

Chesed Crafts



Summer 2020

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Introduction



This summer is unlike any other. Due to COVID-19 and the Coronavirus pandemic many campers and parents have had to alter their plans. Tween, teen and adult entrepreneurs have stepped up to offer to help in some way. Areyvut is pleased to offer these projects that can enhance any program and to actively add unity to the commUNITY.

The booklet includes a broad range of activities which encourage participants to actively spread kindness wherever they go. These activities have been designed to inspire real-life action and demonstrate the many ways to be kind.

The importance of kindness cannot be overstated:

- Kindness is a value that strengthens our relationships with others and promotes empathy and compassion.
- Kindness benefits both the recipients and the givers and the ages of each are irrelevant.
- We feel happier when we help others.
- Kindness begets kindness. A single act of kindness can create a ripple effect that spreads outward and affects many more people than initially intended.

We should always aspire to be actively kind to others so that doing so becomes instinctive and habitual. Kindness does not necessarily demand hard work and is achievable when we all work together. We all have the power to make a difference in our communities that profoundly impact others and our world in powerful ways!

I would like to thank Rachel Judson, Rena Ray and Sara Weinberg for their help and efforts to bring this to fruition.

Health and safety is of the utmost importance. Please follow all mandated protocols and guidelines when implementing these projects.

We encourage you to share any feedback and to send pictures or videos of your completed projects to info@areyvut.org. We thank you for your partnership and wish you a rewarding, productive and meaningful summer.

Daniel Rothner
Founder & Director

Kindness Rocks Garden

Goals:

- To inspire others and spread kindness and positivity throughout the world
- To improve the outlook of someone else's day



Supplies:

Flat smooth river rocks or stones

Non-toxic multi-surface spray/paint

Foam brushes

Oil base paint pens (Sharpie paint pens)

Non-toxic outdoor clear sealant

Directions:

Buy flat, smooth river rocks or stones from the local craft store or garden center or use easy to find rocks outside and decorate the garden/sidewalk area. Each camper or participants should receive the same amount of rocks.

Use foam brushes to spray or paint the rocks with non-toxic spray/paint. This will prepare the rock surface for your artwork and seal the rock so the paint pens will last longer.

Search Instagram, Pinterest or Brainy Quotes for inspiring quotes or create your own.

Use oil-based paint pens to create your artwork.

Coat your artwork with an outdoor sealant that is non-toxic and clear. Display completed rocks so that those who see them can be motivated and inspired.

Discussion Questions

- What does kindness mean to you?
- How do you feel when someone is kind to you?
- Where do you see people being kind most often?
- What are acts of kindness that we often do for one another in our day-to-day lives?
- How do you feel when someone is unkind to you? How do you think others feel when you are unkind to them?
- What can we do to bring even more kindness to the world? What are different ways in which we can be kind to our family and friends?
- What are three acts of kindness you could do this week?

Summary

Kindness begets kindness. What we do for others often comes back to us in one form or another. Acts of kindness have a boomerang effect and are pleasantly contagious. Being at the receiving end or observing a thoughtful gesture can create a chain reaction.

Family Tree

Goals:

- To share family history
- To appreciate different kinds of families



Supplies:

Leaves for each family member

Glue

Pen, pencils, crayons or markers

White sticky labels

3 large pieces of brown paper

Directions:

Create this project as a surprise for a parent or loved one. Place pictures of everyone in your family and/or funny moments or quotes that remind you and them of special times and memories.

Collect different colored leaves from outside.

Make a brown paper tree with enough branches for your family.

Write down the names of your family members on the labels. Stick one label on each leaf.

Stick your own leaf at the bottom of the tree.

Discussion Questions

- What does family mean to you?
- What do you know about your family surname?
- How many generations back can you trace your family?
- What is unique about your family?
- What accomplishment of your family are you most proud of?
- Of all the lessons learned from your parents, which do you feel was the most valuable?
- Of all the lessons learned from your children, which do you feel was the most valuable?
- What is one piece of advice you wish to share with future generations?

