help give other children a chance to attend the camp he loves.*

When Noah participates in his camp's swim-a-thon, he is taking part in a *mitzvah*, the Hebrew word for “commandment,” which often is loosely translated as “good deed.” Participating in the camp *zedakah* project is a *mitzvah*. In Hebrew, *zedakah* means “justice.”

What is so very special about Noah is that he swims for the right reason—to be of help—and that he overcomes his anxiety in order to do so. Here are several family conversation starters:

- What are some things that might frighten you or your friends?
- Think of a time when you were afraid. Did you overcome your fear? How did that feel?
- Did you expect Noah to learn to swim and take part in the swim-a-thon?
- Can you imagine how Noah felt when he touched the wall of the pool and realized he had swum a lap? Can you put those feelings into words?
- Do you think Noah will ever be afraid again? Would his experience with the swim-a-thon help him?

### PARTICIPATE IN ACTS OF TZEDAKAH

As *Noah's Swim-a-thon* shows, young children can participate in acts of *zedakah* and experience the positive feelings that accompany them. *Tzedakah* can be fun as well as practical. Here are some ideas to spark *zedakah* in your family:

- Host a children's baking party—with the understanding that most of the results will be donated to an assisted living facility in your community. Create an outing to give your children the opportunity to deliver the goodies themselves.
- Make *zedakah* a habit. Buy one extra non-perishable food item each week when you shop for groceries. Let your children make the choice. Here's an opportunity to discuss healthy food choices with your children. Wait until you have a bag of donations; then, as a family, deliver to a local food pantry. If acted upon consistently, this is a habit that can last a lifetime. Pj