



Mitzvot & Values





How to Use Teach-ables

1. POINT of the lesson!

What we would like students to learn

2. PREPARATION!

Included in this lesson:

- Each teachable lesson includes everything needed for the lesson.
- The teacher may need to make copies and/or supply pencils, crayons, scissors, glue, etc...

Teacher will:

Do some of all of the following: Read information page, copy, cut, provide scissors, paper, glue, etc...

3. PULL-IN!

An activity to evoke student interest

3. PRESENT MATERIAL!

How to present the information included

4. PARTICIPATE!

Creative ways to involve students in learning the material

5. PERSONAL CONNECTION!

An opportunity to make the information meaningful to the individual student



MITZVOT AND VALUES LESSONS INDEX

1. Names of God "Adonai and Beyond"
2. What Does God Do? "A Resume"
3. What is God Like? "A Research Project"
4. Questions about God "The God Box"
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7. Heal the Sick "Help Stop Breast Cancer One Click at a Time"
8. Feed the Hungry "End World Hunger One Click at a Time"
9. Do Not Destroy "Save the Rainforest One Click at a Time"
10. Free the Captive "Only When All are Free Shall We Be Free!"
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12. Love Your Neighbors as Yourself
13. Find Yourself a Friend
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Names of God

“Adonai and Beyond”

1. POINT of the lesson!

We give God many names.

2. PREPARATION!

Included in this lesson:

- “Search Page”

Teacher will:

- Make copies of the “Search Page.” (One for every 2 students)
- Have board or large poster to make a list.
- Have Prayer books for each student.
- Have paper and pencil for each student.

3. PULL-IN!

- What are some of the names that refer to you?
- Give examples: You call me Ms. Gold but my husband calls me Margie. My kids call me Mom and your parents call me teacher.
- Have the students give examples of their different names.

3. PRESENT MATERIAL!

- Why do we have different names? (It helps people to know us better)
- We give God many names.

4. PARTICIPATE!

- Have students work in partners.
- Ask them to find as many different names for God as they can in the Prayer book and list them on the “Search Page.”
- Compare the lists.
- List some of the names on the board.
- Discuss what the different names mean and how we try to gain an understanding of God through God’s names.

5. PERSONAL CONNECTION!

Choose 3 names for God that have personal meaning to you.

SEARCH





What Does God Do? "A Resume"

1. POINT of the lesson!

To gain an understanding of what God does through our prayers.

2. PREPARATION!

Included in this lesson:

- "Search page"

Teacher will:

- Make a copy of the "search page" for each student.
- Use board or large poster and marker to make a list.
- Have Prayer books for each student.
- Have paper and pencil for each student.
- Have a highlighter for each student.

3. PULL-IN!

- Divide the students in to partners.
- Have them ask each other "What do you do?"
- Make a list together of the things that they do.
- Present the lists to the class.

4. PRESENT MATERIAL!

- We are often known by what we do.
- We try to understand God by attributing actions to God.

5. PARTICIPATE!

- Have each group of partners search the Prayer book for actions that are attributed to God.
- Compare the lists.

6. PERSONAL CONNECTION!

- With your partner, highlight the ways that we can act like God.
- Discuss with the class.

SEARCH





What is God Like? “A Research Project”

1. POINT of the lesson!

To discover the words we use to describe God in our prayers.

2. PREPARATION!

Included in this lesson:

- “Search Page”

Teacher will:

- Make a copy of the “Search Page” for each student.
- Use board or large poster and marker to make a list.
- Have Prayerbooks for each student.
- Have paper and pencil for each student.
- Have a highlighter for each student.

3. PULL-IN!

- Give each student pencil and paper.
- Ask each one to write 3 things that describe himself/herself that are not physical. Write his/her name on the back of the paper.
- Collect the papers and put them aside.
- Choose a few to read and ask the students to guess who it is.

4. PRESENT MATERIAL!

We try to understand God by trying to describe God.

5. PARTICIPATE!

- Have each student search the Prayerbook for words we use to describe God.
- Compare the lists.

6. PERSONAL CONNECTION!

- Have the students highlight the words that he/she would use to describe God.
- Have them add to the list any other words that they might use. Discuss with the class.

SEARCH





The God Box

1. POINT of the lesson!

To become familiar with interpretations about God.

2. PREPARATION!

Included in this lesson:

- Questions cards

Teacher will:

- Have a decorated shoe box with a slit in the top of the box.
- Label it "The God Box."
- Copy and cut up the question cards so that each student has a few cards
- Have pencils for the students

3. PULL-IN!

Have you ever had questions about God?

4. PRESENT MATERIAL!

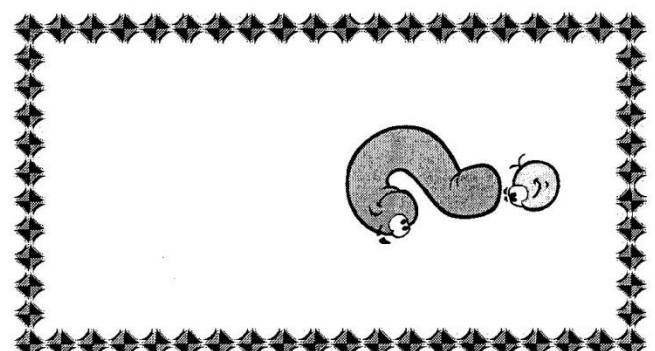
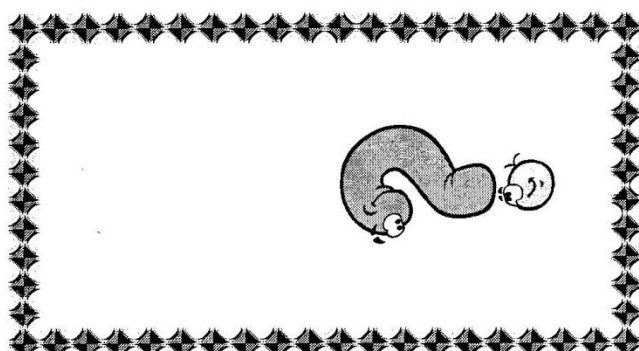
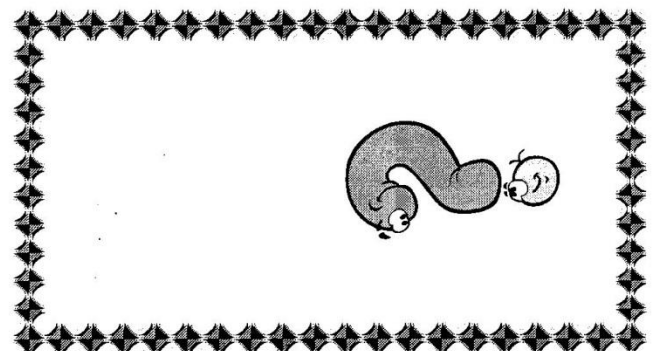
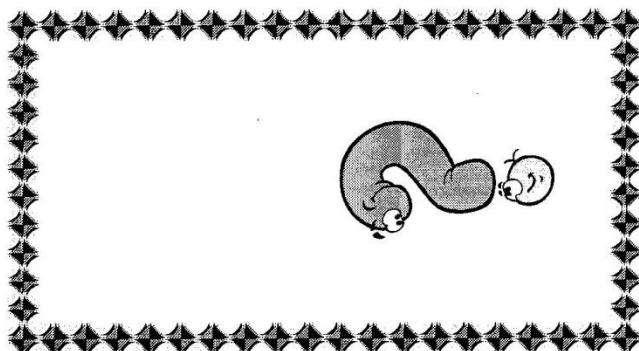
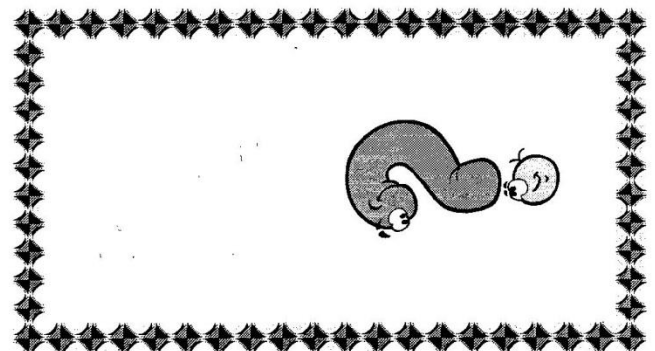
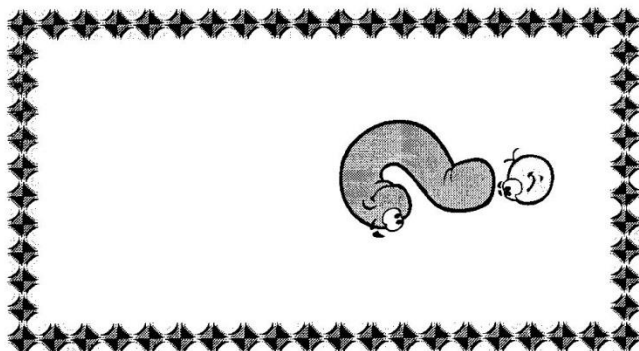
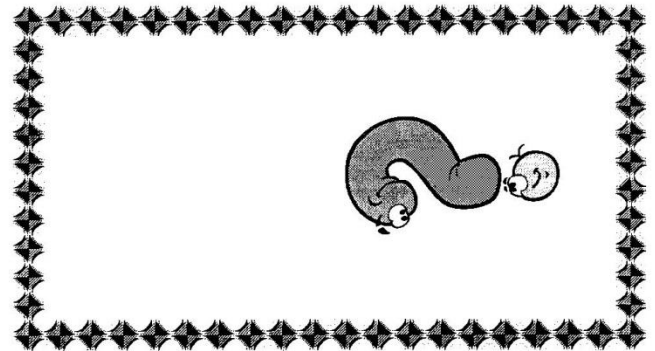
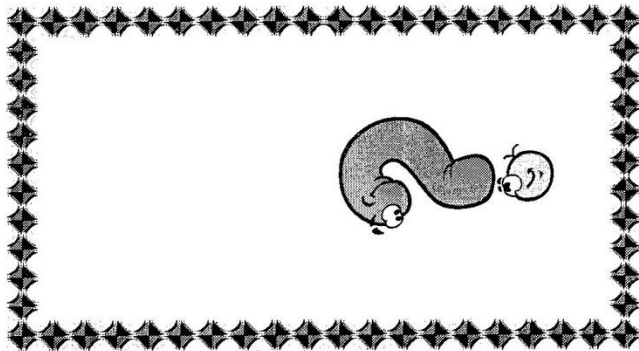
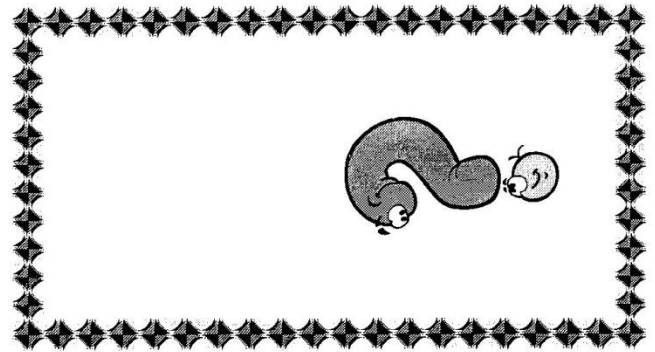
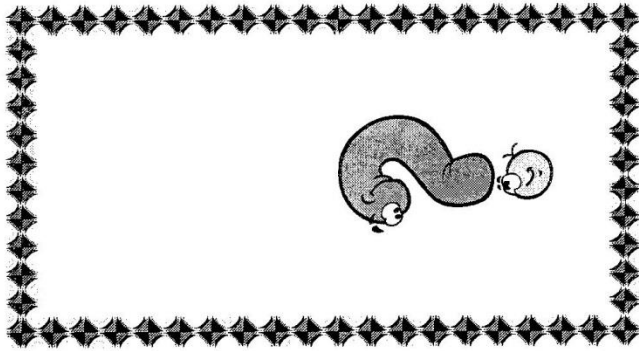
- People have always wondered about God.
- Philosophers have searched for answers.
- Judaism sees God in many special ways.
- We are going to find out more about this.

