

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 tshirts 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