



Areyvut's

National Mitzvah Day 2022

**TOOLS FOR IN-PERSON
AND REMOTE GOOD DEEDS**



“Acts of kindness are among those things that have no limits.”
-Mishnah Peah 1

On behalf of Areyvut, I welcome your help in bringing this powerful suggestion to life by participating in Areyvut’s 18th Annual National Mitzvah Day. Areyvut’s A Kindness a Day Calendar unites Jews across the world in an effort to inspire acts of kindness through its 365 suggestions of how to actively incorporate chesed (kindness), tzedakah (charity), and tikkun olam (social justice) into everyday life. A source in the calendar this year says, “Acts of kindness are among those things that have no limits.” On our National Mitzvah Day, we will again actively strengthen this effort as schools, synagogues, community organizations, families, individuals and thousands of people worldwide dedicate Sunday, April 10, 2022 as a time to actively turn the calendar’s suggestions into action.

We once again are thrilled to partner with Good Deeds Day and be an active part of their global network to actively engage others in doing good. Please note that different communities will host their Mitzvah Day and/or participate in Good Deeds Day on different dates based on their needs and schedule. These educational materials are designed to be used throughout the year and with the understanding that COVID and any restrictions will differ by region. As such it offers suggestions that can be implemented with sensitivity to COVID in your community. It goes without saying and nonetheless we will still say it, it is essential to follow all local laws, rules and social norms. For additional tools and ideas to actively do good, please use the resources on the Areyvut website www.areyvut.org and follow us on social media for daily motivation and inspiration.

Please actively share your participation with family, friends and colleagues and these resources with others to amplify active kindness and when you do, we request that you acknowledge and credit Areyvut. We welcome your feedback, ideas, pictures, videos, blog posts or materials of you actively doing good and to hearing about your achievements and impact. Please send any reflections or materials to info@areyvut.org.

The initial idea for our National Mitzvah Day came from Ezra Tuchman, our inaugural Board Chair and a very dear friend of Areyvut and a noted business and communal leader. We again acknowledge our immense gratitude and appreciation to Ezra for the idea and his role in actively impacting thousands throughout the world, ongoing partnership, help and support.

I would like to also thank Susan Fried and Rena Ray for their efforts in bringing this to fruition and to our Board for their unwavering support.

Thank you to all those participating in National Mitzvah Day 2022/5782.

Daniel Rothner
Founder & Director

ABOUT AREYVUT

Areyvut's mission is to actively infuse the lives of Jewish youth, teens and families with the core Jewish values of chesed (kindness), tzedakah (charity), and tikkun olam (social action).

Our programs and resources make these core Jewish values relevant and meaningful to our children and young adults by providing a variety of opportunities to put them into action. Areyvut's fundamental belief is that sparking a passion for service at a young age inspires a lifelong commitment and passion to social justice. Therefore, we actively encourage young people to engage in both hands-on service and philanthropy, since all of God's gifts should be used to improve the world.

We partner with Jewish day schools, congregational schools, synagogues, community centers, non-profits, communal leaders and individual families in an effort to develop and implement meaningful and unique programming and tools for all segments of the community.

At Areyvut, we know the immense power people have to actively make their community and the world a better place. We believe that it is important to give everyone the ability to do so. National Mitzvah Day, our national community service initiative, actively engages everyone, from children to senior citizens, in giving back to the community through hands-on social action programs. This effort plays a critical role toward greater commitment to actively making a difference.

WHAT YOU CAN DO TO ACTIVELY MAKE A DIFFERENCE:

There are several ways you can help us get others actively involved and increase our reach and impact including:

- Visit areyvut.org to discover and share free resources available to anyone.
- Follow us on social media @Areyvut and share our tools, resources and inspiration with others.
- Make a tax-deductible donation to fund our important work perpetuating kindness.
- Share your ideas to expand our reach and resources.
- Connect us to your local community – individuals and organizations with whom we can explore partnerships.
- Explore sponsorships to honor or memorialize family, friends or colleagues.
- Make introductions to those who may wish to learn more about our work.
- Ask about opportunities to serve on our Board or volunteer even if you're outside the NY/NJ region – we're looking for passionate voices and ambassadors everywhere.
- For more information, contact us at (201) 244-6702 or via e-mail info@areyvut.org.