5. PARTICIPATE!

- Write your questions on these cards.
- We will put them in our "God Box."
- I will select one or two questions to discuss at the beginning of each class.
- If we cannot answer a question we will look for the answer together.
- (Ask the Rabbi to come in to the class.....Look in the Library)

6. PERSONAL CONNECTION!

Writing the questions and searching for the answers.





Jewish Star of Mitzvot

1. POINT of the lesson!

Students will become familiar with Mitzvot.

2. PREPARATION!

Included in the lesson:

- Mitzvah information page
- Mitzvah List
- Shapes page

Teacher will:

- Make copies of the Mitzvah List and Shapes Page for each team
- Have large sheets of colored paper, scissors, glue sticks and markers available

3. PULL-IN!

What is a Mitzvah? Can you give some examples?

4. PRESENT MATERIAL!

Read the Mitzvah information page to the students.

5. PARTICIPATE!

- We are going to divide into teams to do something special. (4-5 students per team)
- Give each team scissors, a shape page, a list of Mitzvot and glue sticks.
- Each team decides which Mitzvot to place on each shape piece. They cut out the selected Mitzvot and the shapes. They then glue one Mitzvah on each shape and glue the shapes on to the colored paper to create their own Jewish Star of Mitzvot.

6. PERSONAL CONNECTION!

- Each team presents their Jewish Star of Mitzvot to the other teams and explain why they chose those Mitzvot.

Mitzvah Definitions

MITZVAH Commandment given by God
Common use “a good deed”

MITZVOT Plural form of Mitzvah

POSITIVE MITZVOT 248

NEGATIVE MITZVOT 365

613 Mitzvot found in the Torah

MITZVOT DE'RABBANAN

These 7 Mitzvot are not found in the Torah. They were ordained by the Rabbis:

1. Reciting a Blessing for anything that is enjoyed such as fruit, wine etc.
2. Washing hands before eating,
3. Lighting the Shabbat candles,
4. Lighting the Chanukah candles,
5. Reading the Megillah on Purim,
6. Reading Hallel (Psalms 113-118) on festivals
7. Creating an Eruv

TIME BOUND MITZVOT Are observed at a particular time each day or at a particular time each year. Examples include: Listening to the Shofar on Rosh Hashanah and Eating Matzah on Passover.

NON-TIME BOUND MITZVOT Can be done at any time Examples include: Giving Tzedakah and Being kind to Animals.

MISHPATIM Ethical or rational Mitzvot. Examples include: Do not Murder and Do not Steal

CHUKIM Non-rational Mitzvot like keeping Kosher.

MITZVOT BAYIN ADAM
LECHAVERO Mitzvot between one person and another like not being jealous of what someone else has.

MITZVOT BAYIN ADAM
LA MAKOM Mitzvot between a person and God like putting a Mezuzah on your door post or wearing a Tallit.

SIMCHA SHEL MITZVAH Doing a Mitzvah with joy.

HIDDUR MITZVAH Beautifying the Mitzvah like decorating the Sukkah.



Mitzvah List

Love your neighbor as yourself

Feed the hungry

Give Tzedakah

Do not destroy

Honor your father and your mother

Prevent accidents

Remember Shabbat and keep it holy

Be responsible for animals

Do not covet

Do not gossip

Study Torah

Keep your word

Honor the elderly

Welcome guests

Do not steal

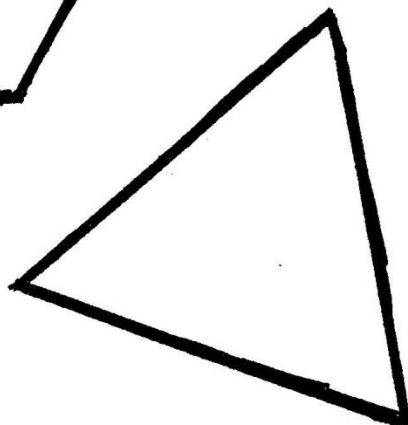
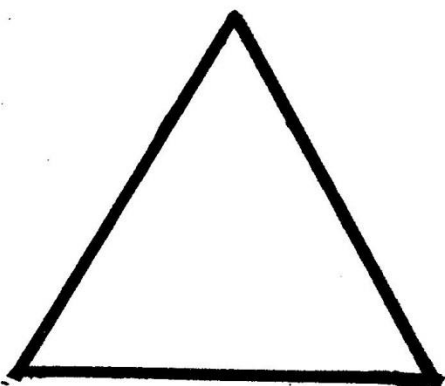
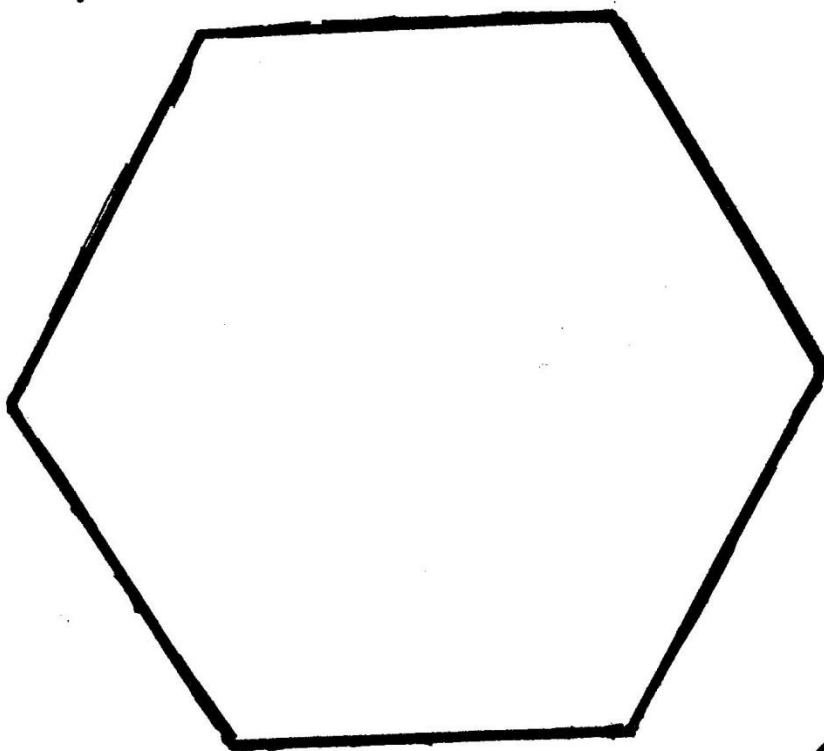
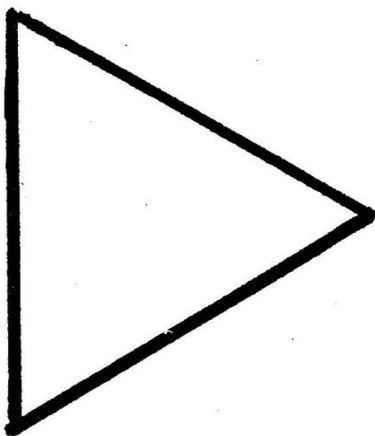
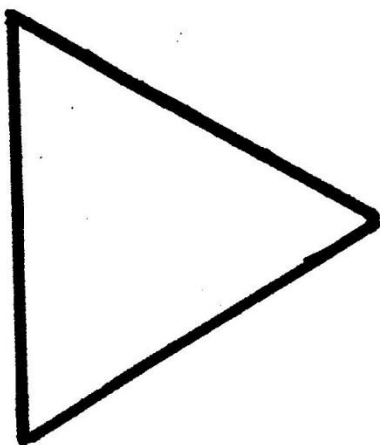
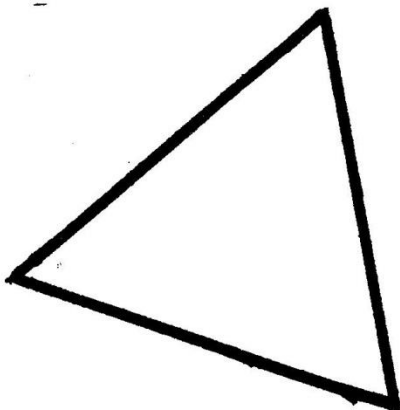
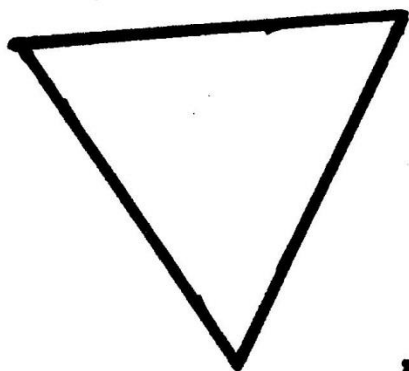
Seek peace

