

## WHAT IS MITZVAH DAY?

**Mitzvah  
Day**

**15th November 2020**

**Mitzvah Day is a day when Jewish people give their time to help others .**  
It's not just people from the Jewish faith who celebrate Mitzvah day, people from lots of different religions get involved too.  
The day is dedicated to doing good things for other people in your community.



Mitzvah Day was started by a Jewish lady called Laura Marks in 2005. Laura wanted to bring all the different faiths in the UK together for one day - to do something good for their communities.

*In 2018 , eight different faiths came together to help their communities and between them spent 150,000 hours being kind to others!*

Mitvah has three important values for anyone getting involved.

**Tikkun Olam** - *which means healing* - Mitzvah Day helps people understand that being kind to others and our planet is important.

**Gemilut Chasadim** - *this means act of loving kindness* - acts of kindness are a part of everyday Jewish teachings but Mitzvah Day encourages everyone to be kind.

**Tzedek** - *this means honest and just* - the Jewish faith teaches that you should do kind things to be loving not just because it feels good.

## What does Mitzvah Day mean?



The word Mitzvah is a Hebrew word and in the Jewish faith it is taken to mean a good deed done out of religious duty. This means that people who are Jewish do good things on this day because they believe it's what God would want them to do - to be kind and loving.

# WHAT IS 'KINDNESS'?

Kindness is:

- being friendly, generous and considerate of others;
- showing goodwill to others;
- being concerned when others are upset or worried;
- helping people when they need you;
- doing something nice for someone else, without expecting anything in return.

What does 'kindness' mean to you?

# MAKE THE CHOICE

When you are kind, you make the world a happier, safer place.

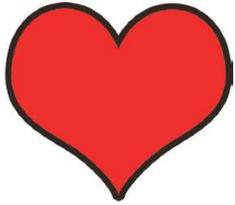
You can be kind to everyone - to people who are just like you and to people who are different to you.

You have infinite kindness in you - share it with everyone, every day.



Choose kindness!

# What kind of good deeds can I do at home?



Tell someone why you love them.



Pick something up for someone else.



Show someone you appreciate them.



Tidy someone else's things for them.



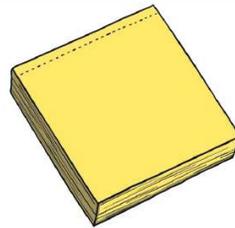
Help get the table ready for dinner.



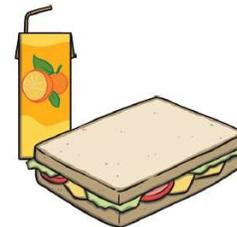
Wipe down the worktop with a cloth.



Pick up your clothes and put them in the washing machine.



Write a thank-you note to someone.



Help prepare lunch.



Draw a picture for someone.



Offer to help clean out the car.



Help an adult out by folding some clothes.



Make someone a drink.



Help with the washing-up.