

# 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**