Visit the sick

Do not take revenge

Do not bear false witness

Repair the world



Leket **“Leave the Gleanings”**

1. POINT of the lesson!

Leket is the Mitzvah of leaving the gleanings for the poor.

2. PREPARATION!

Teacher will:

- Have the following:
 - Large piece of butcher paper about 4 feet long
 - 4 large packages of dry spaghetti
 - One 4 inch piece of string for each student
- Have board or large poster to make a list.
- Have large poster boards and markers.

3. PULL-IN!

- Gather students around the butcher paper.
- Give each student a piece of string.
- Spread the spaghetti all over the paper.
- Have each student take turn to gather pieces of spaghetti and tie them into a bundle. They are not allowed to pick up any pieces that fall or are broken in the process.
- When all are finished point out that there are pieces left over.

4. PRESENT MATERIAL!

- In ancient days the farmers were required to leave the gleanings (wheat etc which was not bound) for the poor to gather. (Leviticus 19:9-10)
- In this way the poor were not embarrassed.

5. PARTICIPATE!

- In what ways can we do this mitzvah today?
- What are some of the things that are “left over?”
- List possibilities:
 - Collect loose change for Tzedakah.
 - Encourage restaurants to send left over food to a shelter.
 - Encourage markets to do the same.
 - Collect extra canned goods for a food bank.
- Vote on one idea to be our class project.

6. PERSONAL CONNECTION!

- Make posters and flyers to advertise.
- Agree to do the mitzvah!
- Collect all the bundles and pieces of spaghetti and put them into plastic bags so that the students can take them home to use for dinner.



Refuah Shlayma Heal the Sick “Stop Breast Cancer One Click at a Time”

1. POINT of the lesson!

Students will become familiar with the Mitzvah *Refuah Shlayma*

2. PREPARATION!

Included in the lesson:

- Information about breast cancer and the breast cancer internet site

Teacher will:

- Make copies of the Breast cancer site information
- Have poster board and markers available

3. PULL-IN!

- Do you know of any woman who has breast cancer?
- If the students do not offer information, tell them about someone that you know.

4. PRESENT MATERIAL!

- Take turns reading the information out loud.
- Discuss any questions the students may have.

5. PARTICIPATE!

- Divide into groups to make posters to advertise the breastcancersite.com.
- Explain that Healing the Sick is a mitzvah.

6. PERSONAL CONNECTION!

Each student commits to clicking on the site every day.

The Breast Cancer Site

Clicking on the [breastcancersite](#) is a fast, free and easy way to provide free mammograms to underprivileged women without health insurance.

Breast Cancer

Breast cancer is the leading cause of cancer deaths among women. At present, one in eight women either has or will develop breast cancer in her lifetime.

Early detection is the key to survival.

A screening mammogram is the best option for detecting breast cancer early, before symptoms occur.

The National Cancer Institute recommends that women in their forties or older have a mammogram every one to two years.

Almost 13 million women in the United States are 40 years or older and have never had a mammogram.

NOTES

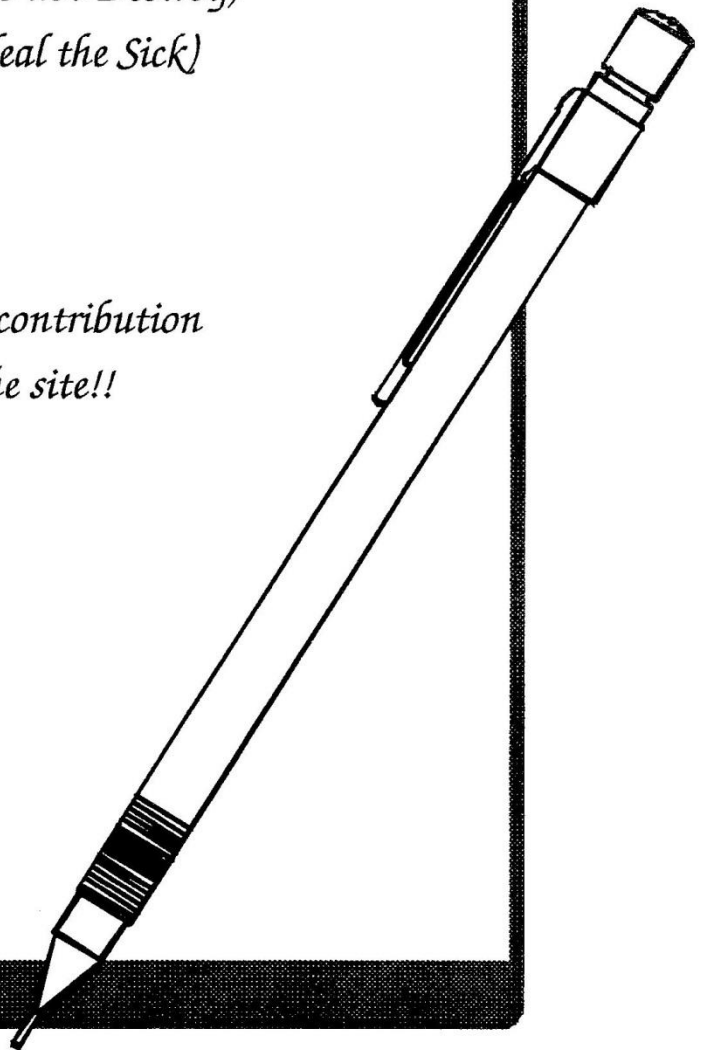
Mitzvah Magic

You and your computer can make a difference!!

Click on the following sites daily:

<i>thehungersite.com</i>	<i>(Feed the Hungry)</i>
<i>therainforestsite.com</i>	<i>(Do not Destroy)</i>
<i>thebreastcancersite.com</i>	<i>(Heal the Sick)</i>

*The sponsors of these sites make a contribution
every time someone clicks on the site!!*





Feed the Hungry Ma-Achil Reayvim “End World Hunger One Click at a Time”

1. POINT of the lesson!

It is a Mitzvah to Feed the Hungry.

2. PREPARATION!

Teacher will:

- Gather paper, poster boards and markers

3. PULL-IN!

- Unfortunately there are millions of hungry people in the world.
- People starve to death every day.
- How can we help? The Torah teaches us that it's a mitzvah to Feed the Hungry, *MA-ACHIL REAYVIM*.
- Discuss the possibilities.

4. PRESENT MATERIAL!

- We can do many things to help.
- Here is something everyone can do every day if you have a computer and are on the internet. You can do this at home and at school.
- Just click on thehungersite.com
- Every click sends food to the hungry. Sponsors of the site pay for the food.

5. PARTICIPATE!

We can make posters and flyers to encourage people to click on the [hungersite.com](http://thehungersite.com)

6. PERSONAL CONNECTION!

Commit to visiting [thehungersite](http://thehungersite.com) every day.