Summary

Family provides love, support and a framework of values to each of its members. Family members teach one another, care for one another and share life's joys and sorrows. Families provide a setting for personal growth and act as role models in how to act throughout life. Our families teach us the values of love, affection, care, truthfulness and self-confidence. They provide us tools to succeed in life. We would not be the people we are today without the support and guidance from our families. We must always appreciate our families as they have our best interests at heart.

Earth Day Craft



Goals:

- To understand the importance of doing our part to look after the earth

Supplies:

Cardboard

Magazines or tissue paper

Circular shaped cardboard cutout

Map of the world

Pencils

Glue

Directions:

Even though Earth Day is in April, the summer provides many opportunities to appreciate nature and the earth.

Cut out a piece of cardboard for your background (12-inches by 14-inches). Cut out a circle of cardboard that is about 10-inches in diameter. Use a pencil to draw part of the world onto your circle freehand.

Look through old magazines and tear out pages that have lots of black, green and blue on them. Alternatively, use black, green, and blue tissue paper.

Trace your circle earth onto your cardboard background and then remove it.

Tear little pieces of the black colored magazine pages and glue them around the cardboard backing. Leave the circle empty in the middle to put your earth on.

Line up the blue pieces around the countries. After outlining the countries with the blue torn magazine pages, add glue in the rest of the water areas and finish putting the water pieces in place. Do the same process for adding the green land pieces and finish filling in the Earth. Trim around the Earth to cut off any pieces hanging off the ends.

Discussion Questions

Earth Day is celebrated annually on April 22nd. Events are held worldwide to show support for environmental protection. It was first celebrated in 1970 and is now celebrated in more than 192 countries each year.

- What are some examples of environmental problems that exist?
- What do you currently do to look after the earth?
- What have you done in the past to look after the earth?
- Why is it crucial to look after the world we live in?
- What are different ways to celebrate Earth Day?
- How do we make everyday Earth Day?

Summary

Earth Day is a great opportunity to talk about the importance of protecting our earth. Taking care of the earth is important to our well-being because a clean environment is essential for healthy living. Future generations may face problems caused by us. We need to appreciate, respect and take care of the world we live in. Nature gives us so many things for free. It gives us clean air, clean water, beautiful landscapes and breathtaking views. We need to conserve energy, recycle and keep our streets clean every day. No matter how insignificant our actions seem in the bigger picture, we need to realize that they do make a difference!

Diversity Hand Collage



Goals:

- To promote diversity and acceptance of other cultures
- To discuss our heritage, culture and community

Supplies:

Paper

Pencil

Eraser

Pen

Markers

Hand

Board to display the hands

Directions:

For campers, this is an opportunity to explore the diversity within the group.

Trace your hand on the paper with a pencil. Color in the hand and decorate with designs.

Cut out the hand.

Write your name on your hand with a marker.

Stick your hand on the board along with the hands of other participants.

Discussion Questions

- What is diversity?
- How might we promote cultural diversity and why is it important to do so?
- How is your community diverse from others?
- What can we do to promote diversity where we live?
- How is diversity shown in our group?

Summary

Cultural diversity is important as our country, workplaces and local neighborhoods increasingly bring together a range of cultural, racial, and ethnic groups. We promote cultural diversity by acknowledging differences, asking questions, and getting to know others. In doing so, we build bridges of trust, respect and understanding and improve productivity, creativity, and cooperation. We are able to develop our skills by learning from others and become well-rounded individuals. It is important to remember that we all have something unique to offer to society to make the world a better place! We need to embrace our differences!

Picture Frame

Goals:

- To recognize a personal role model
- To identify the characteristics of role models
- To become an inspirational role model to others



Supplies:

Popsicle sticks

Markers, colored pencils and paint

Glue

Decorative materials (wooden shapes, beads, colored paper, buttons, ribbon etc.)

Magnet

Wallet-size photo of your chosen role model

Paper

Pens

Directions:

Determine who will receive your picture frame. Campers should not give their frames to other campers.

Decorate popsicle sticks. Six or seven large popsicle sticks are recommended; however you may also use smaller sticks. Decorate them with markers, colored pencils or paint.

