

THE GREAT VIRTUAL MINI MITZVAH CORPS CHALLENGE OF 2020

Brought to you by The Jewish Center's Mini Mitzvah Corps
Quarantine Spring Break 2020



Calling all Super Heroes for the Virtual Mini Mitzvah Corps Challenge!

Let's work together as a virtual team to repair the world – *tikkun olam* – a world that needs our help now more than ever! Let's shower our families and community with mitzvot!

WHO? YOU! And your brothers and sisters! Your Mom and Dad! Heck, even your dog (if you have one)! Anyone who can help in even a small way can make a big difference!

WHERE? In and around your home

HOW? Just follow the plan. Come join us!



Did someone say PRIZES?



Partner

Send a picture of you and your family performing at least 1 of the mitzvah described in the challenge and we'll send you the "Partner" prize pictured above



Hero

Send pictures of you and your family performing 3 or more of the mitzvot, and you will receive the "Hero" prize pictured above



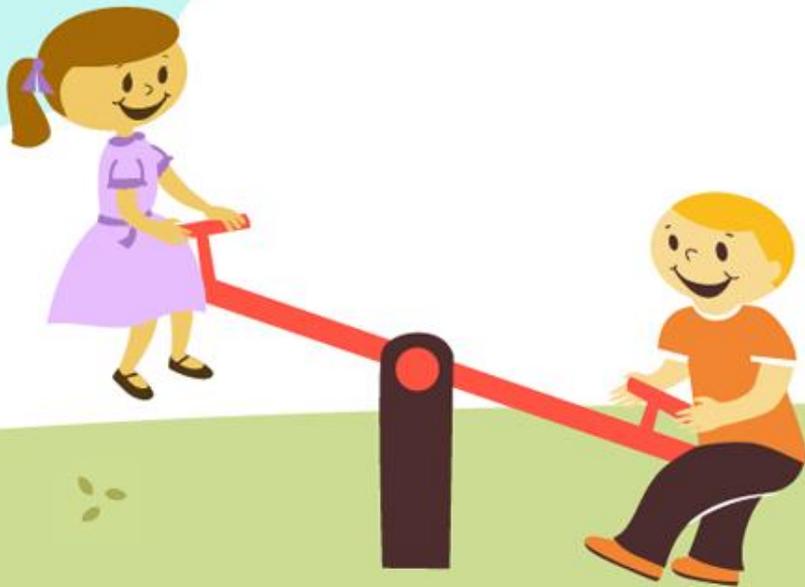
Superhero

Send pictures of you and your family performing at least one mitzvah in each category and you will receive the "Superhero" prize pictured above



MITZVAH #1: Honoring Our Elders | Hiddur P'Nay Zakayn

הַדּוֹר פְּנֵי זָקֵן



IDEA #1

Make cards, letters and pictures for people in nursing homes to let them know you're thinking of them

STEP 1: Get out your art supplies – crayons, markers, paper, colored pencils, stickers. Be creative!

STEP 2: Think of cheerful messages that can help people right now, like “Happy Spring”, “Stay Well, Stay Healthy” or make up one of your own. Feel free to sign your **first name only**. Try to make as many as you can.

STEP 3: Ask your parent to put them in a large envelope and mail to:

JFCS c/o Eden Aaronson – 707 Alexander Road, Suite 102,
Princeton, NJ 08540-6331 AND/OR

Greenwood House c/o Neil Wise – 53 Walter Street, Ewing, NJ
08628

I DID IT!

Put a check in
the box to keep
track of which
mitzvot you've
completed



**MITZVAH #1:
Honoring Our
Elders | Hiddur
P'Nay Zakayn**

הדור פני זקון



IDEA #2

Call your grandparents and brighten their day by:

- Singing them a happy song
- Showing them your reading skills by reading them a story
- Preparing a puppet show to share by Facetime
- Make a scrapbook of your favorite memories with them to share when you see them next
- Draw a picture of your favorite time with them and mail it to them

I DID IT!

