

A Mitzvah a Day

Enjoy a month of mitzvot with your family. Just print this checklist and try a new activity each day. There are 30 activities total – that’s one for each day of the month – to inspire your family to do a mitzvah each day.

- Invite someone new to Shabbat **welcoming guests**
- Clean out the closet and donate clothes you don’t wear **clothing the needy, tzedakah**
- Make a “Get Well Card” for a friend who doesn’t feel well **visiting the sick**
- Help a bug find its way outside **kindness to animals**
- Help a parent with a chore **respecting parents**
- Volunteer at a soup kitchen **respecting the poor**
- High five someone from the other team and say “good game,” even if you lose. **honoring friends, cooperation**
- Share your favorite toy with a friend or sibling **not coveting**
- Compliment someone **respect, joy**
- Sit with a lonely kid at lunch **friendship, tikkun olam**
- Collect canned goods for a food bank **feeding the hungry**
- Sort the recycling **not wasting needlessly**
- Help a friend find something they’ve misplaced **returning lost objects**
- Invite a new classmate to sit with you at lunch **welcoming guests**
- Make a bird feeder **kindness to animals**

- Visit residents at a nursing home and read stories together **honoring the elderly**
- Interview a grandparent, aunt, or uncle, and write down their story **passing on traditions, honoring elders**
- Settle an argument between siblings or friends **peace, respect**
- Plant a tree **caring for the environment**
- Pay for someone else’s lunch **loving others**
- Write “thank you” notes **gratitude**
- Make no-sew blankets and donate them to a shelter **tikkun olam**
- Send care packages to deployed soldiers **tikkun olam**
- Count your blessings **gratitude**
- Introduce yourself to a new neighbor **welcoming guests**
- Put toys away **peace in the home, honoring parents**
- Decorate “no-slip” socks to donate to hospitals or nursing homes **tikkun olam, visiting the sick**
- Participate in a local park or beach cleanup **caring for the environment, tikkun olam**
- Turn old t-shirts into something new, like a grocery bag or pillow **not wasting needlessly**
- Grab a few friends and pack lunches for a shelter **feeding the hungry**

