

Welcome

Thank you for using the printable version of Counting Up! I hope this helps enhance your Sefirat HaOmer experience.

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The Book Version: If you're looking to buy a hard copy version of this book, you can find that on Amazon.

More Materials: And if you're looking for other creative, Jewish, and educational materials, please check out my website: thatjewishmoment.com/shop. There you'll find lots of packets, games, and activities. And you can also sign up for my newsletter to get future materials.

Feedback: If you have any questions, comments, or feedback, please reach out! (This book came to life when a colleague expressed interest in having such a book. If you're looking to make a creative Jewish project happen, send me a line!) You can email me at sari@thatjewishmoment.com.

Dedicated to

Shoshanna Clementine

May your memory be for a blessing.

"Teach us to count our days so we may gain a heart of wisdom." —Psalms 90:12

With infinite love from your parents, grandparents, sisters, aunts and uncles, and all of our family and friends In honor of

Daryl Bain

United Jewish Center Religious School Director

With thanks,

Cantor Penny Kessler

Senior Clergy United Jewish Center Danbury, Connecticut In loving memory of

Laura Stock Vinegar

Leah Bat Nechemiah HaKohen

Through her warmth and wisdom, she was a giver, like no other—to her family, friends, community, and even strangers.

May the kindness that results from this book elevate her soul.

In memory of

Mrs. Evelyn Silverberg Hoffman

Chava bat Shmuel

May her neshama have an aliyah

In loving memory of Yoseph Itzkovich Yoseph ben Itzchak v'Rivka He was the kindest Abba and Sabba to us and is greatly missed May the kindness that results from this book elevate his soul With love, the Berkovitz Family	In honor of Alexandra, Elizabeth, and Jared With love from Hoboken, NJ! Shana Lee
In loving memory of Batsheva Stadlen Batsheva Chaya bat Noam Yigal V'Rina who led her life with kindness, making it the cool, beautiful, and fun thing to do.	Krieger Schechter Day School is a proud sponsor of this wonderful program

In loving memory of my stepfather Bill Klein, a true Mensch.	Dedicated to my students with abundant love, Rabbi Amy Josefa Ariel
In loving memory of Lea Laufer Goodman, Lea bas Yitzchok, z"l, who spread joy and kindness throughout her life.	In honor of our children, Yisrael, Matan & Oshra, who embody <i>chesed</i> , generosity and kindness. We love you! Ema & Abba
In loving memory of our brother-in-law, Alex Krause a"h, who was always involved in chessed, and whose yartzheit is on Shavuot. Rabbi Jeremy and Shira Donath	In memory of Yisrael Gavriel ben Yaakov

Introduction

We're often counting down.
"5 days till my birthday!"
"Only 2 weeks until vacation."
"3 minutes left..."

But Sefirat HaOmer, the period of counting between Pesach and Shavuot, is unique. Instead of counting down until the day that celebrates when we received the Torah long ago, we count up. Our Sages explain it's because we're focused on growing and becoming better people.

That's why this book is called *Counting Up. Sefirat HaOmer* is a time when we can focus on becoming better versions of ourselves, specifically in the area of kindness. And this book is here to help you do just that.

Use this book to remind you to count the *Omer* each day, and also to help you become an even kinder person.

Each week focuses on one area of kindness. Complete the various challenges, and then, at the end of each week, use the reflection page to look back on your accomplishments.

Wishing you success in your counting up. And I hope you have fun in the process!

A Few Notes

Shabbat and Yom Tov: When it's Shabbat or Yom Tov, you can skip the writing/drawing part and just think about the prompt instead, or discuss it with a family member or friend.

Night and Day: The Jewish day begins at nightfall. Many count the *Omer* at night, while others count during the day. In this book, several of the pages suggest doing something "today." If you count at night, realize you have until the following night to do the activity.

Counting Variations: There are various traditions about the actual counting. Some say *LaOmer* and some say *BaOmer*. This book uses *LaOmer* but you can find out what your community does.

