A Mitzvah a Day (at Home)

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.

- 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
- Compliment someone respect, joy
- Make a bird feeder kindness to animals
- Interview a grandparent, aunt, or uncle, and write down their story passing on traditions, honoring elders
- Write “thank you” notes gratitude
- Put toys away peace in the home, honoring parents
- Turn old t-shirts into something new, like a grocery bag or pillow not wasting needlessly
- Count your blessings gratitude
- Collect canned goods for a food bank feeding the hungry
- Call someone who might be lonely kindness
- Plant flowers for pollinators caring for the environment
- Learn to compost not wasting needlessly
- Prepare a snack for a family member peace in the home, honoring parents
- Hang a thank you sign on your door for the mail carrier gratitude, joy
- Invite someone to join you for dinner by video kindness
- Draw a cheerful sidewalk chalk message kindness, creativity
- Make cards for isolated seniors kindness, honoring the elderly
- Make origami hearts to send to loved ones kindness, creativity
- Send a food delivery gift card kindness, feeding the hungry
- Start your meal with a gratitude circle gratitude
- Design and hang peace flags peace, creativity
- Show love for a local business (buy a gift card or leave an online review) community
- Grow windowsill plants from vegetable scraps or seeds caring for the environment
- Paint rocks and put outside for neighbors kindness, creativity
- Sing a song for your neighbors from your window or porch joy, community
- Tell your family members one thing you love about them kindness, peace in the home
- Prepare a snack for a family member peace in the home, honoring parents