Glue the popsicle sticks together to form your frame. Lay two sticks down vertically, about five inches apart, and glue a decorated stick horizontally across the top. Glue the next decorated stick adjacent to the first, being careful not to let any glue show through the crack. Continue until the two vertical sticks are completely hidden by the decorated sticks.

Decorate the frame. Glue wooden shapes, beads, paper, buttons, ribbon or anything else you like to the front of the frame.

Attach your pictures. Using a wallet-sized photo leaves room for more decoration, making both the picture and the frame look good. Use glue, tape, or a push pin to attach your pictures to the frame.

Add a magnet to the back. Glue a strong magnet to the back of the frame, centered horizontally.

Share why you are inspired by your chosen role model.

Discussion Questions

- Why is it important to have a role model?
- What are the characteristics of an inspirational role model?
- Whose photo did you choose to put in the picture frame and why?
- Are you more inspired by famous role models (sports players, actors, scientists, rabbis, celebrities) or personal role models? Why?
- To what extent are you a role model to others? How can you become more of an inspiration to those around you?

Summary

It is important to have positive role models in our lives to guide our actions and encourage us to reach our potentials. Many look up to relatives, friends, co-workers, religious leaders and teachers to shape their identities and behaviors. Others look up to celebrities such as athletes, entertainers and characters from books and movies. We can become role models to others by modeling positive behaviors and providing opportunities for growth to those around us.

Sharpie Kindness Mug

Goals:

- To discuss and share inspirational quotes
- To inspire others and spread kindness and positivity throughout the world
- To improve the outlook of someone else's day



Supplies:

White cup or mug
(make sure you can draw
on the one you select)

Sharpie paint markers
(oil based)

Paper and pencil

Access to an oven

Directions:

At camp, two partners can decorate mugs for each other with the goal of bringing a smile to their partner every time they see and use the mug. If decorating for a family member think in advance to whom you will give it and create it with them in mind.

Practice your artwork on a piece of paper before drawing on the mug. Pick a meaningful quote or a cute graphic to decorate the mug.

For long-lasting results, choose oil-based Sharpie paint markers. You can stay simple and choose one color or use multiple. Black is usually a good choice, given its striking contrast to the white background of the mug.

Let your mug dry for a few hours or overnight.

Bake the mug in the oven for 30 minutes at 350°F. Remember to place the mug in the oven before it heats up and leave it in until the oven cools completely so there won't be any cracks. You can choose to bake the mug twice to really set in the Sharpie drawings.

Handwash the mug gently.

Discussion Questions

- What are some quotes that have inspired you? Which is your favorite?
- How can we inspire others?
- How have you personally inspired someone and how do you think it made them feel?

Summary

To be inspirational is to lead by example and to encourage others to feel that there is something worthwhile to do and become. There are so many simple ways to inspire others and change lives. The ability to inspire others is an important skill, one that will help you achieve success.

Make Your Own Flag

Goals:

- To develop a sense of identity and a personal connection to one's geographic and historical roots
- To reflect on the contributions and achievements of different countries and cultures



Supplies:

White paper

Construction paper

Scissors

Glue or double stick tape

Markers

Pencils

Directions:

Think about the gratitude you have for your life, liberty and nationality. Use this as an opportunity to express that gratitude.

On a white piece of paper, draw a) the American flag and b) the flag of the country where you were born.

Color in your flags using markers. Cut out your flags.

Draw flag poles on the construction paper and glue or tape on the flags.

On another white piece of paper, write a brief reflection on the significance of these two flags. Cut out the reflections and stick them on the construction paper under the flags.

Discussion Questions

- What do your flags represent?
- What about the country where you were born and the country where you now live makes you proud? What are some of their biggest achievements? What have they done to help their citizens? What have they done to help other countries?
- Which countries are known for helping other countries in times of difficulty such as conflicts, wars and natural disasters? What more can America do to help other countries?

Summary

It is important to connect to our roots. As quoted by Maya Angelou, "If you don't know where you've come from, you don't know where you're going." Countries all around the world have performed acts of kindness for their citizens and other countries throughout history. It is important to acknowledge and reflect upon these acts of kindness and to work with other countries to make the world a better place.