Calendar: At the top of each counting page is the Hebrew date as well as any minor holiday that falls out on that day. Yom HaShoah, Yom HaZikaron, Yom HaAtzmaut, and Yom Yerushalayim are included on the Hebrew dates they usually fall out on, though they are occasionally moved (ex: to not interfere with Shabbat).

God's name: This book contains the name of God. Please treat it with appropriate respect.

Questions, thoughts, comments, or suggestions? Email me at sari@thatjewishmoment.com.

Acknowledgements

This project began when a colleague, Toby Goldfisher Kaplowitz, put out a query asking if such a book existed: a *Sefirat HaOmer* project where students could count each day and be inspired to develop their kindness. I wasn't aware of one, but I loved the idea. I wanted to try to make it happen.

The deadline was impending. I had just a few days to make it. And without the following people, you would not be holding this book. Thank you all for your guidance, suggestions, and feedback: Amy Ariel, Lisa Bernstein, July Blair, Michael Cohen, Nina Cusner, Arnie Draiman, Sapphira Edgarde, Wendy Goldberg, Joey Heyman, Robin Kahn, Helene Kornsgold, Rachel Mann, Stephanie Marshall, Maya Resnikoff, Mariel Seta, Anna Yolkut, and Rebeccah Yussman.

And a big thank you to all the generous sponsors of this book, who allowed this project to happen. Reader, I invite you to please take a look at the dedication pages to honor the people involved.

Counting

Before counting each day, many recite the following blessing:

Baruch Atta בְּרוּךְ אַתָּה Adonai אֶלהַינוּ Eloheinu אֶלהַינוּ Melech HaOlam Asher Kideshanu BeMitzvotav אָשֶׁר קִדְשֵׁנוּ בְּמִצְוֹתְיוּ VeTzivanu Al Sefirat HaOmer.

Blessed are You

Adonai

our God

Ruler of the world

Who blessed us with mitzvot

and commanded us to count the Omer.

Week 1

Be kind to yourself.

An important idea in Judaism is, "Love your neighbor like you love yourself." Before we start thinking about being kind to others, we have to make sure we're kind to ourselves. This week, let's explore how to do that.

Day 1

ט"ז ניסן

Today is Day One of the Omer.

בּיּוֹם יוֹם אֶחֶד לְעֹמֶר:

What are three things you love about yourself?



י"ז ניסן

Today is Two Days of the Omer.

הַיּוֹם שָׁנֵי יָמִים לְעֹמֶר:



Practicing gratitude can help you love yourself even more. What are three things in your life you feel grateful for?



Day 3

י"ח ניסן

Today is Three Days of the Omer.

הַיּוֹם שְׁלֹשָׁה יָמִים לְעֹמֶר:



What's something you enjoy doing? Write or draw it below, and at some point today, try to do that thing.



י"ט ניסן

Today is Four Days of the Omer.

הַיּוֹם אַרְבָּעָה יָמִים לָעֹמֵר:



What's your favorite song? Jot it down below. And at some point today, listen to it, sing it, play it on an instrument, or dance to it.



Day 5

כ' ניסן

Today is Five Days of the Omer.

הַיּוֹם חֲמִשָּׁה יָמִים לְעֹמֶר:

Practice mindfulness. Spend a few minutes just focusing on the moment. You can concentrate on your breathing, or use your senses to notice your surroundings. Afterwards, record how it felt.



I counted up today!

כ"א ניסן

Today is Six Days of the Omer.

הַיּוֹם שִׁשָּׁה יָמִים לְעֹמֶר:



Sometimes, it helps to hear from people who love us. Ask a friend or family member what is something they love about you. Record it below.

I counted up today!

Day 7

כ"ב ניסן

Today is Seven Days, which are One Week of the Omer.