NOTES

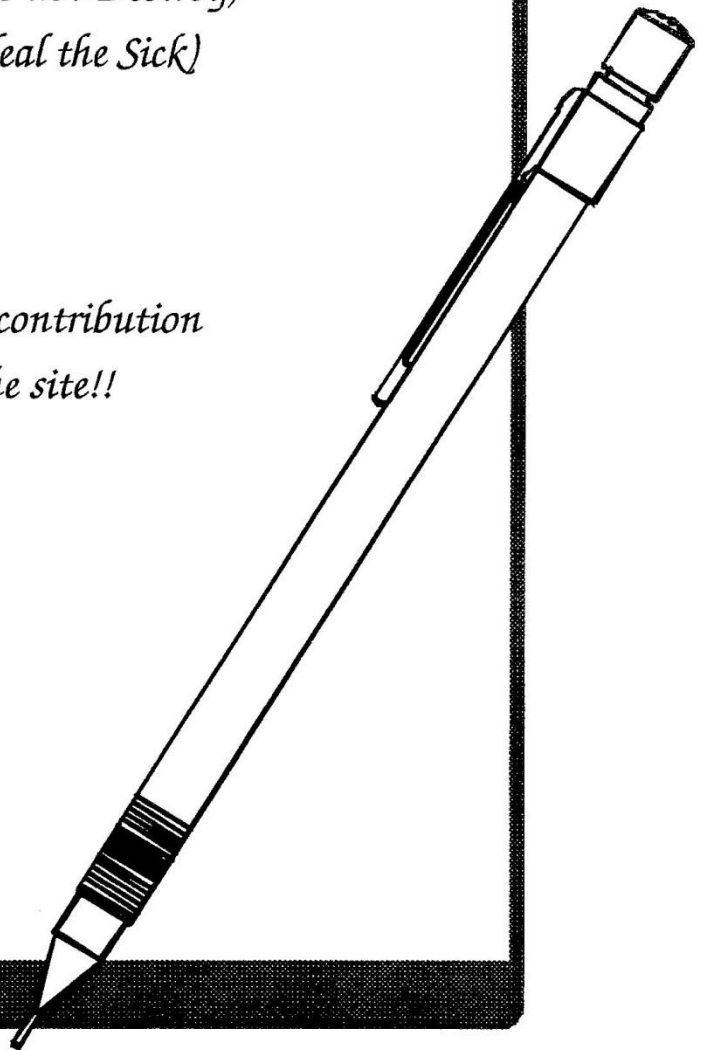
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Baal Tashchit Do Not Destroy

“Save the Rainforest One Click at a Time”

1. POINT of the lesson!

Students will become familiar with the Mitzvah Do not Destroy

2. PREPARATION!

Included in the lesson:

- Information about the Rainforest and the Rainforest internet site

Teacher will:

- Make copies of the Rainforest site information
- Have poster board and markers available
- Find the book Under the Kapok Tree

3. PULL-IN!

- What is a Rainforest?
- Read Under the Kapok Tree

4. PRESENT MATERIAL!

- Take turns reading the information out loud.
- Discuss any questions the students may have.
- Explain that Do Not Destroy is a Mitzvah found in the Torah.

5. PARTICIPATE!

Divide into groups to make posters to advertise therainforestsite.com.

6. PERSONAL CONNECTION!

Each student commits to clicking on the site every day.

The Rainforest Site

This site was founded on May 1, 2000 to help protect our environment. Visitors to **therainforestsite.com** can save square feet of rainforest with the “click of a button.”

Rainforest preservation, carried out by the Nature Conservancy is paid for by the site's sponsors.

Rainforests

The world's rainforests represent 3.4 million square miles of tropical forest that encircle the equator.

Land half the size of San Francisco, contains:

545 kinds of birds

729 types of butterflies.

In Costa Rican Rainforests alone there are:

205 kinds of Mammals

845 types of birds

10,000 varieties of plants

The rainforest contains so many species of life that we have not been able to name and classify all of it.

Many species are becoming extinct.

Tropical rainforests provide between 25%-40% of all pharmaceutical products.

The Amazon basin stores two-thirds of all the earth's fresh water.

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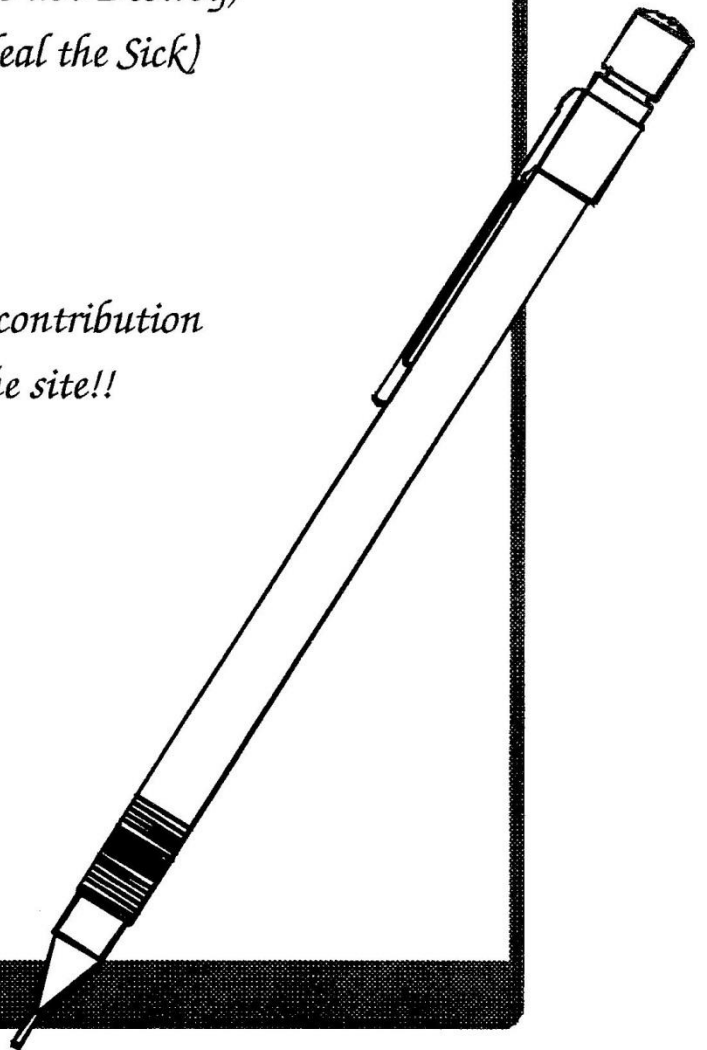
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Free the Captive Pidyon Shvuyem

“Only when all are free shall we be free”

1. POINT of the lesson!

Fulfill the mitzvah: FREE THE CAPTIVE

2. PREPARATION!

Included in this lesson:

- Badges

Teacher will:

- Make a copy of the badge for each student.
- Have poster boards and markers

3. PULL-IN!

- What is slavery?
- Give examples.
- What would it be like to be a slave?

4. PRESENT MATERIAL!

- It's hard to believe that in our modern world slavery still exists.
- In certain countries children are stolen from their families and sold into slavery. If nothing is done they will remain slaves through adulthood until they die.

5. PARTICIPATE!

- We can do something about this horrible situation.
- The money we raise can be used to buy the freedom of these slaves.
- Divide into groups to make posters and flyers.

6. PERSONAL CONNECTION!

For every \$50 we raise, one slave can be freed. We will fulfill the mitzvah to Free the Captive!

A decorative scroll frame with a black border and four ornate metal clasps (top-left, top-right, bottom-left, bottom-right) that appear to hold the scroll open.

Free the Captive

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Free the Captive

Visit the Sick “Bikkur Cholim” Special Delivery

1. POINT of the lesson!

It is a mitzvah to “Visit the Sick.”

2. PREPARATION!

Teacher will:

- Provide large sheets (11x14) of colored construction paper (one for each student).
- Provide small pieces of colored paper, glue, scissors
- Have board or poster to make a list.

After project is finished:

- Laminate the placemats.
- Have students cut them out.
- Arrange for them to be delivered to the hospital.
- (Optional: arrange for students to visit the hospital and deliver the placemats)

3. PULL-IN!

- Have you ever been sick?
- What does it feel like?
- Let's list some of the feelings on the board.

4. PRESENT MATERIAL!

- One of the most important Mitzvot is Bikkur Cholim, visiting the sick.
- There are many people who are in the hospital. They are not able to leave for many reasons. Some are elderly, some are very ill. Many do not have family or friends in town.
- We are going to perform the mitzvah of Bikkur Cholim by making placemats for their meal trays. We will deliver the placemats to the hospital.
- The bright colors and kind words are certain to brighten the lives of these people.

5. PARTICIPATE!

- We are going to make decorative placemats for the patients. Please include wishes like:
HAVE A NICE DAY! HOPE YOU ARE FEELING BETTER! THINKING OF YOU!
- Include your first name and age.

6. PERSONAL CONNECTION!

- Our placemats will be delivered to the hospital.
- We will say the blessing for Refuah Shalaymah (praying for a complete recovery)
 - BARUCH ATA ADONAI
 - ELOHAYNU MELECH HAOLAM
 - ROFEH HACHOLIM
 - BLESSED ARE YOU ADONAI OUR GOD
 - RULER OF THE UNIVERSE
 - HEALER OF THE SICK
- (Debbie Friedman has a wonderful blessing/song for healing.)



Love Your Neighbor as Yourself V'Ahavta L'rayacha Camocha

1. POINT of the lesson!

Ways to fulfill the Mitzvah: Love Your Neighbor as Yourself.

2. PREPARATION!

Included in this lesson:

- Getting along with others form

Teacher will:

- Make a copy of the form for each student.
- Have a board or poster board and marker to make a list.
- Have pencils or pens

3. PULL-IN!

Let's make a list of the qualities needed to get along with others.

4. PRESENT MATERIAL!

- It's a mitzvah to Love Your Neighbor as Yourself.
- Why do you think this is considered to be a Mitzvah?

5. PARTICIPATE!

- Pass out the forms and pencils and have each student fill it in.
- Emphasize that this is personal and private and does not have to be shared. Be honest!