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**MITZVAH #1:
Honoring Our
Elders | Hiddur
P'Nay Zakayn**

הדור פני זקון



IDEA #3

Interview your grandparents or another older relative and preserve their story

STEP 1: Download one of these great interview guides

<https://www.pinterest.com/pin/110549365840062875/>

<https://redtri.com/interview-with-a-grandparent-10-questions-to-ask/>

<https://www.scholastic.com/parents/kids-activities-and-printables/printables/writing-worksheets/interview-grandparent.html>

STEP 2: Pick a time to interview your grandparent by phone or Facetime

STEP 3: Write down their answers neatly and decorate for a special family heirloom OR video record their responses and create an online collage with family pictures

I DID IT!

Put a check in the box to keep track of which mitzvot you've completed



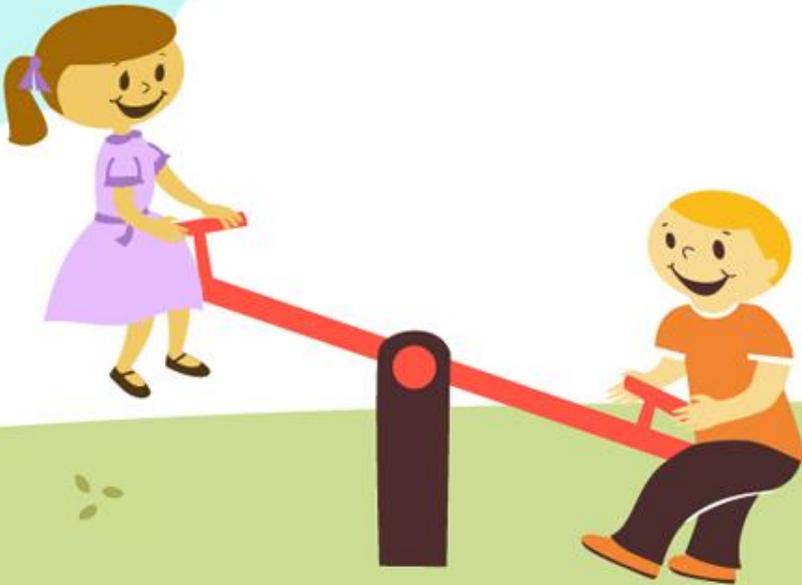
**MITZVAH #1:
Honoring Our
Elders | Hiddur
P'Nay Zakayn**

הדור פְּנֵי זָקֵן



MITZVAH #2: Helping the Poor | K'vod He'ani

כבוד העני



IDEA #1:

Donate tzedakah to the following organizations that are helping children and families in need in our own community

Jewish Family & Children's Services Princeton Mercer Bucks

<https://www.jfcsonline.org/donate/>

Send Hunger Packing Princeton (SHUPP)

<https://shupprinceton.org/#>

Princeton Children's Fund

<https://www.princetonchildrensfund.org/covid-donations>

I DID IT!

Put a check in the box to keep track of which mitzvot you've completed



MITZVAH #2: Helping the Poor | K'vod He'ani

כבוד העני



IDEA #2:

Use your tzedakah money to purchase items off of these organizations' wish lists to be delivered directly to them to help children and families in need

Homefront of Trenton - <http://bit.ly/HFMarch20Items> OR

If you are already out shopping for necessities or are able to shop online, consider a donation of our most needed items: diapers (sizes 4, 5, 6 and Pull-Ups/Easy Ups in all sizes), baby wipes, canned goods (protein like chicken/tuna, ravioli, beef stew, soup, and fruit), baby formula, dry cereal, and shelf stable milk (Horizon/Natrel/Parmalat or powdered milk). Use 1880 Princeton Ave, Lawrenceville, NJ 08648 at the SHIP TO address.

Princeton Nursery School

<https://secure.givelively.org/donate/princeton-nursery-school-inc/hunger-prevention-gift-cards>

I DID IT!