הַיּוֹם שִׁבְעָה יָמִים, שֶׁהֵם שָׁבוּעַ אֶחָד לְעֹמֶר:



Make your bedtime routine a bit more enjoyable. Read a book, spend some time journaling, or go to bed a little early. Below, write or draw what you'll do.





Week 1: Time to Reflect

Flip back and skim the pages from this past week. What were your highlights? What was the biggest challenge? What do you hope to bring with you into the future weeks? Jot down some thoughts below.

Week 2

Be kind to family and friends.

Once we can be kind to ourselves, we can begin to reach out to the people in our closest circles. Let's now explore how we can practice kindness with the important people in our lives.

כ"ג ניסן

Today is Eight Days, which are One Week and One Day of the Omer. הַיּוֹם שְׁמוֹנְה יָמִים, שֶׁהֵם שָׁבוּעַ אֶחָד וְיוֹם אֶחָד לְעֹמֶר:



A simple way to show kindness is by letting someone know we're thinking of them. Call a relative or friend just to say hello. Jot down below who you plan to call and something kind you can say.

I counted up today!

Day 9

כ"ד ניסן

Today is Nine Days, which are One Week and Two Days of the Omer. הַיּוֹם תִּשְׁעָה יָמִים, שֶׁהֵם שָׁבוּעַ אָחָד וּשְׁנֵי יָמִים לָעֹמֶר:

It's kind to help clean! What area in your home can you tidy up? Jot it down below.



כ״ה ניסן

Today is Ten Days, which are One Week and Three Days of the Omer. הַיּוֹם עֲשָׂרָה יָמִים, שֶׁהֵם שָׁבוּעַ אֶחְד וּשְׁלֹשָׁה יָמִים לָעֹמֵר:

What household chore can you help with, even if no one asks you to do it? Draw or write it below. And then, at some point today, try to do the chore!

I counted up today!

Day 11

כ"ו ניסן

Today is Eleven Days, which are One Week and Four Days of the Omer.

down below.

הַיּוֹם אַחַד עָשָׂר יוֹם, שָׁהֵם שָׁבוּעַ אֶחְד וִאַרְבַּעַה יַמִים לַעִמֵּר:

Imagine getting a letter in the mail from someone who loves you. That would be so kind. Think of someone you can send a note to. What will you write in the card? Jot it



I counted up today!

Yom HaShoah

כ"ז ניסן

Today is Twelve Days, which are One Week and Five Days of the Omer. הַיּוֹם שְׁנֵים עָשָׂר יוֹם, שָׁהֵם שְׁבוּעַ אֶחְד וַחֲמִשְׁה יָמִים לְעֹמֶר:

Choose someone you love. No need to wait till their birthday to give them a gift. Surprise them with something small and fun. It can be something you bake, a craft you design, or a present you buy. Brainstorm below.

I counted up today!

Day 13

כ״ח ניסן

Today is Thirteen Days, which are One Week and Six Days of the Omer. הַיּוֹם שְׁלֹשָׁה עָשָׂר יוֹם, שָׁהֵם שָׁבוּעַ אֶחֶד וְשִׁשְׁה יָמִים לָעֹמֶר:

Offer to help out a family member or friend. What are some things you're good at doing? List them below, and then think of how you can use one of those skills to help someone you love.



I counted up today!

כ"ט ניסן

Today is Fourteen Days, which are Two Weeks of the Omer. הַיּוֹם אַרְבָּעָה עְשָׂר יוֹם, שֶׁהֵם שְׁנֵי שָׁבוּעוֹת לְעֹמֶר:



Leave a kind note of encouragement for someone you care about. It can be on their mirror, on their desk, or on their door. What's something you might write? Jot it down below.





Week 2: Time to Reflect

Flip back and skim the pages from this past week. What were your highlights? What was the biggest challenge? What do you hope to bring with you into the future weeks? Write down some thoughts below.

Week 3

Be kind to your community.

An important value in Judaism is being part of a community. This week, let's think of ways you can reach out and lend a hand.