6. PERSONAL CONNECTION!

How can this form help you to perform the Mitzvah of Loving your neighbor as yourself?

Love Your Neighbor As Yourself

ACTIONS	SATISFACTORY	NEEDS TO IMPROVE
1. Being friendly		
2. Accepting others		
3. Listening to others		
4. Sharing ideas		
5. Being kind		
6. Helping others		
7. Giving others a chance to speak		
8. Offering useful suggestions		
9. Following through		
10. Respecting the property of others		
11. Keeping angry feelings under control		
12. Trying not to brag		
13. Willing to take advice		
14. Praising others for what they do well		
15. Being on time		
16. Smiling		
17. Being cheerful and positive		
18. Being able to laugh at yourself		
19.		
20.		
21.		
22.		
23.		



Find Yourself a Friend!

1. POINT of the lesson!

Students will learn about each other.

2. PREPARATION!

Included in this lesson:

- Bingo Page

Teacher will:

- Make a copy of the Bingo Page for each student.
- Have a silly prize for each student

3. PULL-IN!

- Have you ever played Bingo?
- Discuss how to play.

4. PRESENT MATERIAL!

Today we are going to find out information about each other!

5. PARTICIPATE!

- Pass out the Bingo Page and a pencil or pen to each student.
- Have each student try to find a person in the class that fits each of the descriptions in the boxes. That person then has to put his/her name in the box. If it is an action, the person must perform that action before signing the box.
- When a student gets all of the boxes signed, he/she calls out BINGO!
- Have a silly prize for everyone who completes the bingo page.

6. PERSONAL CONNECTION!

What was something new that you discovered about a person in our class?

Find Yourself a Friend who...

Has an older sibling who has had a Bar\Bat Mitzvah	Has been to Israel	Has been at our school for 5 years or more	Speaks another language	Has lived somewhere else
Has attended a Jewish summer camp	Knows what the word Tzedakah means	Has a younger sister	Has a teacher in his\her family	Has done a Mitzvah this week... Tell about it!
Likes to ski	Plays soccer	Has relatives in another city	Can recite the Hebrew alphabet... Recite it!	Attended Services this month
Has a birthday in the next 3 months... When?	Knows twins	Is wearing white socks	Wears glasses	Likes chocolate



Good vs. Bad Inclinations

“What would you do if.....”

1. POINT of the lesson!

Students will become familiar with the concept of good and bad inclinations: Yetzer Hatov and Yetzer Harah.

2. PREPARATION

Included in this lesson:

- Face outlines
- Situation questions

Teacher will:

- Copy 2 face outlines for each student
- Provide 2 Popsicle sticks per student, scotch tape, crayons and markers

3. PULL-IN!

Ask students to think of a time when they had a choice to do what was right or what was wrong. Discuss.

4. PRESENT MATERIAL!

- Teacher will explain the concept of our two inclinations:
 - Yetzer Hatov-The good inclination
 - Yetzer Harah-The bad inclination

5. PARTICIPATE!

- Have the students decorate the faces and attach one face to each stick.
- Read a situation and have the students hold up the Yetzer Hatov or Yetzer Harah face as their answer.
- Discuss each situation.

6. PERSONAL CONNECTION!

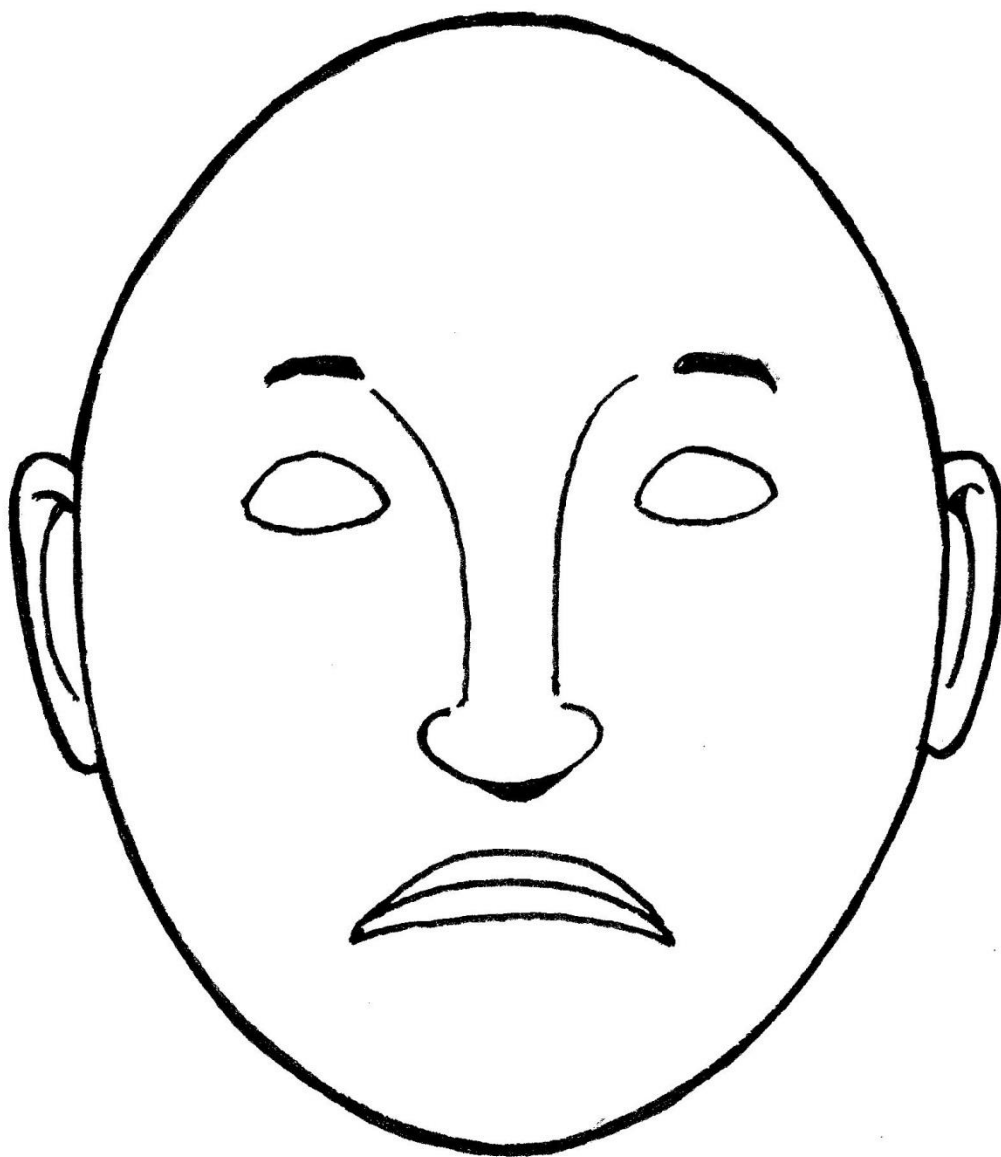
- Ask the students for other situations
- Take faces home to discuss with their families

