

A Mitzvah a Day (at Home)

Enjoy a month of mitzvot with your family. Just print this checklist and try a new activity each day. There are 30 activities total – that’s one for each day of the month – to inspire your family to do a mitzvah each day.

- Clean out the closet and donate clothes you don't wear **clothing the needy, tzedakah**
- Make a "Get Well Card" for a friend who doesn't feel well **visiting the sick**
- Help a bug find its way outside **kindness to animals**
- Help a parent with a chore **respecting parents**
- Compliment someone **respect, joy**
- Make a bird feeder **kindness to animals**
- Interview a grandparent, aunt, or uncle, and write down their story **passing on traditions, honoring elders**
- Write "thank you" notes **gratitude**
- Put toys away **peace in the home, honoring parents**
- Turn old tshirts into something new, like a grocery bag or pillow **not wasting needlessly**
- Count your blessings **gratitude**
- Collect canned goods for a food bank **feeding the hungry**
- Call someone who might be lonely **kindness**
- Plant flowers for pollinators **caring for the environment**
- Learn to compost **not wasting needlessly**
- Tell a joke to someone and make them laugh **joy, creativity**

- Hang a thank you sign on your door for the mail carrier **gratitude, joy**
- Invite someone to join you for dinner by video **kindness**
- Draw a cheerful sidewalk chalk message **kindness, creativity**
- Make cards for isolated seniors **kindness, honoring the elderly**
- Make origami hearts to send to loved ones **kindness, creativity**
- Send a food delivery gift card **kindness, feeding the hungry**
- Start your meal with a gratitude circle **gratitude**
- Design and hang peace flags **peace, creativity**
- Show love for a local business (buy a gift card or leave an online review) **community**
- Grow windowsill plants from vegetable scraps or seeds **caring for the environment**
- Paint rocks and put outside for neighbors **kindness, creativity**
- Sing a song for your neighbors from your window or porch **joy, community**
- Tell your family members one thing you love about them **kindness, peace in the home**
- Prepare a snack for a family member **peace in the home, honoring parents**