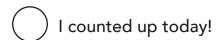
Day 15

Rosh Chodesh

ל' ניסן

Today is Fifteen Days, which are Two Weeks and One Day of the Omer. הַיּוֹם חֲמִשָּׁה עָשָּׂר יוֹם, שָׁהֵם שְׁנֵי שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר:

A huge way to help out others in your community is to donate things you don't need to people who could use them. Think of some books, toys, and clothes you own. What do you no longer need? Write or draw them below, and then find out how you can donate them.



bit.

Day 16

Rosh Chodesh

א' אייר

Today is Sixteen Days, which are Two Weeks and Two Days of the Omer. הַיּוֹם שִׁשָּׁה עָשָׂר יוֹם, שֶׁהֵם שְׁנֵי שָׁבוּעוֹת וּשְׁנֵי יָמִים לְעֹמֶר:

Is there someone in your community who could use a little extra help? Maybe there's a family with a new baby, someone who has health challenges, or an older person who would appreciate some help or even some company. Jot down your idea below, and then offer to help out for a

I counted up today!

Day 17

ב' אייר

Today is Seventeen Days, which are Two Weeks and Three Days of the Omer. הַיּוֹם שִׁבְעָה עָשָׂר יוֹם, שָׁהֵם שְׁנֵי שְׁבוּעוֹת וּשִׁלשַׁה יָמִים לַעֹמֵר:

Kindness makes the world go round. Offer to do something for someone in your community—for free. For example, you can pull out someone's weeds, bring in someone's mail, or walk their dog. Write or draw your idea below.



ג' אייר

Today is Eighteen
Days, which are Two
Weeks and Four Days
of the Omer.

הַיּוֹם שְׁמוֹנָה עָשָׂר יוֹם, שָׁהֵם שְׁנֵי שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר:



Every community has some organizations that do kindness for people in need. Find out about some of your community's organizations, and write them down below. Then reach out to one of them and see how you can help them for a day.

I counted up today!

Day 19

Yom HaZikaron

ד' אייר

Today is Nineteen Days, which are Two Weeks and Five Days of the Omer. הַיּוֹם תִּשְׁעָה עָשָּׂר יוֹם, שָׁהֵם שְׁנֵי שְׁבוּעוֹת וַחֲמִשָּׁה יָמִים לְעֹמֶר:

Make some hand-made cards and then deliver them in your community: to volunteer firefighters, residents of a retirement home, healthcare workers, or veterans of the army. They don't need to be fancy cards to bring real smiles to people's faces. Practice here and make a sample card below.



Yom HaAtzmaut

ה' אייר

Today is Twenty Days, which are Two Weeks and Six Days of the Omer. הַיּוֹם עֶשְׂרִים יוֹם, שֶׁהֵם שְׁנֵי שָׁבוּעוֹת וְשִׁשְּׁה יָמִים לְעֹמֶר:

Leave a thank you note and a small treat for a community worker in your community. For example, leave a note on your mailbox for the mail carrier or a card near your trash can for the sanitation workers.

I counted up today!

Day 21

ו' אייר

Today is Twenty-One Days, which are Three Weeks of the Omer. הַיּוֹם אֶחָד וְעֶשְׂרִים יוֹם, שָׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת לָעֹמֶר:

Create a kindness stone! Use permanent markers or paint to decorate a stone with a kind message, and then leave it somewhere in your community. Plan out your kindness stone below.





Week 3: Time to Reflect

Flip back and skim the pages from this past week. What were your highlights? What was the biggest challenge? What do you hope to bring with you into the future weeks? Jot down some thoughts below.

Week 4

Be kind in your speech.

Your mouth is a wonderful thing. It has the power to make someone's day. These next 7 days, let's think of how we can use the power of speech to bring more kindness into the world.

