

Choose One Mitzvah for Bondi

PURPOSEFUL REFLECTION QUIET TIME



One of the suggested Mitzvahs is 'Purposeful Reflection or Quiet Minute.'

Begin your day at work, school or sport with a meditative moment of silence to reflect on purpose and responsibility.

Children, 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.*



Reflection and Quiet Time Ideas:

- There is something inside of me that is bigger than me
- How I will respond kindly if someone teases me.
- How I can be grateful for what I have.
- How I appreciate my family.
- How I can be an honest and good person.
- What I am looking forward to today.
- How I can relax better in class.
- How I can focus better in class.
- How I can listen and respond better to my teacher.
- How I can show more respect to my parents and grandparents.
- How I can give charity, with time or money.
- How I can play fairly with friends.
- How I can handle disappointment without getting angry.
- Ways I can help my classmates.
- How I can see the good in others.
- Ways I can help my family at home.
- Ways to avoid fighting with siblings.
- I can do great things.
- How to react when I am being bullied.
- I am getting better every day.
- Who I should look up to as role models.
- How I can bring good into the world.
- How I can be happy today.
- Things I like about my best friend.
- Why quiet time is good for me.