

Choose One Mitzvah for Bondi

PRIMARY SCHOOL VERSION



What is a Mitzvah?

In Jewish tradition, a Mitzvah is a good deed. It is something kind, caring, and responsible that helps make the world a better place.

Mitzvahs help us become better people and help others too.

A Mitzvah is like a small light. When many people do mitzvahs, the whole world becomes brighter and safer for everyone.

Kids — your Mitzvahs make a very big difference. There are many simple and important mitzvahs you can do every day.

Look at the ideas below and choose a Mitzvah to do.

You can also think of your own.

Each Mitzvah you do brings more light, hope, and healing into the world, especially in memory of those who lost their lives at Bondi.



1. Say Thank You

As you open your eyes in the morning, start your day with a simple sentence of thanks to G-d for the gift of life and for all the good things in your life.

In honour of **Dan Elkayam**, who carried a deep sense of gratitude for life and for G-d's beautiful world, with a particular love for nature and for travelling to discover new places.



2. Be Kind to Everyone

Be friendly and kind to everyone — share, include others, use kind words — and encourage them to pass that kindness forward.

In honour of **Edith Brutman**, an exemplary employer and a model of generosity.



3. A Quiet Minute

Start your day with one quiet minute. Ask your parents for ideas about what you can think about.

In honour of **Rabbi Eli Schlanger**, who saw the potential in every soul he met.

Use the QR code to find ideas for your quiet minute.



4. Stay Safe on Wheels

Always wear a helmet when riding a bike, scooter, or rollerblades. Help keep yourself and others safe.

In honour of **Boris Gurman**, who put the interests of others ahead of his own.



5. Care for Someone Who Is Sick

If a friend is away from school, check how they are. Make a “get well soon” card for someone who is not feeling well.

In honour of **Boris Tetleroyd**, a devoted family man and gifted musician.



6. Include Others

Think of someone who may feel left out. Invite them for for a playdate at home or at the park.

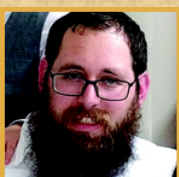
In honour of **Sofia Gurman**, who expressed love so beautifully through hospitality.



7. Pause Before You React

If someone upsets you, take a breath and wait 30 seconds before you respond.

In honour of **Adam Smyth**, a true mensch - generous, kind, and always giving without expecting anything in return.



8. Honour Your Parents and Grandparents

Listen the first time, speak kindly and respectfully, and be thoughtful, especially by not waking them when they are sleeping.

In honour of **Rabbi Yaakov Levitan**, a model of devotion and respect to his parents.



9. Read Good Books

Read stories about kind people and good ideas that inspire you to be your best.

In honour of **Tania Tretiak**, a grandmother who loved her family.

Use the QR code to access a list of recommended children's books.



10. Spend Time With Your Family

Have one-hour screen-free time after school. Talk together, play a game, or eat a meal together.

In honour of **Tibor Weitzen**, who welcomed others with warmth and sweetness.



11. Be Loving

Tell your family and friends that you love them. Tell them why you are grateful for them.

In honour of **Marika Pogany**, a tireless Meals on Wheels volunteer caring for the elderly and vulnerable.



12. Care for Animals

If you have a pet, feed it before you eat and take it for walks when needed.

In honour of **Peter "Marzo" Meagher**, retired police officer, volunteer, and servant of the public.



14. Pray for Others

Say a prayer for people who are sick, sad, or lonely, and ask that they feel better.

In honour of **Alex Kleytman**, who was killed while shielding his wife from gunfire.

SUGGESTED PRAYER:

May Almighty G-d heal those who were injured at Bondi Beach on the first night of Chanukah. May He restore them to health, strengthen and revitalize them, and speedily send them a complete recovery from Heaven. A healing of body, mind and spirit. Amen.

Use QR code for additional prayers.





13. Give to Others

Keep a small charity box in your room. Add coins regularly. When it is full, ask an adult to help you give the money to charity.

In honour of **Ruvien Morrison**, a man of incredible generosity.

Use the QR code to find out where to get a charity box.



15. Make Someone Feel Good

Do something kind to make someone feel happy. Choose them as a partner, give them a compliment, or play with them at recess.

In honour of **Matilda Bee Britvan** (age 10), a radiant child who brought light and joy.