ז' אייר

Today is Twenty-Two Days, which are Three Weeks and One Day of the Omer. הַיּוֹם שְׁנֵיִם וְעֶשְׂרִים יוֹם, שָׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר:

Compliments make people feel really special. Today, what compliment can you give someone? (Tip: Try to praise

someone on their personality instead of how they look.)

Write it down below, and then remember to give the compliment later.

I counted up today!

Day 23

ח' אייר

Today is Twenty-Three Days, which are Three Weeks and Two Days of the Omer. הַיּוֹם שְׁלֹשָׁה וְעֶשְׂרִים יוֹם, שָׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וּשָׁנֵי יָמִים לָעֹמֵר:

While complimenting someone directly is a beautiful kindness, we can also pass the praise along to someone who will care. Think of it as kind tattle telling. For example, tell a friend's parent how great your friend is. Or tell your principal how wonderful your teacher is. Jot down below how you might share someone's praise today with someone who will appreciate hearing it.



ט' אייר

Today is Twenty-Four Days, which are Three Weeks and Three Days of the Omer. הַיּוֹם אַרְבָּעָה וְעֶשְׂרִים יוֹם, שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וּשְׁלֹשָׁה יָמִים לְעֹמֶר:

An important phrase to learn to say is, "I was wrong. I'm sorry." (Only if it's true, of course.) Today, look out for an opportunity to apologize. Take some time to think, and then below, jot down anyone you may owe an apology to.

I counted up today!

Day 25

ו' אייך

Today is Twenty-Five Days, which are Three Weeks and Four Days of the Omer. הַיּוֹם חֲמִשָּׁה וְעֶשְׂרִים יוֹם, שָׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר:

One way to be kinder in our speech is to avoid speaking unkindly about other people. Pick an hour today (and write it down below!) when you can be extra careful to not speak badly about other people.



י"א אייר

Today is Twenty-Six Days, which are Three Weeks and Five Days of the Omer. הַיּוֹם שִׁשְּׁה וְעֶשְׂרִים יוֹם, שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וַחֲמִשָּׁה יָמִים לְעֹמֶר:

Today, give genuine thanks to someone. It can be for something small ("Thank you for passing me my paper") or something big ("Thank you for teaching me this year

and for being so kind and caring.") Write down some ideas below of who you can thank today.

I counted up today!

Day 27

י"ב אייר

Today is Twenty-Seven Days, which are Three Weeks and Six Days of the Omer. הַיּוֹם שִׁבְעָה וְעֶשְׂרִים יוֹם, שָׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְשִׁשָּׁה יָמִים לְעֹמֶר:

A surprising way to be kind in our speech is to say... nothing. Today, when you're chatting with someone, try to do more listening than talking. Below, see if you can figure out what the letters SILENT spell if you rearrange them.



י"ג אייר

Today is Twenty-Eight Days, which are Four Weeks of the Omer. הַיּוֹם שְׁמוֹנְה וְעֶשְׂרִים יוֹם, שֶׁהֵם אַרְבְּּעָה שָׁבוּעוֹת לְעֹמֶר:

Often, people ask, "How are you?" to be polite, but sometimes they don't stick around for the answer. Today, ask someone how they're doing, and stay around for the response. Follow up with them about something (like, "How's your house construction going?" or "Is your cat feeling better?") Below, write down some other ways to ask someone how they're doing.





Week 4: Time to Reflect

Flip back and skim the pages from this past week. What were your highlights? What was the biggest challenge? What do you hope to bring with you into the future weeks? Jot down some thoughts below.

Week 5

Be kind in your actions.

"Actions speak louder than words."

How can we be kind without even saying a word? This week, let's explore some ideas to do just that.

Day 29

י"ד אייר

Today is Twenty-Nine Days, which are Four Weeks and One Day of the Omer. הַיּוֹם תִּשְׁעָה וְעֶשְׂרִים יוֹם, שָׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְיוֹם אֶחָד לֶעֹמֵר:

A simple and small way to show kindness is by holding the door open for someone to walk through. Today, try to do that for someone. And below, draw a picture of someone holding the door open for someone else.