Put a check in the box to keep track of which mitzvot you've completed



MITZVAH #2: Helping the Poor | K'vod He'ani

כבוד העני



IDEA #3:

Gather un-needed food and personal items for families in need in our community during the COVID-19 crisis

Suggested items to donate: Canned goods (soups, beans, veggies, sauce, fruit, tuna fish, meat, spam, etc.), juice, corn flour (maseca), pasta, rice, shelf stable milk, peanut butter and alternatives, toilet paper, hand sanitizer, flushable wipes, toothpaste and toothbrushes, laundry detergent, hand and dish soap, shampoo, feminine hygiene products, adult and baby diapers/pampers, baby wipes, disinfecting wipes, cleaning supplies, Advil, Tylenol, thermometers and gloves

Items can be dropped off at Arm in Arm, 61 Nassau St.
Please call 609-396-9355 before dropping off.

I DID IT!

Put a check in the box to keep track of which mitzvot you've completed



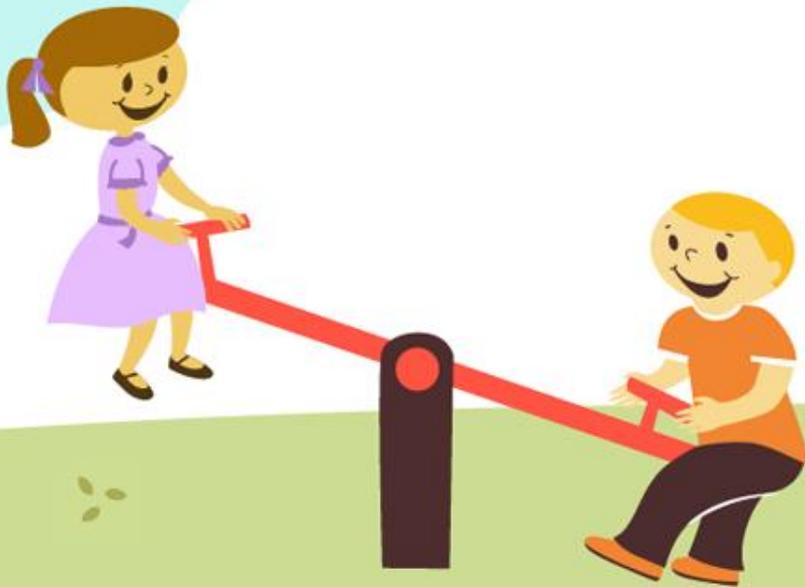
MITZVAH #2:
Helping the Poor
| K'vod He'ani

כבוד העני



MITZVAH #3: Visiting the Sick | Bikkur Cholim

בְּקוּר חוֹלִים



IDEA #1

Make “no-sew” masks for your family and send extras to elderly friends and neighbors to prevent illness

STEP 1: Watch a video below to learn what you need and how to make them

<https://www.youtube.com/watch?v=GkcduBa9dLg> or

<https://www.youtube.com/watch?v=VYiY8ePUveg>

STEP 2: Gather your materials

STEP 3: Make enough for you and your family

STEP 4: Make some extras to send to relatives, neighbors or even the local nursing home

I DID IT!

Put a check in the box to keep track of which mitzvot you've completed



MITZVAH #3:
Visiting the Sick
(sort of!) | Bikkur
Cholim

בְּקוּר חוֹלִים



IDEA #2

Encourage the people who help the sick, like nurses, doctors, and first responders by making them “thank you” cards and pictures

STEP 1: Get out your writing and art supplies – crayons, markers, paper, colored pencils, stickers. Be creative!

STEP 2: Write encouraging notes and make motivating signs

STEP 3: Ask your parent to put them in a large envelope and mail to your local hospital, police department, or EMT

I DID IT!