AGENCIES & BUSINESSES WE HAVE PARTNERED WITH &/OR IMPACTED SEPTEMBER 2021-MARCH 2022

ALABAMA

- Mobile Area Jewish Federation

ARIZONA

- Jewish Community Foundation of Greater Phoenix

ARKANSAS

- Branches Mission Lab

CALIFORNIA

- Butterfly Project
- Clowns Without Borders
- Ilan Ramon Day School Academy
- Jewish Community Foundation San Diego
- Jewish LearningWorks
- Let It Ripple Film Studio
- National Day of Unplugging

COLORADO

- Firefly Partners
- The Jewish Experience

CONNECTICUT

- Bi-Cultural Hebrew Academy
- JTConnect

DELAWARE

- Jewish Federation of Delaware

FLORIDA

- Mussar Institute
- Posnack Day School
- Southern NCSY

GEORGIA

- Congregation Or Hadash

ILLINOIS

- Arie Crown Hebrew Day School
- Associated Talmud Torahs of Chicago
- Bernard Zell Anshe Emet Day School
- Chicago Chesed Fund
- Congregation Or Shalom
- Empowered Nonprofits
- Fasman Yeshiva High School
- Hillel Torah North Suburban Day School
- Ken's Diner
- Midwest NCSY
- Seymour J. Abrams Cheder Lubavitch Hebrew Day School
- SketchPad Chicago
- The Ark
- TvRabbi.com

KANSAS

- Jewish Federation of Greater Kansas City

LOUISIANA

- Jewish Community Day School

MARYLAND

- 4Front
- Save a Child's Heart Foundation

MASSACHUSETTS

- HaNer USY

MICHIGAN

- The Jewish Fund

MINNESOTA

- Amos and Celia Heilicher Minneapolis Jewish Day School

MISSOURI

- Jewish Federation of St. Louis

NEVADA

- Jewish Nevada

NEW JERSEY

- American Friends of Leket Israel
- Art for Learning
- Arzei Darom
- Bergen County Division of Community Development (BCDCD)
- Bergen Volunteers
- Billy's BASEballs
- Bnai Yeshurun
- Camp Slapshots
- CareOne Teaneck
- Chai Lifeline NJ
- Communities Confronting Substance Use & Addiction
- Five Star Premier Residences of Teaneck
- Friendship Circle of Bergen County
- Highgates
- Jewish Educational Center
- Jewish Family and Children's Services of Northern New Jersey
- Jewish Federation of Northern New Jersey
- Jewish Home at Rockleigh
- Jerusalem Institute for the Blind
- Julius Wealth Advisors
- Jump Into Shape
- National Council of Young Israel
- New York Jets
- Project Ezra

- Project Literacy of Greater Bergen County
- Sharsheret
- Sinai Schools
- Teaneck Fire Department
- Tenafly Chabad Academy
- The Jewish Link of New Jersey
- Yad Leah
- Yavneh Academy
- Yeshivat Frisch
- Yeshivat He'Atid
- Yeshivat Noam
- Young Israel of Teaneck

NEW YORK

- American Friends of Jordan River Village
- America-Israel Friendship League
- Bnei Akiva of the US & Canada
- Brooklyn Nets
- Bright Side Manor
- Chabad at Binghamton
- Colel Chabad
- CollectibleXchange
- Congregation Gates of Heaven
- Forward
- Game Changers New York
- Givergy
- Hazon
- Hebrew Free Burial Association
- Hillel at Binghamton
- Jewish Communal Fund
- Jewish Community Relations Council of NY
- Jewish Interactive
- JLIC at Binghamton University
- Meaningful Life Center
- Nonprofit Westchester
- Ohel Children's Home and Family Services
- Partners in Kindness
- Plaza Jewish Community Chapel
- Rahmey Financial Group
- sefaria.org
- The Community Synagogue
- The Jewish Youth Climate Movement
- UJA-Federation of New York
- Volunteer New York
- Westchester Day School
- Westchester Jewish Council
- Volunteer New York

NORTH CAROLINA

- BBYO Eastern Region

OHIO

- Fuchs Mizrahi School
- Jewish Federation of Cleveland

OREGON

- Cable Hill Partners
- Oregon Jewish Community Foundation

PENNSYLVANIA

- Moving Traditions
- Pitch In For Baseball & Softball
- Reconstructionist Rabbinical Association
- Sow Good Now
- You Matter Marathon