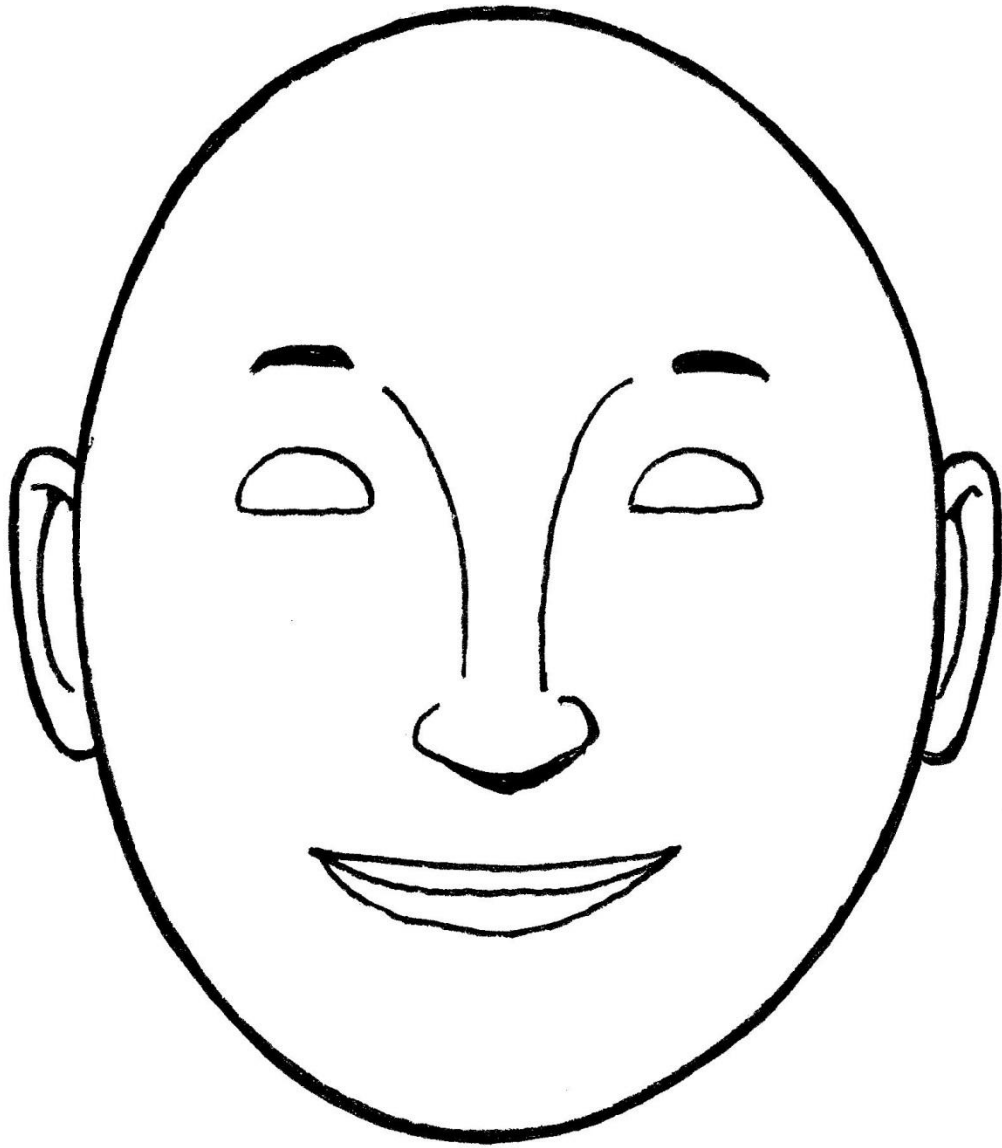
Situation Questions

Good vs. Bad Inclinations

Yetzer Hatov vs. Yetzer Harah

1. Your mother asks you to clean your room.
2. Kids are making fun of a new student at school.
3. You find \$5.00 on the floor of your sister's room.
4. In the middle of a test your friend asks you to whisper the correct answer to one of the questions.
5. You are the catcher on your little league or bobby sox league. The other team is up to bat. Their team has a runner on 3rd base. The batter hits the ball and is safe on 1st base. The pitcher throws you the ball to tag the runner out at home. You know that you didn't tag the runner, but the umpire calls the player out...What do you do?
6. You are out of time and have not written your book report. Your older brother has a book report on the computer.
7. You see a friend take a candy bar from the store and does not pay for it.







Hiddur Mitzvah

“Beautify the Mizvah”

1. POINT of the lesson!

Students will become familiar with the concept of Hiddur Mitzvah.

2. PREPARATION!

Included in this lesson:

- Information page
- List of Mitzvot page

Teacher will:

- Make copies of the information page and the mitzvot page for the students
- Provide paper and pencils

3. PULL-IN!

- Did you ever have a special occasion when your house was decorated in a special way? Birthday? How did it make you feel?
- Were there special foods? What else?

4. PRESENT MATERIAL!

Read the information page together.

5. PARTICIPATE!

- Divide the class in to partners. Give each pair a list of Mitzvot page.
- Each pair chooses five mitzvot and finds ways to make them extra special (Hiddur Mitzvah).
- Present the ideas to the class.

6. PERSONAL CONNECTION!

Choose some ideas to take home to your family.

Mitzvah Definitions

MITZVAH Commandment given by God
Common use “a good deed”

MITZVOT Plural form of Mitzvah

POSITIVE MITZVOT 248

NEGATIVE MITZVOT 365

613 Mitzvot found in the Torah

MITZVOT DE'RABBANAN

These 7 Mitzvot are not found in the Torah. They were ordained by the Rabbis:

1. Reciting a Blessing for anything that is enjoyed such as fruit, wine etc.
2. Washing hands before eating,
3. Lighting the Shabbat candles,
4. Lighting the Chanukah candles,
5. Reading the Megillah on Purim,
6. Reading Hallel (Psalms 113-118) on festivals
7. Creating an Eruv

TIME BOUND MITZVOT Are observed at a particular time each day or at a particular time each year. Examples include: Listening to the Shofar on Rosh Hashanah and Eating Matzah on Passover.

NON-TIME BOUND MITZVOT Can be done at any time Examples include: Giving Tzedakah and Being kind to Animals.

MISHPATIM Ethical or rational Mitzvot. Examples include: Do not Murder and Do not Steal

CHUKIM Non-rational Mitzvot like keeping Kosher.

MITZVOT BAYIN ADAM
LECHAVERO Mitzvot between one person and another like not being jealous of what someone else has.

MITZVOT BAYIN ADAM
LA MAKOM Mitzvot between a person and God like putting a Mezuzah on your door post or wearing a Tallit.

SIMCHA SHEL MITZVAH Doing a Mitzvah with joy.

HIDDUR MITZVAH Beautifying the Mitzvah like decorating the Sukkah.

Today we are going to find ideas for Hiddur Mitzvah. Look over the following list of Mitzvot. Choose five of them. Find ways that you can beautify these mitzvot!



HIDDUR MITZVAH

BEAUTIFY THE MITZVAH

Love your neighbor as yourself

Feed the hungry

Live in a Sukkah

Give Tzedakah

Hear the Shofar

Do not destroy

Read the Megillah

Honor your father and your mother

Prevent accidents

Remember Shabbat and keep it holy

Be responsible for animals

Do not covet

Wear Tefillin

Do not gossip

Keep Kosher

Study Torah

Remember the Exodus

Keep your word

Fast on Yom Kippur

Honor the elderly

Be Holy

Do not steal

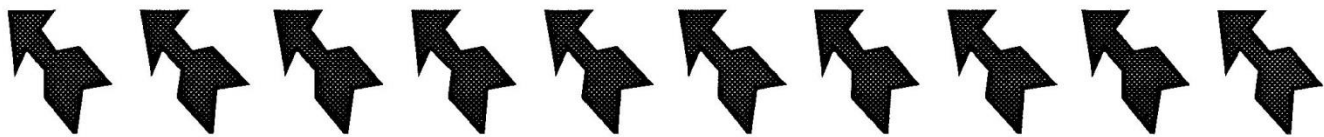
Seek peace Feed your animals before you eat

Visit the sick

Do not take revenge

Repair the world

Do not bear false witness





Mitzvah Sort

"Check this out"

1. POINT of the lesson!

Students will become familiar with different kinds of Mitzvot.

2. PREPARATION!

Included in this lesson:

- Information page
- List of Mitzvot
- Mitzvah Sort page

Teacher will:

- Make a copy of the info page for each student
- Make a copy of the List of Mitzvot for each student
- Make a copy of the Mitzvah Sort page for each student

3. PULL-IN!

- What is a Mitzvah?
- Let's list some examples.

4. PRESENT MATERIAL!

Read over the information page with the class.

5. PARTICIPATE!

- Pass out the list of Mitzvot and the Mitzvah Sort pages.
- Have the students sort the Mitzvot.
- When everyone is finished discuss how the Mitzvot were sorted.

6. PERSONAL CONNECTION!

Which categories have the Mitzvot that you do?

Mitzvah Definitions

MITZVAH Commandment given by God
Common use “a good deed”

MITZVOT Plural form of Mitzvah

POSITIVE MITZVOT 248

NEGATIVE MITZVOT 365

613 Mitzvot found in the Torah

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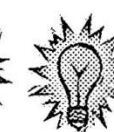
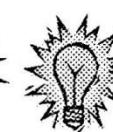
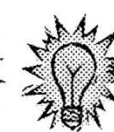
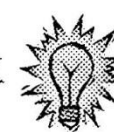
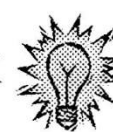
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SIMCHA SHEL MITZVAH Doing a Mitzvah with joy.

HIDDUR MITZVAH Beautifying the Mitzvah like decorating the Sukkah.

Time bound	Non time bound	Mishpatim
Chukim	Bain Adam Lechavero	Bain Adam La Makom



Mitzvah Sort



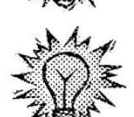
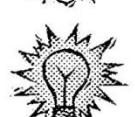
Love your neighbor as yourself

Do not Murder



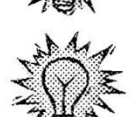
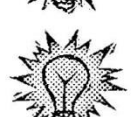
Feed the hungry

Keep Kosher



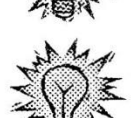
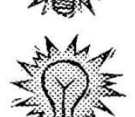
Give Tzedakah

Stay in a Sukkah



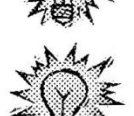
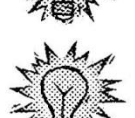
Remember the Exodus from Egypt

Only one God



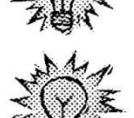
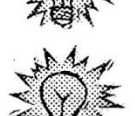
Do not destroy

Be fair



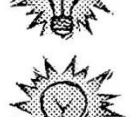
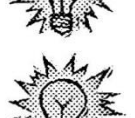
Feed your animals before you eat

Welcome guests



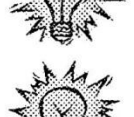
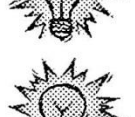
Do not pray to idols

Use Tefillin



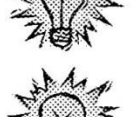
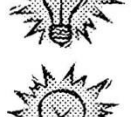
Hear the Shofar

Be holy



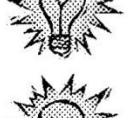
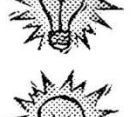
Bless Shabbat Candles

Repair the world



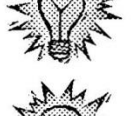
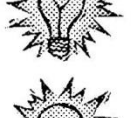
Honor your father and your mother

Wear a Tallit



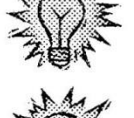
Prevent accidents

Honor the elderly

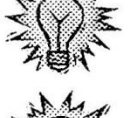


Do not take revenge

Fast on Yom Kippur



Return what you find



Do not take the name of God in vain

Do not steal



Remember Shabbat and keep it holy

Read the Megillah



Be responsible for animals

Visit the sick



Do not bear false witness

Love Israel

Do not covet

Mezzuzah

Do not gossip

Seek peace

Study Torah

Keep your word



Mitzvah Checklist

“Mitzvot make the world go around”

1. POINT of the lesson!

To be aware of the daily Mitzvot that you can do.

