

Reflection Questions as You Light the Menorah

- 1.** As you light your Menorah, ask this question: What “miraculous” events, large or small, do you wish to celebrate this year?
- 2.** Is there something in your life that you want to improve or to which you want to rededicate yourself this season?
- 3.** What is an example of an underdog victory that makes you proud?
- 4.** What is something you are proud of in your life? With whom do you share it? How do you share it?
- 5.** How might you share this holiday to make a real difference in the lives of your family, friends, neighbors or to strangers?
- 6.** Who are some female heroes in your life? What great women leaders do you admire? Why?
- 7.** What is one practical action you can take to help preserve or re-new our planet by making the most of limited resources?
- 8.** What are you thinking about as you enjoy the beautiful light of the Menorah?



Reflection Questions on Your Jewish Identity

1. How can you actively celebrate your traditions and Jewish identity over assimilation?
2. Where is the balance for you personally between your Jewish identity and integration into the larger society?
3. What do you like about being Jewish? What does being Jewish mean to you?
4. What did being Jewish mean to the Maccabees? What was Judah the Maccabee fighting for?
5. What do you think being Hellenized meant and why was that a problem?
6. What does religious freedom really mean?
7. What are the most important things you do as a Jew?
8. Can you list everything that makes you Jewish? Think customs, activities, rituals, etc.
9. If you were not allowed to do those things how would you feel?
10. What modern day dilemmas or challenges may you encounter?



Cultivate an Attitude of Gratitude

Use Chanukah as an opportunity to cultivate an Attitude of Gratitude. Think about your many blessings and each night reflect and write down something you are grateful for.

NIGHT 1

NIGHT 2

NIGHT 3

NIGHT 4

NIGHT 5

NIGHT 6

NIGHT 7

NIGHT 8



8 Chanukah Themes

- 1.** Book: Read all your Chanukah books.
- 2.** Creativity: Use your talents and creativity to do something that adds to your Chanukah joy.
- 3.** Food: Make and eat all the Chanukah foods and be sure to try something new.
- 4.** Games: Whether dreidel, card or board games or something else, have some family fun playing games together.
- 5.** Giving: Select a cause that is important to you and donate money or crate a craft project for them.
- 6.** Light: Put together a list of the ways you can actively add light to the world throughout the year.
- 7.** Movie: Watch a Chanukah themed movie.
- 8.** Music: Listen to Chanukah music including something new and dance together.



Chesed Human Bingo

Directions:

The caller reads a mitzvah from the 10 listed below.

The players must match and make a case for each action.

1. B'tzelem Elokim: In God's image
2. Hoda'ah: Thanks
3. Kibbud Av V'Am: Respect for parents
4. Kibud Zekanim: Respect for the elderly
5. Mazon: Feeding the hungry
6. Bikkur Cholim: Visiting the sick
7. Bal Tashchit: Do not waste
8. Tzaar Balaei Chayim: Kindness to Animals
9. Ahavat Yisrael: Love for all Jews
10. Ahavat HaGer: Kindness to strangers



Chesed Human Bingo

Treat a peer, who has physical limitations, as you would every other peer.	Make overnight oatmeal and serve your grownup breakfast in bed.	Schedule a virtual meeting with an older person and listen to the Chanukah stories of their childhood.	Collect canned goods and donate them to a local food pantry or soup kitchen.	Write Chanukah cards and mail them to a nearby nursing home.
Create and donate a new sewn fleece blanket.	Make a handmade toy for your pet.	Using gloves, make and donate a bean soup mix.	Clean your room without being asked.	Call your classmate who celebrated a birthday.
Clear the dishes without being asked.	Thank whoever cooked you dinner.	Tikkun Olam	Thank your teacher for an engaging class.	Help a special needs classmate with their homework.
Microwave your grownup a cup of cocoa.	Welcome the new kid in class.	Call your classmate who was out sick.	Gift an older relative a mask chain.	Bake and deliver cookies to a new neighbor.
Schedule a virtual meeting with your new classmate and your friends.	Create a memory book for residents in an Alzheimer unit.	Say a bracha (blessing) over everything you eat this week.	Write Chanukah cards to the Israel Defense Forces.	Take a moment to enjoy a nature walk and say a blessing for the birds and trees.



Infuse Chesed in Your Chanukah

- 1.** Before Chanukah begins, hold a seminar on fire safety
- 2.** Adopt a pet from an animal shelter
- 3.** Send sufganiot (jelly donuts), Chanukah care packages or cards to Israeli soldiers
- 4.** Buy a present and donate it to a local toy drive
- 5.** Give tzedakah each night before lighting your menorah and/or donate some of your Chanukah gelt
- 6.** “Brighten up” someone’s life – send a care package anonymously to someone who could use cheering up
- 7.** Virtually perform Chanukah songs with family and friends for a nursing home
- 8.** Use your time and talents to actively add light to the world



Give to Yourself

The idea of “chesed begins at home” and self-care are incredibly important this year.

- 1.** Be present
- 2.** Do things you enjoy
- 3.** Exercise
- 4.** Get sufficient rest
- 5.** Live in the moment
- 6.** Permit yourself to “do nothing”
- 7.** Spend time outside enjoying nature
- 8.** Unplug

