<u>**Gemilut Hasadim Challenge**</u>
Students will spend the next week trying to complete as many acts of kindness as possible.

- ☐ Hold the door open for someone
- ☐ Compliment someone
- ☐ Smile at someone
- ☐ Help someone with their work
- ☐ Help a senior citizen cross the street
- ☐ Be patient with a sibling
- ☐ Help your parents bring in the groceries
- ☐ Say please and thank you before every interaction with individuals
    - ☐ Say bless you after someone sneezes
- ☐ Support small businesses
- ☐ Thank the janitorial staff for cleaning our school when you see them
- ☐ Comfort someone if they are sad
    - ☐ Tell a joke to someone to help cheer them up
- ☐ Clean up your house (do extra chores without being asked)
- ☐ Listen to your teachers/peers/parents when they speak (the first time)
- ☐ Help a friend pack their things at the end of the day
- ☐ Lend a kippah to a friend
- ☐ Help your parents cook a meal
    - ☐ Cook a meal for someone else (double points if it's for someone who is less fortunate)
- ☐ Don't repeat the same thing the teacher says (i.e. "Yeah Ayala")
- ☐ Make a thank you card for someone you look up to
- ☐ Go a full day without complaining one time
- ☐ Teaching something to a younger sibling or a friend
- ☐ Pick up trash in your local community
- ☐ Let someone go ahead of you in line
- ☐ Go out of your way to include someone in an activity
- ☐ Come up with your own and list them on this chart