2. PREPARATION!

Included in this lesson:

- The Mitzvah Checklist
- The Mitzvah information sheet

Teacher will:

- Copy the Mitzvah information sheet for each student.
- Copy the Mitzvah Checklist for each student.
- Have a board or poster board to make a list.
- Have colored pencils in red, blue and green.

3. PULL-IN!

- Do you think that you do Mitzvot?
- Which ones do you do?
- List on the board.

4. PRESENT MATERIAL!

- Give Mitzvah information sheet to each student.
- Read together and discuss.

5. PARTICIPATE!

- Today we will concentrate on 20 of the Mitzvot.
- Here is a Mitzvah checklist. (Give a copy to each student.)
- Read the Mitzvot one by one and let's discuss the possible ways to do each one.
- You'll see that you probably do Mitzvot every day.
- Check off the ones in blue that you did today.
- Check off the ones in red that you did last week.
- Check off the ones in green that you plan to do in the future.

6. PERSONAL CONNECTION!

- Take the checklist with you.
- Keep track of the Mitzvot that you do this week.

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SIMCHA SHEL MITZVAH Doing a Mitzvah with joy.

HIDDUR MITZVAH Beautifying the Mitzvah like decorating the Sukkah.

MITZVOT

Love your neighbor as yourself
Feed the hungry
Give Tzedakah
Do not destroy
Honor your father and your mother
Prevent accidents
Remember Shabbat and keep it holy
Be responsible for animals
Do not covet
Do not gossip
Study Torah
Keep your word
Honor the elderly
Welcome guests
Do not steal
Seek peace
Visit the sick
Do not take revenge
Do not bear false witness
Repair the world
Love Israel
Celebrate Jewish Holidays
Place a Mezzuzah on your door
Comfort the mourner
Say Kaddish
Teach your children about being Jewish



The Holy and the Profane

"Make every day a Holy day"

1. POINT of the lesson!

Students will become familiar with the concepts of Holy and Profane.

2. PREPARATION!

Included in this lesson:

- Information page
- List of actions that are holy and profane
- Divided page
- Becoming Holy page

Teacher will:

- Make copies of the information page, the action list and the divided page for the students
- Provide scissors, pencils and glue sticks

3. PULL-IN!

- How are we different from God?
- How are we like God?

4. PRESENT MATERIAL!

- Review the information page with the students.
- Read the Actions List.
- Have them add actions to the list.

5. PARTICIPATE!

Have the students cut out the actions and glue them in the appropriate place either holy or profane.

6. PERSONAL CONNECTION!

Complete the Becoming Holy page....How can you change the profane actions into holy ones?

Holiness

According to Webster's dictionary, to be holy is "to be set apart in the service of God."

In Leviticus 20:7-8 God tells us: "You shall sanctify yourselves and be holy, for I the Lord am your God. You shall faithfully observe My laws. I the Lord make you holy." Also, in Leviticus 20:26 God says:

"You shall be holy to Me, for I, the Lord am holy and I have set you apart from other peoples to be Mine."

In the High Holy Day Prayer Book we pray: "The house of Israel is called to Holiness, to a covenant with the Eternal for all time."

Shabbat is separated from the rest of the week as a holy time. Symbolically, Shabbat is a time of holiness and the workweek is profane, ordinary.....The Saturday evening ceremony of Havdallah marks the separation of Shabbat from the rest of the week; a separation of the holy and the profane.

Holiness is a central theme to the Jewish People. Our task is to separate the holy from the profane. In other words, to try to live by God's Mitzvot. If we follow the Mitzvot we can become holy.

Action List

Welcoming a new classmate
Borrowing something without permission
Telling jokes about a specific group
Teasing your younger sibling
Studying for your Bar/Bat Mitzvah
Yelling at your mother
Wasting food
Celebrating Shabbat
Calling your Grandmother
Leaving trash at the beach
Throwing your soda can in the trash
Taking homework to a sick friend
Saying the Blessing before meals
Watching TV
Taking your dog for a walk
Making excuses for late homework
Covering for a friend
Setting the table
Sneaking out late at night
Making fun of someone
Being rude

HOLY

PROFANE

Becoming Holy
Changing the Profane Actions into Holy Ones

PROFANE TO-----	-----HOLY!!



My Family Symbol

1. POINT of the lesson!

To identify Jewish Family values.

2. PREPARATION!

Included in this lesson:

- List of Jewish values

Teacher will:

- Make a copy of the List of Jewish Values for each student.
- Provide a large sheet of colored paper and markers for each student.

3. PULL-IN!

- When you see an outline of a heart, what do you think of?
- Symbols can represent ideas or actions.
- Can you think of other symbols?

4. PRESENT MATERIAL!

- Read over the list of values together.
- Explain that each family has values that are important to them.

5. PARTICIPATE!

- Ask each student to make a family symbol that represents his/her family's Jewish values and to list the family's values in and around it.
- Share completed symbols with the class.

6. PERSONAL CONNECTION!

Take your symbol home and discuss it with your family.

OUR JEWISH VALUES

Love your neighbor as yourself
Feed the hungry
Give Tzedakah
Do not destroy
Honor your father and your mother
Prevent accidents
Remember Shabbat and keep it holy
Be responsible for animals
Do not covet
Do not gossip
Study Torah
Keep your word
Honor the elderly
Welcome guests
Do not steal
Seek peace
Visit the sick
Do not take revenge
Do not bear false witness
Repair the world
Love Israel
Celebrate Jewish Holidays
Place a Mezzuzah on your door
Comfort the mourner
Say Kaddish
Teach your children about being Jewish



My Jewish Home

“Blueprint for Judaism”

1. POINT of the lesson!

To be familiar with the Jewish objects in your home.

2. PREPARATION!

Included in this lesson:

- My Jewish Home page

Teacher will:

- Make a copy of the Jewish Home page for each student.
- Have pencils for the students

3. PULL-IN!

- Close your eyes.
- Picture the entrance to your house.....What do you see? Discuss.
- Now go through your front door....What do you see?
- You are in your living room....What do you see?

4. PRESENT MATERIAL!

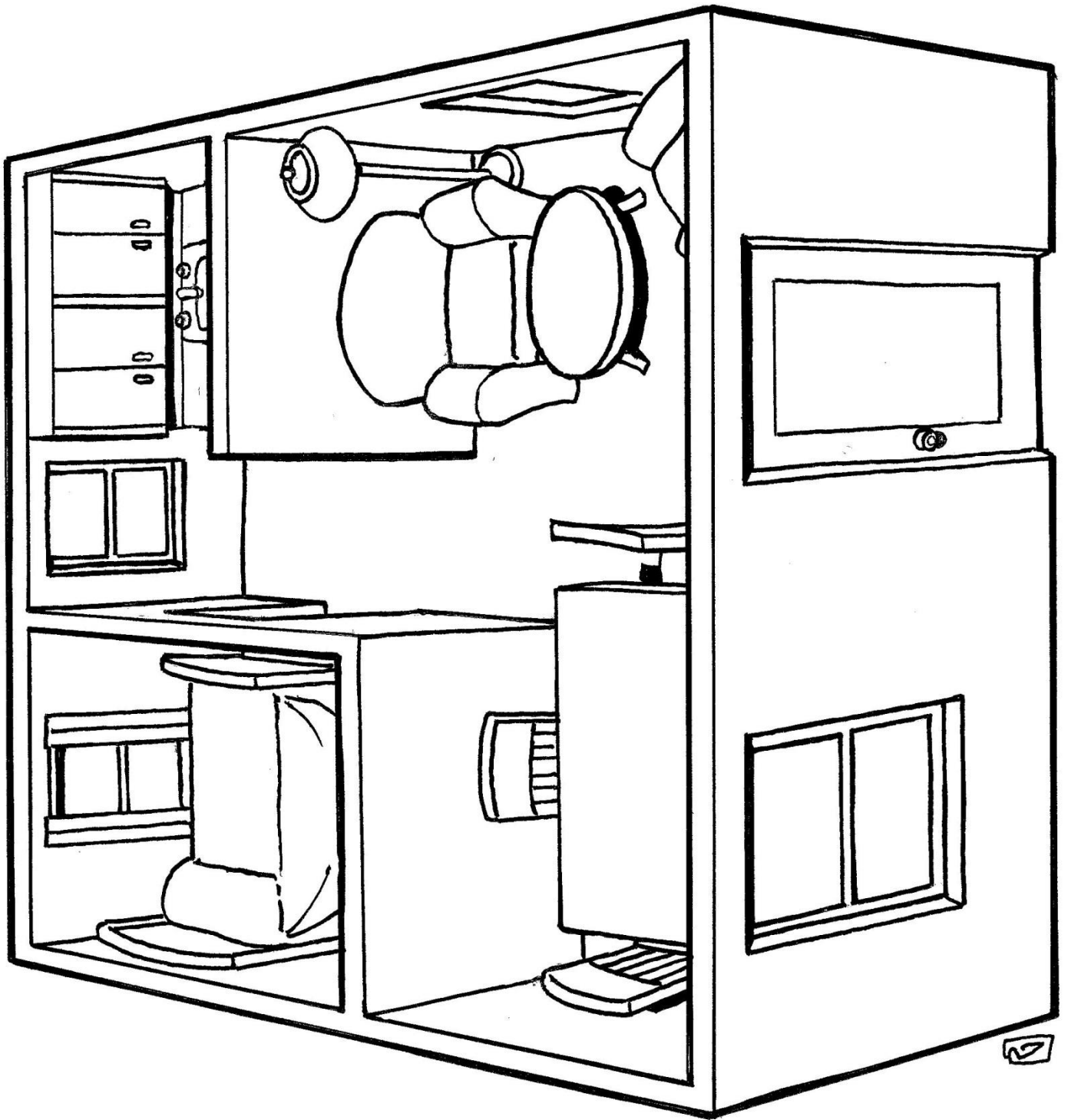
We often can learn about a family by walking through their home. Ask for examples.

