

50 WAYS TO BRING KINDNESS INTO 5777

1. Greet everyone you see with a smile.
2. Help someone in synagogue to find the right place in the mahzor.
3. Try to remain as cheerful as you can all day.
4. Make a point of praising someone for a kindness they do for you.
5. Return the mahzorim (prayerbooks) to their proper places.
6. Spend individual time with a family member doing what they want to do.
7. Read a book to a child.
8. Give someone you love an unexpected hug.
9. Tell your hosts that the meal was delicious.
10. Discuss Torah with someone.
11. Be patient - even when it feels difficult.
12. Help someone who has difficulty walking get to synagogue.
13. Invite someone over for a meal.
14. Visit someone who is home bound.
15. Offer to watch a young child so that their mother or father can rest.
16. Pick up litter around you.
17. Spend time with a person who just moved to town.
18. Forgive someone who has wronged you.
19. Help a parent with a baby stroller.
20. When a conversation veers toward gossip, veer the discussion to a positive topic.
21. Give someone a book you think they would like to read.
22. Try to set up two people on a date.
23. Help serve and clear the table at the meal.
24. Make sure everyone in a group conversation feels included.
25. Hold the door open for someone walking in or out of synagogue.
26. Carry an extra pack of tissues and be prepared to offer them as needed.
27. Say thank you to your rabbi.
28. Take out the trash without being asked.
29. Bring an extra raincoat to synagogue in case it rains and someone gets stuck.
30. Help someone who is struggling to carry their things.
31. Relay a compliment to someone.
32. Introduce yourself to the people sitting near you in synagogue.
33. Organize a walking group for tashlich and bring along snacks
34. Go over and introduce yourself to someone who is standing alone.
35. Visit the residents at a local nursing home.
36. Speak quietly while others are resting.
37. When you get up to get yourself something, ask other if they need anything.
38. Bring extra snacks to the park and offer them to others.
39. Make a New Years resolution to help one specific person who needs help.
40. Do someone a favor without hesitation.
41. Congratulate someone on something important they accomplished.
42. Serve others food before taking yourself.
43. Clean up spills or little messes you see even if you didn't make them.
44. Be friendly to someone whom you find it difficult to be around.
45. If you hear someone being slandered, speak up and defend that person.
46. Offer to take a walk with someone who could use a friend.
47. Introduce people to each other.
48. Spend quality time with family and friends.
49. Ask for forgiveness from three people.
50. Wish everyone you see a Shana Tova and a Happy and Sweet New Year!

