



JuniorHessed

KINDNESS IS COOLER

#	Date	Who	What
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			

"On three things the world stands: on the Torah, on service to God, and on acts of loving kindness." (Pirkei Avot 1:2)

- All acts of kindness must be approved by a Parent.
- Cannot be done to the same person more than once.
- Must take minimum 1 minute to be considered an act.
 - Help a neighbor carry in groceries.
- Assisting in the home by making beds and/or putting away stuff. Help your parents set the table for dinner.
 - Call your grandparents and ask them some questions about their childhood.
 - Write a thank you note for your mail carrier or trash collector.
 - Choose your own!



JuniorHessed

KINDNESS IS COOLER

#	Date	Who	What
26			
27			
28			
29			
30			
31			
32			
33			
34			
35			
36			
37			
38			
39			
40			
41			
42			
43			
44			
45			
46			
47			
48			
49			
50			

"On three things the world stands: on the Torah, on service to God, and on acts of loving kindness." (Pirkei Avot 1:2)

- All acts of kindness must be approved by a Parent.
- Cannot be done to the same person more than once.
- Must take minimum 1 minute to be considered an act.
 - Help a neighbor carry in groceries.
- Assisting in the home by making beds and/or putting away stuff. Help your parents set the table for dinner.
 - Call your grandparents and ask them some questions about their childhood.
 - Write a thank you note for your mail carrier or trash collector.
 - Choose your own!