5. PARTICIPATE!

Fill in your Jewish Home page with the Jewish items that are found in your home.

6. PERSONAL CONNECTION!

Which items do you want to have in your home when you grow up?





Letters to Our Great Grandchildren

"Back to the Future"

1. POINT of the lesson!

Students will become familiar with how Jewish values are part of our everyday lives.

2. PREPARATION!

Included in this lesson:

- List of Jewish values
- Demo letter

Teacher will:

- Copy list of Jewish values for each student
- Provide paper, pens and envelopes

3. PULL-IN!

- How will Jewish children live in the future?
- How will they be different from us today?
- How will they be the same?

4. PRESENT MATERIAL!

- Pass out and discuss the list of Jewish values
- Student may add to the list

5. PARTICIPATE!

- Read the demo letter
- Pass out paper and pens and have the students write a letter to their Great Grandchildren

6. PERSONAL CONNECTION!

How are we connected to our past and to our future?

Demo Letter to my Great Grandchildren

To help you get started

Dear Great Grandchildren,

I hope to read this you one day when I will be quite old. But now I am writing to you as a much younger version of myself.

I want you to know what life is like for me as a Religious School student. And what is important to me about being Jewish. Maybe by the time YOU are my age Religious School may be very different. Hopefully you will learn to judge people fairly and to lead a good Jewish life.

My parents (your great-great grandparents) thought it was important to send me to Religious School to learn about being Jewish. I hang out (Do you still use that expression?) with my Jewish friends and we learn about _____. My favorite subject is_____.

Life must be different for you...but hopefully our values are the same.

Love,

Which Jewish Values Are Important to You?

Torah
God
Doing Mitzvot
Visiting Israel
Learning Hebrew
Becoming a Bar\Bat Mitzvah
Keeping Kosher
Raising Jewish children
Celebrating Jewish Holidays
Praying
Having Jewish friends
Practicing ethical behavior
Attending Religious School
Worshipping in a Synagogue
Celebrating Shabbat
Following the 10 Commandments

Add your own ideas



OUR JEWISH VALUES

Love your neighbor as yourself
Feed the hungry
Give Tzedakah
Do not destroy
Honor your father and your mother
Prevent accidents
Remember Shabbat and keep it holy
Be responsible for animals
Do not covet
Do not gossip
Study Torah
Keep your word
Honor the elderly
Welcome guests
Do not steal
Seek peace
Visit the sick
Do not take revenge
Do not bear false witness
Repair the world
Love Israel
Celebrate Jewish Holidays
Place a Mezzuzah on your door
Comfort the mourner
Say Kaddish
Teach your children about being Jewish



Prophetically Speaking...Quotes about God

1. POINT of the lesson!

Students will be familiar with some quotes about God.

2. PREPARATION!

Included in this lesson:

- Page of quotes with references

Teacher will:

- Copy page of quotes for each student
- Have several Bibles available

3. PULL-IN!

Can you think of some famous quotes?

4. PRESENT MATERIAL!

- Our Bible has many quotes about God.
- Today we will discuss quotes from the prophets Amos and Isaiah.

5. PARTICIPATE!

- Divide the students into groups of 3-4
- Hand out Bibles
- Hand out page of quotes
- Students will find the quotes and discuss them
- Groups will share their ideas

6. PERSONAL CONNECTION!

Which quote means the most to you? Why?

Quotes

“Learn to do well; Seek Justice, relieve the oppressed, judge the fatherless, plead for the widow”

AMOS 1:17

“You have I known of all the families of the earth”

AMOS 3:2

“The Lord says to the house of Israel: Seek me and live”

AMOS 5:4

“Seek good and not evil, that you may live”

AMOS 5:14

“Hate what is evil and love what is good and establish justice in the gate”

AMOS 5:15

“That you may know and believe me and understand that I am the Lord”

ISAIAH 43:10

“I am the first and I am the last and besides Me there is no other God”

ISAIAH 44:6



Mitzvah Song "Mitzvah Melody"

1. POINT of the lesson!

To remind us to do Mitzvot.

2. PREPARATION!

Included in this lesson:

- Mitzvah song sheet
- List of Mitzvot
- Mitzvah info page

Teacher will:

- Make copies of the song sheet and Mitzvah list for each student

3. PULL-IN!

Let's think of some Mitzvot (or good things) we can do.

4. PRESENT MATERIAL!

Use info sheet to discuss different kinds of Mitzvot.

5. PARTICIPATE!

- Review list of Mitzvot
- Sing the Mitzvah song

6. PERSONAL CONNECTION!

Which Mitzvot are you planning to do?

Mitzvah Song
(To the tune of “It’s a Small World”)
Lyrics by Helene “Eemah” Schlafman

Mitzvot make the world a better place

No matter where you're from

Mitzvot make the world a better place

Tikkun Tikkun Olam

You can do Mitzvot every day in every way

You can do Mitzvot when you work and when you play

There's so much to be done

It can be lots of fun

Tikkun Tikkun Olam

Mitzvot make the world a better place

No matter where you're from

Mitzvot make the world a better place

Tikkun Tikkun Olam

Mitzvah Definitions

MITZVAH Commandment given by God
Common use “a good deed”

MITZVOT Plural form of Mitzvah

POSITIVE MITZVOT 248

NEGATIVE MITZVOT 365

613 Mitzvot found in the Torah

MITZVOT DE'RABBANAN

These 7 Mitzvot are not found in the Torah. They were ordained by the Rabbis:

1. Reciting a Blessing for anything that is enjoyed such as fruit, wine etc.
2. Washing hands before eating,
3. Lighting the Shabbat candles,
4. Lighting the Chanukah candles,
5. Reading the Megillah on Purim,
6. Reading Hallel (Psalms 113-118) on festivals
7. Creating an Eruv

TIME BOUND MITZVOT Are observed at a particular time each day or at a particular time each year. Examples include: Listening to the Shofar on Rosh Hashanah and Eating Matzah on Passover.

NON-TIME BOUND MITZVOT Can be done at any time Examples include: Giving Tzedakah and Being kind to Animals.

MISHPATIM Ethical or rational Mitzvot. Examples include: Do not Murder and Do not Steal

CHUKIM Non-rational Mitzvot like keeping Kosher.

MITZVOT BAYIN ADAM
LECHAVERO Mitzvot between one person and another like not being jealous of what someone else has.

MITZVOT BAYIN ADAM
LA MAKOM Mitzvot between a person and God like putting a Mezuzah on your door post or wearing a Tallit.

SIMCHA SHEL MITZVAH Doing a Mitzvah with joy.

HIDDUR MITZVAH Beautifying the Mitzvah like decorating the Sukkah.

MITZVOT

Love your neighbor as yourself
Feed the hungry
Give Tzedakah
Do not destroy
Honor your father and your mother
Prevent accidents
Remember Shabbat and keep it holy
Be responsible for animals
Do not covet
Do not gossip
Study Torah
Keep your word
Honor the elderly
Welcome guests
Do not steal
Seek peace
Visit the sick
Do not take revenge
Do not bear false witness
Repair the world
Love Israel
Celebrate Jewish Holidays
Place a Mezzuzah on your door
Comfort the mourner
Say Kaddish
Teach your children about being Jewish



Synagogue Scavenger Hunt

"We're off to see our Temple"

1. POINT of the lesson!

Students will learn about their Synagogue.

2. PREPARATION!

Included in this lesson:

- Scavenger hunt forms
- Suggestions

Teacher will:

- Copy hunt forms
- Provide pencils

3. PULL-IN!

- Ask the students questions about the Synagogue:
- What is the membership?
- How many students in the Religious School?
- Who is the President?

4. PRESENT MATERIAL!

- Ask the students what information they would like to know about their Synagogue
- Add their questions to the hunt list

5. PARTICIPATE!

- Divide students into teams (4-5 students per team)
- Read instructions to the students
- Pass out forms and pencils
- Allow 25 minutes for the teams to complete the hunt

6. PERSONAL CONNECTION!

What did you learn about your Synagogue?

Scavenger Hunt Suggestions for the Teacher

Customize the questions.

Tell the Synagogue staff what is happening.

Encourage them to help with the answers.

Remind students:

- To be respectful and quiet (extra points for this).

- All members of the team must stay together.

Send the teams in different directions.

They do not have to answer the questions in order.

Teams must return to class by a certain time (extra points for this).

Give them 10 points for each answer.

Review answers when the teams return.

Synagogue Scavenger Hunt

Who is the current President?

Who are the next two students who will become a Bar/Bat Mitzvah?

What is the membership?

How many students in the Religious School?

Who gave you that information?

How many Torahs are in the Ark?

How old is your Synagogue?

Who is the Rabbi?

What does the name of your Synagogue mean?

Copy any Hebrew word that you see.