Put a check in the box to keep track of which mitzvot you've completed



MITZVAH #3:
Visiting the Sick
(sort of!) | Bikkur
Cholim

בְּקוּר חוֹלִים



IDEA #3

Helping your someone in need in Princeton get registered with Princeton Prepares

STEP 1: Think about any neighbors or friends that might fit into one of the following categories: living alone, mobility issues, hearing/visual impairment, limited English, oxygen or medication requiring refrigeration. The Princeton Prepares registry helps emergency responders serve residents in an emergency.

STEP 2: Ask (from a distance) if they would like for you to sign them up for the Princeton Prepares registry

STEP 3: Go to

<https://www.princetonnj.gov/resources/princeton-prepares> to fill out the form on behalf of your friend or neighbor in need

I DID IT!

Put a check in the box to keep track of which mitzvot you've completed



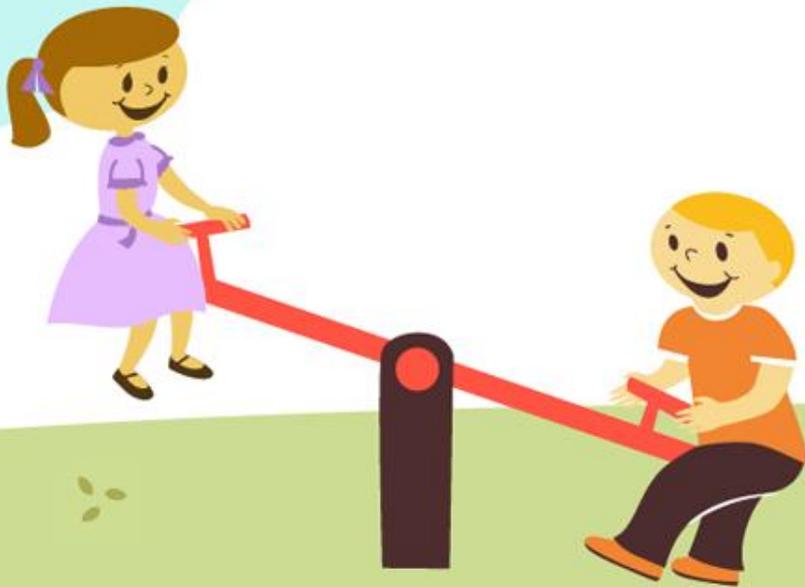
MITZVAH #3:
Visiting the Sick
(sort of!) | Bikkur
Cholim

בְּקוּר חוֹלִים



MITZVAH #4: Honor Your Parents | Kibbud Horim

כְּבוֹד הוֹרִים



IDEA #1:
Put your toys away without being asked

IDEA #2:
Help with a special chore around the house

IDEA #3:
Do something your parents tell you to do THE FIRST time they tell you to do it. Now try that for a full day!! 😊

IDEA #4:
Surprise your parents with a big hug just because!

I DID IT!

Put a check in the box to keep track of which mitzvot you've completed



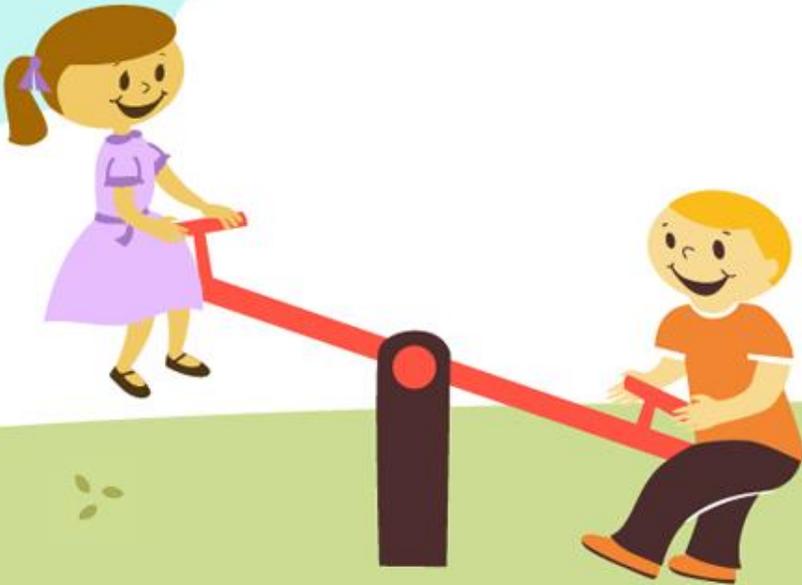
MITZVAH #4:
Honor Your
Parents | Kibbud
Horim

