

TJC CHESSED REPORTER

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PRINCETON SPECIAL SPORTS

Volunteering and Helping Children with Disabilities



Tossing a ball at Princeton Special Sports

For my chesed project, I volunteered with my friend Izzy Bloom at Princeton Special Sports (PSS), where we helped teach basic sports skills to younger kids with disabilities. At PSS, we played soccer, basketball, and baseball on weekends. Right before the pandemic shut down our sessions, we were working on basic basketball skills like passing, dribbling, and shooting. I really enjoyed volunteering there because I got to help others, which made me feel good. I was also doing something I loved while spending time with a friend from religious school. While volunteering, I met many fun people. One girl was shy at first but then warmed up and gave hugs to everyone passing by, and another who was fun and a bit of a troublemaker. I also met kids my own age, like Matthew, who was very serious about the exact listings of different Pokémon characters and made me think harder than ever before about the exact order of my favorites. Almost entire session was spent just rearranging my list when he reminded me of ones that had not even crossed my mind. The whole project was a very special experience for me, and because of this I hope to continue beyond the required ten hours and volunteer in my free time.



**CHESSED
REPORTER
PHOEBE
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***HOW YOU
CAN HELP***
**Princeton
Special Sports
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WHAT I LEARNED FROM MY PROJECT

Volunteering at Princeton Special Sports has taught me many things. One of which was patience. Some kids struggle with basic skills that most people take for granted. Even playing catch can be hard. I learned that everyone has different abilities and learns at their own pace. Over the weeks, this became easier for me to understand and I'm very grateful for this experience. Being a volunteer is a great way to learn about how to help others, and yourself.



Princeton Special Sports is
an all-volunteer nonprofit.

Acts of *chesed* (lovingkindness) are an essential part of TJC's B'nai Mitzvah experience.
Every student commits to 10 or more hours of hands-on community service.