SOUTH CAROLINA

- Kahal Kadosh Beth Elohim

TENNESSEE

- Young Israel of Memphis

TEXAS

- GivePulse
- Temple Shalom
- United Orthodox Synagogues

VIRGINIA

- Geshet Jewish Day School

WASHINGTON DC

- BBYO Passport
- Hillel International
- Mindful Techie LLC

WASHINGTON

- Northwest Yeshiva High School

WISCONSIN

- Camp Moshava of Wild Rose
- Camp Young Judaea Midwest
- Center for Healthy Minds

WYOMING

- Wyoming Nonprofit Network

ISRAEL

- 1832 Communications
- Avraham Lewis & Co.
- Boys Town Jerusalem
- Good Deeds Day
- iAngels
- Kfar Yeladim David
- Toldot Yisrael
- Yad LaKashish

GHANA

- Breaking the Chain Through Education

USE YOUR TIME TO ACTIVELY MAKE A DIFFERENCE

We live in uncertain times. Abroad and at home, life has changed considerably from just a few years ago. Many of us are worried now and about the future.

The only power we have is to put our best foot forward. We can only control our own actions. The interesting phenomena that we have witnessed many times over the years is that actively being a good person is contagious. Just as bad moods or negative actions can spread, so can good deeds. Tikkun Olam is all about actively improving the world and making a positive impact on others and by doing so, being kind to yourself.

Often, we feel the crunch of time expectations. We all have busy lives. Surprisingly, we can actively make a difference in as little as 5 minutes. Below is an extensive list of good deeds organized by time commitment and in person versus remote. Please do not get stuck where an item is listed but rather select an item or several of them that you can incorporate today.

So, let's create a world of positivity where we help one another. Let's "Pay It Forward" and motivate others to be a positive influence on the world just by doing one good deed, one mitzvah, at a time.



IF YOU HAVE... 5 MINUTES

IN PERSON:

- Bring a co-worker a cup of coffee.
- Carry an extra protein bar to give to someone in need.
- Compliment a friend on their outfit.
- Compliment a parent on their child rearing.
- Donate a book to a library.
- Don't litter.
- For your next birthday, ask for charitable donations instead of gifts.
- Give compliments.
- Give money to street musicians.
- Help someone hold their place in line.
- Hold the door open for those who enter or leave after you.
- In the grocery checkout line, let someone go ahead of you.
- Leave a tip and personally thank a waiter or waitress for their service.
- Lend your neighbors tools or other items.
- Offer your seat on a bus, boat, or plane to a person in need of assistance.
- Pour a drink for someone else.
- Replace office candy anonymously, to be used by everyone in the office.
- Return shopping carts to a collection area.
- Say thank you to the cashier at a store.
- Share a favorite recipe.
- Smile at everyone who helps you.
- Tip generously.
- Volunteer to take a photo for a group so everyone can be in the picture.
- Wear a face mask properly, over your mouth and nose.
- Welcome a new neighbor.

REMOTE:

- Be careful to be considerate of others on social media.
- Be kind to a neighbor by moving their garbage can to the curb.
- Before getting upset, ask yourself the question, "will this issue matter in a month or a year?"
- Change the subject to avoid gossiping and to avoid spreading false rumors.
- Collect your spare change and donate it to a nonprofit organization.
- Compliment a local business online.
- Conserve water.
- Contact a radio station to dedicate a song to someone special.
- Do you feel sick? Then please stay home to keep others safe.
- Donate anonymously.
- Donate to a charity in honor of a family member or friend's special occasion.
- Give a friendly wave from your car when passing pedestrians. Let someone take a turn ahead of you in a line. On your next birthday, ask for charitable donations to your favorite charity, in lieu of gifts.
- Pay the toll for someone behind you on a bridge/road.
- Put up a bird feeder.
- Reply to an online post to help make the Internet a positive place.
- Report potholes and other road/sidewalk problems to avoid potential further damage to property/vehicles.
- Send a surprise gift for no reason to someone you don't see often.
- Send an anonymous donation to someone you know who is struggling financially.
- Share in someone's joy without feeling a grudge that might limit your ability to show them true joy for their accomplishment(s).
- Sponsor a bike-a-thon.
- Surprise someone by leaving extra quarters next to a washer and dryer.
- Text someone good morning to let them know you're thinking of them.
- Use a lunch box instead of throwaway bags.
- When walking, push aside broken branches from the pathway.