Personalized Bookmark

Goals:

- To brainstorm how to “make your mark” in the world by transforming the world in a positive way
- To act on our dreams and bring them to fruition



Supplies:

- Cardstock paper
- Decorative paper
- Scissors
- Glue
- Markers and pens
- Decorative materials such as stickers and glitter
- Collage of images from magazines
- Wide packing tape

Directions:

Prior to beginning think about how you can actively “make your mark” on the world.

Select cardstock paper to act as the support for bookmark. Cut the cardstock to the size you want. Consider a traditional size measuring 2 to 3 inches wide or a small, less obtrusive bookmark only an inch long.

Choose images or patterns to glue over the top. Consider using images from magazines or a collage of other papers. Cut your decorative paper or selected images and glue them onto the cardstock. Add glitter or stickers to decorate. Draw over your bookmark with markers or pens to add words, phrases, quotes, or images.

In order to protect the paper, add a protective covering of packing tape or laminate.

Discussion Questions

- How do you plan on making your mark in this world?
- How do you give your life meaning and purpose?
- What can you do to help those around you leave their marks?
- Why is it important to focus on the growth and development of other people in addition to our own?

Summary

Success is never an overnight experience. It takes an intensive degree of focus on things that matter more to you than anything else in the world. To make a real impact in the world, you need to be creative in finding your “unique spark” and in finding ways for others to leave their marks, so they too can reach their highest potential.

Compliment Candy Jar

Goals:

- To encourage people to think of the feelings of others
- To discuss that it feels good to make others feel good



Supplies:

Empty glass jar (any size and ideally clear)

Wrapped candy (or other treat or snack)

Pens

Paper

Strips of decorative paper

Washi tape

Glue

Ribbon

Directions:

Before you begin think about who you plan to give this compliment jar and personalize it for them. On the back of strips of decorative paper, write a special message for the recipient. For camp, have each camper write a compliment to every camper in their bunk and place the compliment into each camper's jar

Wrap the strips around mini candy bars and secure them with tape. Place candy or food of choice into the jar.

Decorate the lid with decorative paper. Secure the decorative paper down with washi tape and glue.

Use ribbon to attach a card stock tag to the jar labeled "Complimentary chocolates" or modify as necessary.

Discussion Questions

- What is a compliment?
- What are some examples of compliments? (skills, talents, personality, appearance)
- Why do we compliment people? How do compliments make people feel?
- What was the last compliment you received?

Summary

A genuine compliment boosts one's morale. Compliments are so easy to give and take just a few seconds. Compliments make other people feel good and make others want to be around you. Giving compliments is a form of leadership as people enjoy being around positive people and will be more likely to follow their example. Greater appreciation leads to improved communication and stronger relationships. Compliments do not just make others feel great; rather, the more we compliment others, the better we feel.

Placemats

Goals:

- To highlight hunger as an important challenge to overcome
- To brainstorm ways that we can help those who are hungry



Supplies:

Construction paper or
Bristol board

Scissors

Glue

Markers

Old magazines, catalogues
or photographs

Clear packing tape or
laminating machine

Directions:

Consider how blessed you are to have food.

Cut the construction paper or Bristol board into rectangles approximately 23 x 17 inches. The placemats can be any color you like.

Look through the magazines and catalogues and cut out pictures you would like to use to decorate your placemat. You may also use photographs. Glue decorations on both sides of the Bristol board placement.

Laminate or use clear packing tape to cover both sides. Use scissors to round off the corners.

Discussion Questions

- What is hunger and where do we most typically see it? What are the root causes of hunger and poverty? What can we do to prevent them? Do you ever think of those less fortunate when you sit down to eat?
- How can we work with our community to do our part in helping those less fortunate (i.e. soup kitchens food drives)?
- What have you done to help those who are hungry? How did that make you feel?
- Why is it important to help those in need? Do you think we have the power to make a difference?