ט"ו אייר

Today is Thirty Days, which are Four Weeks and Two Days of the Omer. הַיּוֹם שְׁלֹשִׁים יוֹם, שֶׁהֵם אַרְבָּעָה שְׁבוּעוֹת וּשְׁנֵי יָמִים לָעֹמֶר:

They say smiles are contagious. That sounds like something worth spreading. Today, try to give your full smile: involving your mouth and eyes. See how many people you can give a smile to. And to get you in the mood, fill the space below with smiley faces.

I counted up today!

Day 31

ט"ז אייר

Today is Thirty-One Days, which are Four Weeks and Three Days of the Omer. הַיּוֹם אֶחְד וּשְׁלֹשִׁים יוֹם, שָׁהֵם אַרְבָּעָה שָׁבוּעוֹת וּשְׁלֹשָׁה יָמִים לְעֹמֶר:

Today, reach out to someone who is sitting or standing alone. Yes, they might need some quiet or want some time to think. But they might also really appreciate you connecting with them. Below, write down how you might feel if someone came to talk to you while you were standing alone.



י"ז אייר

Today is Thirty-Two Days, which are Four Weeks and Four Days of the Omer.

היום שנים ושלשים יום,

We spend a lot of time waiting in line. Today, what if you let the person behind you go ahead of you? Try to look for an opportunity today to do that. Below, write down some examples of when people wait in line.



Day 33

Lag BaOmer

י״ח אייר

Today is Thirty-Three Days, which are Four Weeks and Five Days of the Omer.

היום יום, שָׁבוּעוֹת וַחֲמִשָּׁה יָמִים

Today, give someone a friendly wave. Below, draw a person waving.



י"ט אייר

Today is Thirty-Four Days, which are Four Weeks and Six Days of the Omer. הַיּוֹם אַרְבָּעָה וּשְׁלֹשִׁים יוֹם, שֶׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְשִׁשָּׁה יָמִים לָעֹמֶר:

Giving tzedakkah helps people in need. But it also helps us -- as we become kinder people. What are some organizations you can give tzedakkah to? Jot some down below, and then pick one to give money to today.

I counted up today!

Day 35

כ׳ אייר

Today is Thirty-Five Days, which are Five Weeks of the Omer.

הַיּוֹם חֲמִשָּׁה וּשְׁלֹשִׁים יוֹם, שֶׁהֵם חֲמִשְּׁה שָׁבוּעוֹת לַעֹמֵר:

Leave an anonymous positive note somewhere that will bring smiles. For example, leave a note inside a book at the library or in chalk on the sidewalk. Write down some ideas below of what you might write and where you might put the message.



I counted up today!



Week 5: Time to Reflect

Flip back and skim the pages from this past week. What were your highlights? What was the biggest challenge? What do you hope to bring with you into the future weeks? Jot down some thoughts below.

Week 6

Be kind to nature.

These last few weeks, we focused on being kind to people. Did you know there are *mitzvot* related to being kind to animals and nature? After all, it's up to us to care for the environment that we inhabit.

כ"א אייר

Today is Thirty-Six Days, which are Five Weeks and One Day of the Omer. הַיּוֹם שִׁשְּׁה וּשְׁלֹשִׁים יוֹם, שָׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְיוֹם אֶחְד לְעֹמֶר:

Let's keep the planet beautiful. Today, try to pick up some litter or trash from the ground. What are some common examples of trash you may find on the ground? List some below.

I counted up today!

Day 37

כ״ב אייר

Today is Thirty-Seven Days, which are Five Weeks and Two Days of the Omer. הַיּוֹם שָׁבְעָה וּשְׁלֹשִׁים יוֹם, שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וּשָׁנֵי יָמִים לָעֹמֵר:

One way to take care of our world is by planting more. Today, plant a plant, tree, or flower. (Or, if you can't do that, donate to an organization that cares for the earth.) Draw some flowers and trees below.