כבוד הורים



MITZVAH #5: Spreading Cheer | Sayver Panim Yafot

סָבֵר פְּנִים יָפוֹת



IDEA #1:

Put a rainbow and/or a teddy bear in your window to spread cheer as children go on outdoor scavenger hunts through the neighborhood

STEP 1: Read about how children are going out on scavenger hunts looking for rainbows and teddy bears to spread joy at this time

<https://www.nytimes.com/2020/04/03/style/teddy-bear-scavenger-hunt.html>

<https://www.popsugar.com/family/kids-put-drawings-up-in-windows-during-coronavirus-outbreak-47324293>

STEP 2: Get out your art supplies or your favorite teddy bear. Make something great! Search Google images for “rainbows in windows coronavirus” for inspiration.

STEP 3: Select a window visible from the street to put your rainbow creation or favorite teddy bear

STEP 4: Take a walk with your family around your own neighborhood to hunt for rainbows and teddy bears. See how many you can find!

I DID IT!

Put a check in the box to keep track of which mitzvot you've completed



MITZVAH #5: Spreading Cheer | Sayver Panim Yafot

סֵבֶר פְּנִים יָפוֹת



IDEA #2:

Plant some seeds in your yard to spread joy in your neighborhood

STEP 1: Find or order some seeds (and potting soil and a planter if you are planting inside)

STEP 2: Plant your seeds

STEP 3: Water them and give them sunlight

STEP 4: Watch them grow

STEP 5: Enjoy the fruits of your labor!

I DID IT!

Put a check in the box to keep track of which mitzvot you've completed



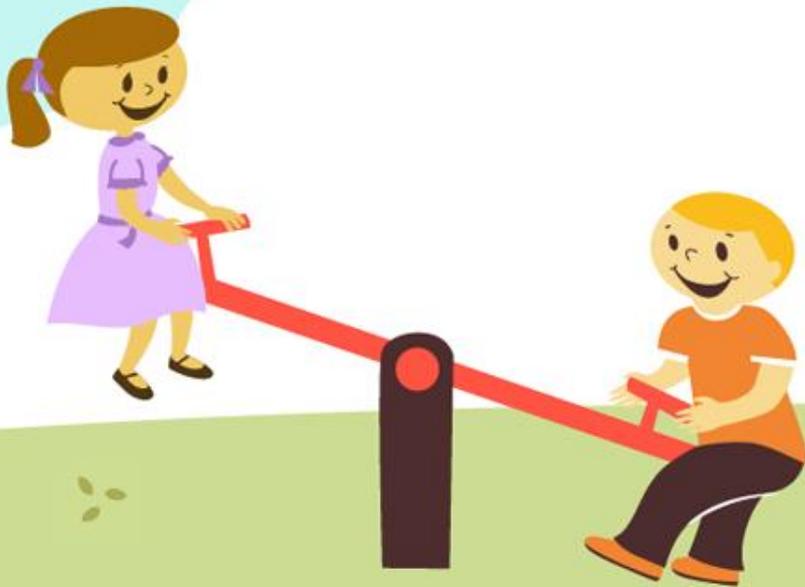
MITZVAH #5:
Spreading
Cheer | Sayver
Panim Yafot

סִבֵּר פְּנִים יָפוֹת



MITZVAH #6:
Hakarat Hatov | Being
Grateful or “Recognizing
the Good”

הכרת הטוב



IDEA #1:

Create a blessings jar for you and your family

STEP 1: Find a nice big jar or vase (ask your Mom before using it!)