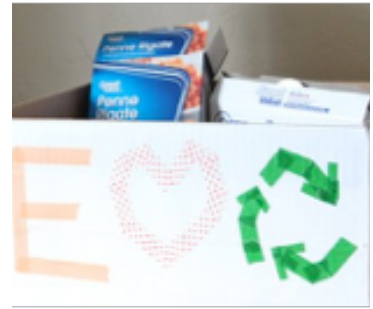
Summary

Food poverty is the inability to afford or access food that makes up a healthy diet. It is not just about hunger, but also about being properly nourished to attain and maintain health. It is impossible to ignore the poverty around us. It is so simple to help those less fortunate. You can volunteer by either organizing a food drive or by helping serve meals at a shelter. The knowledge that you are helping others by donating to those less fortunate is empowering and will make you feel happier and more fulfilled.

Recycling Bin

Goals:

- To encourage recycling in order to preserve our planet



Supplies:

Cardboard box

Colored duct tape

Scissors

Markers

Decorative material
(Patterned masking tape
or stickers, optional)

Directions:

Use your colored duct tape to cover the outside of your box. Add a second layer of duct tape to secure your box.

Use your imagination to decorate the box using patterned masking tape, markers and stickers.

Gather recyclable items to put in your recycling bin. Recycle the items and continue to use your bin and caring for the environment and planet.

Discussion Questions

- What is recycling and how does recycling help the environment?
- Where does our rubbish go? How can we reduce the amount of rubbish we make?
- What items of household waste can be recycled?
- How will you make a difference to the environment?

Summary

Reduce, reuse and recycle are the guidelines for sustainable life. Recycling reduces the need to process raw materials and reduces air and water pollution. As recycling saves energy, it also reduces greenhouse gas emissions, which help to tackle climate change. Recyclable materials can be separated so easily from general household waste and collected by community waste management services. Materials made from glass, metal, paper and some plastics can be recycled and made into new materials. It is important to remember that putting items in the recycling bin that can't be recycled can contaminate the recycling stream. Glass, cardboard, paper and metal are washed and sorted at recycling centers, ready to be processed into new materials. Do your part to preserve our planet by using your new recycling bins. It is that easy.

Paper Chains

Goals:

- To build communication and collaboration
- To understand the importance of cooperating and listening to others



Supplies:

Colored construction paper

Scissors

Glue or tape

Directions:

Think about what being part of a chain means and represents.

Divide the participants into groups of 3 or 4. Explain that they will be making paper chains. Have participants predict how long their chains will be.

Cut the construction paper into strips.

Take one paper strip and tape or glue the ends together to make a loop. Demonstrate how to thread a second strip through the first and tape it to make a second loop. Keep adding loops to make the chain as long as you want.

When the chain is finished, hang it up with tape.

Discussion Questions

- What does it mean to collaborate and cooperate with one another? What are the benefits of sharing and collaborating? What motivates you to collaborate with others?
- What is essential for productive teamwork?
- Why was it important in this activity to communicate and listen to one another? How is communication important in other areas of life?
- How does it make you feel when you know others are listening to what you are saying? Why do we feel frustrated when we are ignored?

Summary

Creating a paper chain is a lot of work for one person, but working as a team makes the process more efficient. In this activity, collaboration and open communication were key. Listening to others enables us to build meaningful relationships with those around us. In order to be productive and help others, we need to show respect and value for the skills, creativity and contributions of others. We should never underestimate the value in acknowledging the feelings, concerns, opinions and ideas of others.

Kindness Letter Boxes

Goals:

- To promote empathy and compassion
- To challenge others to spread kindness



Supplies:

Any closed lidded box
Scissors
Glue
Paint or sponge brush
Colored paper
Markers
Glitter
Pipe cleaners

Directions:

Measure box and cut pieces of colored paper to fit the top and each side. Apply glue to the box and the back of the paper.

Decorate the outside of the box using beads, drawings, ribbon markers, glitter and/or pipe cleaners.

At camp, write a handwritten letter and drop it into someone else's kindness box. Have each camper select a name out of a hat. Tell the camper your favorite memory with them, something you like about them or share an uplifting message of caring and kindness. Make sure that every camper receives a letter and that all campers receive the same amount of letters.