כ"ג אייר

Today is Thirty-Eight Days, which are Five Weeks and Three Days of the Omer.

שמונה היום יום, שבועות ושלשה יַמִים

Caring for animals is a Jewish value. Today, put out some water or seeds for the birds. And then enjoy watching from afar as birds have the refreshments. In the space below, draw a bird enjoying a snack.

counted up today!

Day 39

כ״ד אייר

Today is Thirty-Nine Days, which are Five Weeks and Four Days of the Omer.

תִשִׁעַה היום שהם יום, שָׁבוּעוֹת וְאַרְבָּעָה יָמִים

Today, think about ways to reduce the amount of electricity you use. Unplug what you're not using, turn the lights off when you leave a room, and spend more time outside. Below, list examples of when you use electricity in your dayto-day life.



I counted up today!

כ״ה אייר

Today is Forty Days, which are Five Weeks and Five Days of the Omer. הַיּוֹם אַרְבָּעִים יוֹם, שֶׁהֵם חֲמִשֶּׁה שָׁבוּעוֹת וַחֲמִשְּׁה יָמִים לָעֹמֶר:

We can prevent car pollution by walking and bike-riding more. Even carpooling can help. How can you help reduce car pollution today? Jot down some ideas below, and then choose one to do.

I counted up today!

Day 41

כ"ו אייר

Today is Forty-One Days, which are Five Weeks and Six Days of the Omer. הַיּוֹם אֶחָד וְאַרְבָּעִים יוֹם, שָׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וִשִּׁשָּׁה יָמִים לְעֹמֵר:

Today, let's think about conserving water. What are some ways you can use less? For example, you can shut off the water while brushing your teeth or take a shorter shower. Jot down or draw some ideas below.



כ"ז אייר

Today is Forty-Two Days, which are Six Weeks of the Omer. הַיּוֹם שְׁנַיִם וְאַרְבְּּעִים יוֹם, שֶׁהֵם שִׁשָּׁה שְׁבוּעוֹת לְעֹמֶר:



We, humans, create a lot of garbage. Today, your challenge is to limit your trash waste. For example, use reusable containers and a reusable water bottle. Below, jot down some of the items you throw out most often, and then think of ways you can reduce that today.





Week 6: Time to Reflect

Flip back and skim the pages from this past week. What were your highlights? What was the biggest challenge? What do you hope to bring with you into the future weeks? Jot down some thoughts below.

Week 7

Look all around for kindness.

This is the last week of the *Omer*, and it's a great time to reflect on kindness and look back at your growth these past several weeks.

Day 43

Yom Yerushalayim

כ״ח אייר

Today is Forty-Three Days, which are Six Weeks and One Day of the Omer. הַיּוֹם שְׁלֹשָׁה וְאַרְבָּעִים יוֹם, שֶׁהֵם שִׁשְּׁה שְׁבוּעוֹת וְיוֹם אֶחְד לָעֹמֵר:

Think about a favorite story of yours that you've read, heard, or watched. What is an inspiring act of kindness in that story? Write about it or draw it below.



כ"ט אייר

Today is Forty-Four Days, which are Six Weeks and Two Days of the Omer. הַיּוֹם אַרְבָּעָה וְאַרְבָּעִים יוֹם, שֶׁהֵם שִׁשְּׁה שָׁבוּעוֹת וּשְׁנִי יָמִים לְעֹמֶר:

Did someone do something kind for you today? It can be a small or big act of kindness. Write about it or draw a picture of it below.

I counted up today!

Day 45

Rosh Chodesh

א' סיון

Today is Forty-Five Days, which are Six Weeks and Three Days of the Omer. הַיּוֹם חֲמִשָּׁה וְאַרְבָּעִים יוֹם, שֶׁהֵם שִׁשָּׁה שָׁבוּעוֹת וּשִׁלשָׁה יָמִים לַעֹמֵר:

Looking back on your past, what is a major act of kindness that someone did for you? Write about it or draw a picture of it below.



