



A KINDNESS A DAY

APRIL 2020

THEME:
Caring for the Sick
Bikkur Cholim



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Donate blood.	2 Learn how to make balloon animals and research where you can use this skill to cheer up the sick or elderly.	3 Give up a seat on the bus for a pregnant woman.	4 Bring books, magazines or crossword puzzles to someone who is sick or homebound.
5 In preparation for Passover, help clean or kasher someone's kitchen who is unable to do it on their own.	6 Make headbands for cancer patients out of old t-shirts.	7 Join a bone marrow registry.	8 Spend some time reading to kids at a children's hospital.	9 If you know someone with a personal caregiver, offer to take her place for today.	10 Help an older person walk to synagogue.	11 Spend the day with a sibling of a child who is in the hospital, so that the parents can stay with the sick child.
12 Bring homemade, kosher-for-Passover treats to someone who is in the hospital or recently discharged.	13 Send a sick friend a giant get-well card with signatures from all her friends.	14 Offer to watch TV or hang out with someone who is sick, in order to allow the sick person's family to run errands.	15 Visit and play some games with an elderly person in your neighborhood.	16 Take a walk with someone who has difficulty walking on her own.	17 Before Shabbat, offer to cook or clean for someone who has recently given birth.	18 Together with your whole family, visit someone in your neighborhood who is sick.
19 Contact a nursing home or children's hospital and offer to give birthday presents to patients with birthdays this month.	20 Pick up medication for someone who is sick.	21 Offer to do minor household repairs for someone who is physically unable to do them.	22 Ask the nurse in a hospital which patients don't usually get visitors, and bring them flowers.	23 Call an organization that provides dogs to assist people who are hearing impaired, blind or in a wheelchair.	24 Deliver groceries to a family who recently paid for an expensive surgery or treatment for a family member.	25 Hang out with a child with disabilities to give the parents a break.
26 Offer to drive someone needing frequent medical services to the doctor or hospital.	27 Take someone with a chronic illness out to get a manicure, pedicure, massage or new hair-do!	28 Raise awareness, support or money for an illness that a close friend or family member has.	29 Take a CPR class.	30 Pay a Mitzvah Clown visit to a local senior center.		