Discussion Questions

- Have you ever received a letter from a friend or family member in the mail? How did it make you feel?
- How is writing and sending a letter to someone considered to be an act of kindness?
- How does writing a letter to someone promote empathy and compassion?
- What are examples of different sentences we could include in a kindness letter?

Summary

Sending kindness letters is a great way to spread kindness and brighten up someone's day. Receiving a letter in the mail with a positive message can add a smile to anyone's face. This activity encourages us to pay it forward with more acts of kindness. We can all make a change in the world by spreading messages of kindness and at the same time allowing others to take part.

Hobby Collage

Goals:

- To understand the diverse sets of talents and skills in the world
- To brainstorm how we can use our hobbies to help others



Supplies:

Magazines

Newspapers

Scissors

Glue

Cardboard paper

Markers

Directions:

Think of how you can use your hobbies, interests and talents to help others.

Choose your favorite hobby and create a collage illustrating the hobby.

Look through magazines and newspapers and cut out any relevant pictures you would like to include in your collage.

Place the pictures on the cardboard paper and stick them down using a glue stick.

Decorate the collage using markers and glitter.

Discussion Questions

- What is a hobby? What are examples of different hobbies?
- What is your favorite hobby and why? How is it illustrated in your collage?
- How can we use our hobbies to help others?
- What are your unique skills and talents? How can we use them to perform acts of kindness?

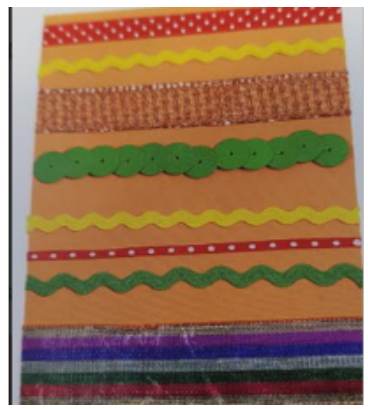
Summary

All of us are unique and therefore our hobbies and interests vary. Having a hobby that we enjoy brings us happiness and enriches our lives. Hobbies enable us to learn new skills, expose us to new ideas, create bonds with others and help us grow in various ways. We are so lucky to have such a broad selection of hobbies to choose from. We need to embrace our differences and use our skills and talents to help others.

Decorate a Diary

Goals:

- To consider diary writing as a way to explore personal experiences and enhance critical thinking
- To strengthen self-discipline and reflect on new knowledge



Supplies:

Pen

Ruler

Plain and patterned papers

Scissors (deckle-edged, zig-zag and ordinary)

Paper glue

Thick notebook with a spine

Directions:

Use the pen and ruler to draw lines on the plain and patterned papers, marking them into strips. Cut out the strips with the deckle-edged, zigzag and ordinary scissors. Glue the strips to the front of the notebook and along the spine, leaving the ends extending above and below the cover.

Open the book and glue the ends of the strips to the inside of the cover and spine.

Measure the inside of the covers and, using ordinary scissors, cut two pieces of patterned paper to fit inside the covers. Glue the papers inside the covers to hide the ends of the strips. Leave open to dry.

Discussion Questions

- What is the purpose of writing a diary?
- How does writing in our diaries help us to acquire new knowledge and enhance our critical thinking skills?
- How does writing in a diary help us to express our emotions and opinions? Why is it important to get in touch with our emotions?
- How can writing in a diary help us to set goals?
- How can learning about ourselves help us to make positive changes in our lives?

Summary

Writing in a diary improves more than just our writing skills. Daily writing in a relaxed environment enables us to explore different thoughts, ideas and topics and empowers us to become more vocal. Writing in a diary encourages us to reflect on our emotions and helps us to make positive changes in our lives. Through our writing we are able to identify patterns of behavior, consider possible stressors, analyze our coping mechanisms and connect with the world around us. This activity enables us to reread our entries, gain a different perspective and find solutions to our problems. It is important that we take control of our thoughts and emotions so that we become mentally stronger.

Breakfast Bags

Goals:

- To inspire others to donate to people or places who have limited resources
- To spread joy and positivity through drawings or inspirational messages on the bags



Supplies:

Juice, milk boxes

Cereal bars or single-serve boxes of cereal

Other healthy snacks

Brown paper bags

Markers, crayons and stickers

Directions:

These bags should be donated to an area soup kitchen, homeless shelter or soup kitchen. If you need help locating an agency in your community e-mail info@areyvut.org and be sure to include your location. If feasible have campers determine where they want to donate their breakfast bags.

