



Marvelous Mitzvot to Do All Summer Long

While you are enjoying your summer break, you can still perform some important *mitzvot*, and have some fun in the process. Pick a few ideas from the list below or come up with an idea of your own.

Bal Tashchit — Not Destroying

בל תשחית

"לא-תשחית את-עצה לנדם עליו גרזן כי ממנו תאכל ואתו לא תכרת..." — דברים כ"ט
 "...Do not destroy its trees... you may eat of them but you must not cut them down" —
 Deuteronomy 20:19

- ❑ Research a local wilderness organization and find out how you can volunteer to help out.
- ❑ Sometimes things that seem like garbage should not be destroyed but rather can be recycled for different purposes. Collect 7 (or more) recyclable objects and make a sculpture or useful object out of them.
- ❑ Make sure your camp recycles. If not, volunteer to start a recycling campaign.
- ❑ Plant a Biblical garden. Do a little research about the plants of Israel and create a small patch in your home garden.
- ❑ Didn't finish your vegetables? Start a compost at home or at camp. You can use other natural foods as well.
- ❑ Do a little summer cleaning. Donate your gently used clothes, toys, games, books, etc. to a local charitable organization. Encourage the rest of your family to clean and donate as well.

Shalom Bayit — Peace in the Home

שלום בית

"כל המשים שלום בתוך ביתו, מעלה עליו הכתוב כאילו משים שלום בישראל על כל אחד ואחד." —
 אבות דרבי נתן כח:ג
 "Those who bring peace in the home, it is as though they bring peace to all the people of Israel."
 — *Avot de Rabbi Natan* 28:3

- ❑ Give the family cook the night off! Volunteer to make an easy picnic dinner for your family. Set up a blanket in the backyard and enjoy a picnic dinner under the stars.
- ❑ Make a coupon book filled with household chores you will help with over the summer. On the first page, explain how this is related to *shalom bayit*. Give it to your mom or dad as a surprise present.
- ❑ Read a Jewish story book to a younger sister or brother.
- ❑ Playing games together is a great way to strengthen family bonds. Get outside and play your favorite outdoor games with your family.

Bikur Cholim — Visiting the Sick

ביקור חולים

"וַיֵּרָא אֵלָיו יִקְוֶה בְּאֶלְנֵי מִמְרָא וְהוּא יֹשֵׁב פֶּתַח-הָאֵהָל כְּחֹם הַיּוֹם" — בראשית יח:א
 "YHVH appeared to [Avram] by the terebinths of Mamre, and he was sitting at the opening of this tent as the day grew hot." — Genesis 18:1

- ❑ Invite your friends to a pottery store. Decorate vases, fill the vases with flowers, and bring them to a rehabilitation center or nursing home.



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Shabbat

שבת

"זכור את־יום השַׁבָּת לְקַדְּשׁוֹ" — שמות כ:ח

"Remember Shabbat and keep it holy" — Exodus 20:8

- ☐ Watch a Youtube video on paper flower making. Create a beautiful bouquet for your Shabbat table.
- ☐ Take a family outing to a fruit orchard. Gather fresh fruit and make a scrumptious dessert (mmmmmm... pie) for Shabbat dinner.
- ☐ Practice one of the *berachot* recited during Havdalah. Volunteer to stay up late so you can lead the family in that part of saying "Goodbye" to Shabbat and welcoming back the regular week.
- ☐ Take a Shabbat nature walk with a friend or family member. Compose a blessing for some wonder in nature that is new — a wildflower or bird you have never seen before, or a bug that is new and different. After Shabbat, put together a personal book with your special blessings.
- ☐ Enhance your Shabbat meals with summer vegetables. Try out a new recipe or simply grill them.

Tzedakah — Giving Charity

צדקה

כִּי לֹא־יִחָדֵל אֲבִיוֹן מִקְרֵב הָאָרֶץ עַל־כֵּן אֲנֹכִי מֵצִוְךָ לֵאמֹר כָּתוּם תִּפְתַּח אֶת־יָדְךָ לְאֶחִיךָ לַעֲנִיךָ וּלְאִבְיֹנְךָ בְּאֶרֶץךָ — דברים טו:יא

"There will never cease to be needy in the land; therefore I command you that you must surely open your hand to your brother, to your poor and your needy in your land." — Deuteronomy 15:11

- ☐ Start a lemonade (or other cold refreshment) stand and raise money for a cause that is important to your community.
- ☐ Host a video gaming or board game night competition at your home. Charge an entry fee and donate the proceeds to buy video games for a children's hospital.

Kibud Zekeinim — Honoring the Elderly

כבוד זקנים

"מִפְּנֵי שִׁיבָה תִּקְוִים וְהִדְרִית פָּנֵי זָקֵן..." — ויקרא יט:לב

"Rise before the aged. Show your deference to the old..." — Leviticus 19:32

- ☐ Visit a nursing home and go for a walk with the residents.
- ☐ Interview and record the life story of a grandparent or an elderly friend.