IF YOU HAVE... 15 MINUTES

IN PERSON:

- Apologize for something you have done in the past.
- Bring coffee and donuts to the office for others to enjoy, for no special reason.
- Bring reusable bags to the grocery store.
- Buy products made from recycled materials.
- Care for a neighbor's pet.
- Clean up your room.
- Deliver a meal to someone in need-whether it be illness, loss of a loved one, or recovery from surgery.
- Deliver welcome baskets to people who move into your community.
- Do the dishes, without being asked.
- Donate gently used board games and card decks to a local homeless shelter.
- Donate non-perishable food to the food pantry.
- Donate old eyeglasses to an organization that collects and distributes them to people in need.
- Gift your favorite book to a family member or friend.
- Give a heartfelt compliment to someone.
- Help jump start someone's car.
- Make sure you're up to date with all your vaccinations.
- Loan money to a friend without interest.
- Park farther away from the store entrance to allow those who really need to park close an opportunity to find a spot.
- Recycle.
- Support small farms/farmers and purchase food from local farmer markets.
- Take time to offer your assistance to someone who might need it.

REMOTE:

- Anonymously send flowers to brighten someone's day.
- Become pen pals to a younger person or someone from another country.
- Call someone you miss.
- Donate art supplies to children in homeless shelters.
- Donate to a friend's favorite charity in their name.
- Get involved by signing petitions (written as well as online) to improve the environment.
- Offer words of encouragement.
- Plant a tree and help the environment.
- Purchase through websites that donate portions of their sales to good causes.
- Raise awareness for your favorite cause on social media- share some of the organization's posts.
- Recycle as much as possible.
- Send an anonymous note of support.
- Send cards to soldiers serving overseas.
- Stuff new, warm socks with water bottles and granola bars to give to homeless men and women you pass on street corners.
- Thank your delivery drivers by leaving a sign such as <https://bit.ly/2WBvbXv> thanking them along with drinks, treats or snacks outside your door. Extend the impact by doing this throughout the year.
- Write a brief note or letter to a loved one.



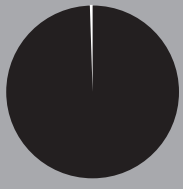
IF YOU HAVE... 15 MINUTES

IN PERSON:

- Bake muffins for a friend.
- Be kind to yourself.
- Be polite on the road.
- Cut and donate your hair to a charitable organization, such as Wigs for Kids.
- Donate blood.
- Give food to someone who needs it.
- Give your Mom or Dad a hug and a homemade card.
- Have positive ways to de-stress so that you can take care of your own mental health and well-being.
- Help a neighbor rake leaves in his/her yard.
- Help pick up debris in a neighbor's yard after a storm.
- Listen!
- Make a gift for the secretary of a non-profit organization.
- Make "care kits" to donate to homeless shelters.
- Pick up medicine for an elderly neighbor.
- Spend time with your parents.
- Teach a child how to ride a bike.
- Take household toxic waste to a proper disposal facility.
- Teach a child how to tie their shoes.
- Volunteer at a community garden.
- With permission, take a pet to a nursing home.

REMOTE:

- Beautify your community.
- Call someone who is celebrating a birthday.
- Cheer up a sick friend with a visit or phone call.
- Create a charity box for your loose change for donation.
- Donate stuffed animals to children in hospitals.
- Donate warm coats to a homeless shelter.
- Grow extra fruit and vegetables in your garden to donate to a food bank.
- Grow flowers and use them to make bouquets for nursing home residents, hospital patients or homebound neighbors.
- Help someone prepare for a test, be a sounding board, share a test taking skill.
- Join a Bone Marrow Registry.
- Know a healthcare worker? Call and thank them for their dedication.
- Listen!
- Make cards for nursing home residents.
- Plant flowers that can help attract butterflies and other birds/bees.
- Plant trees in your community.
- Send someone a bouquet to brighten up their weekend.
- Send a gift basket or a thank you card to someone who helped you.
- Support someone's dream.
- Write thank you notes.