STEP 2: Cut out small pieces of paper

STEP 3: Find a time each day or once a week (before candle lighting on Shabbat is a good time!) to gather together as a family and write one thing each person is grateful for that day or that week

STEP 4: Put it in the jar or vase

STEP 5: Make it a consistent habit

STEP 6: When you're feeling down, pick out a random piece of paper from the jar and read it to remind yourself of the good and lift your spirits!

I DID IT!

Put a check in the box to keep track of which mitzvot you've completed



Mitzvah #6:
Hakarat Hatov
| Being Grateful
or “Recognizing
the Good”

הכרת הטוב



IDEA #2:

Create a gratitude journal

STEP 1: Find a special notebook and a fun pen

STEP 2: Pick a time that works for you every day – maybe before bed

STEP 3: Write down or draw 3 things you are grateful for that day. Try to think of different things everyday!

STEP 4: When you're feeling down, turn to a random page from your journal and read it to remind yourself of the good and lift your spirits!

I DID IT!

Put a check in the box to keep track of which mitzvot you've completed



Mitzvah #6:
Hakarat Hatov
| Being Grateful
or “Recognizing
the Good”

הכרת הטוב



IDEA #3:

While this time of social distancing may have brought some disappointments, it has also made history. Why not record your time and place in history by making your own “Coronavirus Time Capsule”?

STEP 1: Download and print the following link, courtesy of LONG Creations

https://drive.google.com/file/d/1MaM2RBrqyDeyKFCG8impDgfuZ8a2tIZ-/view?fbclid=IwAR3WzS47uBQx4raAlpXyEgM1VZcJ71kqDofnmK6r_mmFkBvUauZwo1DRpkl

STEP 2: Color, draw and write your thoughts from this time

STEP 3: When you are older and look back at this time, you may find that some of your favorite memories were made **right now!**

I DID IT!

Put a check in the box to keep track of which mitzvot you've completed



**Mitzvah #6:
Hakarat Hatov
| Being Grateful
or “Recognizing
the Good”**

הכרת הטוב



THE GREAT VIRTUAL MINI MITZVAH CORPS CHALLENGE OF 2020

MITZVAH TRACKER

MITZVAH #1: Honoring Our Elders | Hiddur P'Nay Zakayn

- Idea 1
- Idea 2
- Idea 3

MITZVAH #2: Helping the Poor | K'vod He'ani

- Idea 1
- Idea 2
- Idea 3

MITZVAH #3: Visiting the Sick | Bikkur Cholim

- Idea 1
- Idea 2
- Idea 3

MITZVAH #4: Honor Your Parents | Kibbud Horim

- Idea 1
- Idea 2
- Idea 3
- Idea 4

MITZVAH #5: Spreading Cheer | Sayver Panim Yafot

- Idea 1
- Idea 2

MITZVAH #6: Hakarat Hatov | Being Grateful or "Recognizing the Good"

- Idea 1
- Idea 2
- Idea 3

I DID IT! Now what?

- Ask your parent to take a pic of each mitzvah you did and your completed mitzvah map
- E-mail those pictures to ekamenir@gmail.com with your name, age and address
- Watch the mail for your patch and your special prize!
- If you want to share your mitzvot with others, please upload to our Facebook page The Great Virtual Mini-Mitzvah Corps Challenge (https://www.facebook.com/The-Great-Virtual-Mini-Mitzvah-Corps-Challenge-103863607951090/?modal=admin_todo_tour), tagging TJC Families, using #virtualmmcchallenge2020



THANK YOU FOR DOING
YOUR PART TO REPAIR THE
WORLD WITH YOUR
MITZVOT. YOU REALLY
ARE A SUPERHERO!

Yacher
Koach!



Todah
Rabbah!



