

## *Ritual mitzvot / bein adam l'makom*

1. Say or chant the first paragraph of the Shema in the morning when you get up, or at night before going to sleep, every day for one month.
2. Say the *hamotzi* blessing before each meal, giving thanks for the food you are about to eat, every day for one month. (You may choose to do this only at home, or also to do it at school.)
3. Write a prayer to recite at your bar mitzvah service.
4. Learn the Friday night Shabbat table ritual, including candle blessing, kiddush over wine, and bread blessing. Do that ritual with your family for a month (four Shabbatot.)
5. Learn about kashrut, and practice the mitzvah of kashrut for a month. (Consult with your parents on how you want to practice this and how it will impact your family.)
6. Learn the laws and customs of Shabbat, and practice keeping Shabbat for one month (four Shabbatot.)
7. Choose a prayer from the *siddur* which you don't already know, practice the Hebrew until it's comfortable, and write your own version of the prayer.
8. Say or sing *modeh ani*, the one-line prayer for gratitude, every morning for a month.
9. Learn the blessings of *havdalah*, the ritual which brings Shabbat to an end, and make havalah with your family for a month (four Shabbatot.)
10. Learn about keeping the Pesach, and spend the week of Passover avoiding all *hametz* (leaven.)

## *Ethical mitzvot / bein adam l'chavero*

1. Visit an elderly person in our community four times. Learn about that person and their life.
2. Find a project you can do with your family to help people who are less fortunate than you are (for instance: commit to participating in Take and Eat four times.)
3. Design and create a Tzedakah box. Before each Shabbat and Jewish holiday ask members of your family to contribute to it, and contribute your own money as well. Decide where you want the money to go.
4. Go through your closet and choose items to bring to a homeless shelter or clothing drive. Encourage your family to join you in this. Deliver the clothes yourself.
5. Pick one of the following qualities that you feel you need to develop, and work on developing this quality over the school year: being more patient and tolerant, being more grateful, being kind and respectful to others, standing up for what is right.
6. Choose an action you can take to help care for our planet. (For instance: change all the lightbulbs in your house to compact fluorescents or LED lightbulbs; go vegetarian once a week for a month; do a drive to collect old cellphones, and donate them to a women's shelter instead of letting them be thrown away.)
7. Make a conscious effort, for one month, to respect your parents both outwardly (in how you treat them) and inwardly (in how you feel about them.)
8. Make a conscious effort, for one month, not to engage in gossip.
9. Learn about eco-kashrut and how it is and isn't different from traditional kashrut. For a month, adopt eco-kashrut as your dietary guideline.
10. Learn about the mitzvot relating to caring for animals, and do something meaningful to improve the lives of animals: volunteer at the Humane Society, raise money for an animal-related cause, etc.