IF YOU HAVE... 1 HOUR

IN PERSON:

- Assist at an animal shelter.
- Attend a friend's event and cheer them on for their hard work.
- Cheer on a friend at a sports game.
- Clean your local park, trail and playground.
- Deliver cookies to a homebound senior citizen.
- Deliver groceries and meals to elderly neighbors.
- Donate toys to a school, shelter, or a hospital.
- Go on a walk with a senior citizen in your neighborhood.
- Have a garage sale or lemonade stand for your favorite cause.
- Help deliver meals and gifts to patients at a local hospital.
- Help a neighbor rake their leaves.
- Help a person find a lost item.
- Help repair or paint a local homeless shelter or non-profit agency.
- Hold a spa day at a nearby nursing home for residents: paint their nails and do their hair and make-up.
- Hold a bake sale for your favorite charity.
- Make a no-sew fleece blanket for a child in need.
- Mow the lawn for your family or neighbor.
- Offer to babysit.
- Offer to drive a senior citizen or an elderly neighbor to a doctor's appointment.
- Offer to run an errand for a friend.
- Organize a reading hour for children at a local school or library.
- Paint over graffiti in your neighborhood.
- Paint park benches.
- Patronize a new business.
- Perform a concert or play at a senior center.
- Pick your weeds so that they do not spread to a neighbor's lawn.
- Put leaves into recyclable bags and securely close them so the leaves do not blow into a neighbor's yard or the street.
- Read books to the visually impaired.
- Run or walk for a good cause.
- Share uplifting notes with your neighbors by putting a note in their mailbox wishing them uplifting thoughts.
- Take photos during an event and donate them to the event organizers.
- Teach a friend how to skate.
- Teach someone the skills to do a job.
- Tutor youth with learning disabilities.
- Visit a senior home, hospital or a cancer treatment center.
- Visit residents at a senior center, nursing home or assisted living facility.
- Volunteer at a group home for special needs.
- Volunteer at a soup kitchen or food pantry.
- Volunteer to do a grocery run for an older relative or neighbor.
- Welcome a new neighbor with a card and dessert.

REMOTE:

- Actively challenge others to do good.
- Call, e-mail or text someone new (to you) in your school or community to make them feel welcome.
- Clean out your closets and donate items you no longer need or use to an area charity.
- Collect books to donate to a local school, library, juvenile detention center or children's hospital.
- Collect supplies for families who have lost their homes or belongings in fires.
- Compile kits whether it be food baskets, hygiene kits, fun books or and magazines that can be distributed later.
- Create a WhatsApp group for your synagogue to welcome new members.
- Donate blankets to a homeless shelter.
- Donate used books to your local library.
- Establish a meal train to help a family in need.
- Explore history by interviewing a nursing home resident.
- Go through your wardrobe and donate old clothes to families in need.
- Hang a sign from your window thanking all essential workers.
- Help find someone a job.
- Help make sure your neighborhood is handicap accessible.
- If you play an instrument, help a friend learn to play.
- Lend a skill or talent you have to someone in your life.
- Make "care kits" with shampoo, toothbrushes, combs, etc. to donate to homeless shelters.
- Make first aid kits for homeless shelters.
- Organize a car wash and donate the profits to charity.
- Organize a clothing drive.
- Organize a community blood drive.
- Organize a reading hour for children at a local school or library.
- Organize a self-defense workshop.
- Paint kindness rocks and put them around your property or hide them around your community for other people to find and brighten someone's day.
- Phone a friend to check up on them.
- Phone/video-chat grandparents, elderly friends and/or community members.
- Practice self-care.
- Promote a sustainable development goal within your community.
- Put together first aid kits for those experiencing homelessness and then drop them off at a homeless resource center.
- Reach out to those who have recently lost their loved ones.
- Review and help improve a resume.
- Set up a web page for a non-profit agency.
- Start a community garden.
- Start a virtual positivity chain via social media or e-mail where you engage your family, friends and colleagues in actively doing good and ask them to pay it forward.
- Think of who you know that you can set up.
- Throw a virtual birthday party for a resident in a nursing home.
- Volunteer to help at a charity auction.
- Write a positive online review for your favorite stores and restaurants.
- Write letters of support to your local fire, ambulance, and police department to say thank you.