



50 Acts of Chesed (Kindness) Family Challenge

"On three things the world stands: on the Torah, on service to God, and on acts of loving kindness." (Pirkei Avot 1:2)

In honor of Temple Sinai's 50th Anniversary, we are challenging every family to participate together in 50 acts of chesed (kindness). Our tradition teaches kindness as a fundamental Jewish value. This value can be modelled for and expressed by even the youngest children. We hope this challenge will allow families to start meaningful conversations about kindness and your family's values. We also hope it sparks action that will help make the world a better place.

Here's how it works:

When someone in your family does an act of kindness, add it to your log sheet. Our goal is for families to fill their 50 acts of kindness by May 20, 2018 (the last day of Religious School). Keep the log sheet on your fridge or somewhere handy so your family can track your chesed as you go. When you reach 50, return the sheet to Jenny Mopper in the education office. Your family will receive a prize and your names will be added to our bulletin board!

Also, share photos of your family's acts on social media with #50chesed and send the photos to jmopper@templesinaiatlanta.org so we can spread the word!

Here are some ideas to get you started:

- Help a neighbor carry in groceries
- Take care of a parent or sibling when they are sick
- Make a thank you card for the custodians at your school
- Deliver treats to a local fire station
- Leave a note in a family member's lunch box
- Pay for the person behind you in the drive through line
- Pick up litter you see on the street or in a park
- Help your parents set the table for dinner
- Call your grandparents and ask them some questions about their childhood
- Write a thank you note for your mail carrier or trash collector
- Donate clothes or toys to someone in need
- Invite someone new to sit with you at lunch at school or work
- Tell the manager how great your server was at a restaurant
- Tell someone how much you love them
- Hold the door open for someone
- Write happy messages with chalk on the sidewalk
- Ask for donations instead of birthday gifts
- Smile at people you pass in the halls, it's contagious!
- Choose your own!



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#	Date	Who	What
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#	Date	Who	What
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