ב' סיון

Today is Forty-Six Days, which are Six Weeks and Four Days of the Omer. הַיּוֹם שִׁשָּׁה וְאַרְבָּעִים יוֹם, שֶׁהֵם שִׁשָּׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר:

Imagine you had unlimited money to do an act of kindness. What is something kind you dream of doing someday?

I counted up today!

Day 47

ג' סיון

Today is Forty-Seven Days, which are Six Weeks and Five Days of the Omer. הַיּוֹם שִּׁבְעָה וְאַרְבָּעִים יוֹם, שֶׁהֵם שִׁשָּׁה שָׁבוּעוֹת וַחֲמִשָּׁה יָמִים לְעֹמֶר:

Looking back at the last several weeks, what is an act of kindness you did that you especially enjoyed? Write about it or draw a picture of it below.



I counted up today!

ד' סיון

Today is Forty-Eight Days, which are Six Weeks and Six Days of the Omer. הַיּוֹם שְׁמוֹנָה וְאַרְבָּעִים יוֹם, שֶׁהֵם שִׁשָּׁה שָׁבוּעוֹת וְשִׁשָּׁה יָמִים לְעֹמֶר:

If you could design a billboard asking people to do more kindness, what would you write on it? Design your billboard below.

I counted up today!

Day 49

ה' סיון

Today is Forty-Nine Days, which are Seven Weeks of the Omer. הַיּוֹם תִּשְׁעָה וְאַרְבָּעִים יוֹם, שֶׁהֵם שִׁבְּעָה שָׁבוּעוֹת לְעֹמֶר:

Have you changed at all, as a person, this *Omer*? Describe it below, in words or pictures.



I counted up today!



Week 7: Time to Reflect

Flip back and skim the pages from this past week. What were your highlights? What was the biggest challenge? What do you hope to bring with you into the future weeks? Jot down some thoughts below.

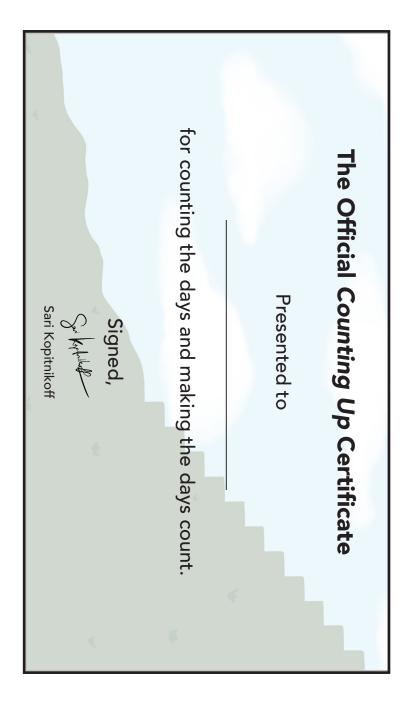
Yay!

Now it's time to celebrate! Why? You counted the seven weeks of the *Omer*. And, throughout the process, you became a kinder person.

Treat yourself to something fun and take some time to feel good about your progress. You made the world a kinder place.

Cut the certificate out on the next page. Fill it out and hang it somewhere special.

Chag Sameach!



About the Author

Sari is an experiential educator, digital artist, educational performer, and content creator. She is passionate about creating books, games, activities, shows, virtual challenges, and interactive workshops that bring Judaism to life.

You can follow Sari's work on Instagram, Facebook, and TikTok @ThatJewishMoment, and you can find lots of free Jewish educational materials at ThatJewishMoment.com. There, you can arrange for Sari to give a live or virtual workshop, sign up for her newsletter, or just say hi.

Other books by Sari:

That Jewish Moment My Davening Diary Jewmagine That! My Escape from Egypt Only Kidding!