Decorate the bag with markers and stickers. Write an encouraging message such as "Have a great day!"

Put a juice or milke box and cereal bar or box in the bag.

Fold over the top of the bag and seal it with a sticker.

Discussion Questions

- What does kindness mean to you?
- How can we help others around us?
- How can helping out homeless shelters make us rethink what we can do with old toys or clothes we don't wear?
- How much food is in our house?? In our friends' houses?
- How can we portion the food better in our own houses, so that we can donate more to soup kitchens?
- What are different items that we can donate that shelters would appreciate?

Summary

We often take for granted the many blessing we have, including having food to eat. We may complain "there is nothing to eat" or say "I'm starving" but the likelihood is that we are just hungry and/or want something new and different to eat. Unfortunately many rely on the generosity of others to have food to eat. Next time you don't like the snacks and food being served or are hungry, choose your words carefully and be sensitive to those really in need. Be grateful and thankful for what you have and commit to doing what you can to actively help those in need.

Comedy Cures Jokes



Goals:

- To educate students and families about mental health
- To bring a sense of comfort and joy to those who are in a hospital

Supplies:

Paper and Envelope

Jokes

Directions:

Remember that laughter is the best medicine.
Write and illustrate jokes.

Mail to:

The ComedyCures Foundation
122 E. Clinton Avenue
Tenafly, NJ 07670 USA

info@ComedyCures.org

ComedyCures provides joy-filled, therapeutic entertainment to kids and grown-ups living with illness, depression, trauma, and disabilities.

Discussion Questions

- What is trauma? What is Depression? What is Mental Health?
- How can comedy or laughter help someone who is sad?
- Have you ever helped someone who was feeling sad?
- How can we talk about the trauma in our lives without getting angry or sad?
- Why is therapy good and helpful for people?
- How can we make sure we have good mental health habits of our own?

Summary

Laughter is the best medicine is a phrase that you may have heard. Countless studies have proven the tremendous impact laughing daily has on our health, both physical and mental. Think of a time when you were sick or upset and remember how you felt so much better after you laughed. Or try to recall that time when you laughed so hard that you cried. This is an opportunity to give the gift of laughter to others and help them smile, laugh, have fun while enjoying the many health benefits.

Cards for IDF Soldiers

Goals:

- To appreciate the actions and efforts of fighting soldiers
- To bring joy, positivity, and inspiration into someone's day
- To understand the brave efforts of the entire IDF community



Supplies:

Cardstock paper

Markers or crayons

Directions:

Write: Dear Soldier/Chayal,

What to write about: Share a little bit of yourself- Family, home, hobbies, etc. Talk about life back home: Sports, Weather, Music, and Movies

Ask yourself: Will this letter bring a smile to someone's face? Keep in mind to keep your message upbeat and positive and to be thankful!

On chagim and for bigger Shabbat dinners, organizations for chayalim like to give each lone soldier a card. They stop the meal to allow them to go around the room and read out their favorite, most appreciated cards from kids like YOU!

Still can't find the words? Consider drawing a picture instead!

Cards can be sent to: Friends of the IDF: fidf@fidf.org or
The Lone Soldier Center in Memory of Michael Levin:
info@lonesoldiercenter.com

If you need finding a home for your cards please e-mail
info@areyvut.org.

Discussion Questions

- Why are soldiers important?
- How do soldiers protect us?
- How can we help veterans?
- How can we show our gratitude towards people who have served in the armed forces?
- How can letters bring joy and positivity to peoples lives?

Summary

Think of how happy you feel when you receive a card in the mail. Imagine how you would feel if you received a card from across the world and knowing that the person sent it to you to show you that you matter, they care for and are thinking about you. Your card for an IDF soldier will boost their spirits, brighten their day and spread Jewish unity. That is pretty impressive for a card but not for you because you use your time and talents to actively help others and make a difference.