

# Choose One Mitzvah for Bondi

## HIGH SCHOOL VERSION



### What is a Mitzvah?

In Jewish tradition, a mitzvah is a meaningful action. It is something kind, responsible, and purposeful that helps make the world a better place.

Mitzvahs help us grow into thoughtful people who care about others and take responsibility for the world around us.

A Mitzvah is like a light. When many people choose to act with goodness, the world becomes brighter and safer for everyone.

There are many simple but powerful mitzvahs you can do every day.

### Choose a Mitzvah

Look through the ideas below and choose one to focus on. You may 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. Begin Your Day With Gratitude

Start your morning by thanking G-d for the gift of life and thinking about the unique contribution you can make today.

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. Care for Animals

If you have a pet, feed it before you eat and make sure you take your dog for a walk.

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



### 3. Take A Quiet Minute

Begin your day with a quiet moment of reflection. Think about where you come from, the values that guide you, and the kind choices you want to make today.

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

Wear a helmet when riding a bike or scooter, and practise kindness on the road by being patient, letting others merge, and helping those in need.

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



### 5. Check in on Someone Who Is Unwell

Reach out to a friend who is absent or not feeling well. A kind message or call can make a big difference.

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



### 6. Volunteer Your Time

Donate your time regularly to community organisations, such as aged care facilities, where your care and presence can make a real difference.

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



### 7. Pause Before You React

If someone upsets you, pause before responding. There may have been a misunderstanding, or they may be having a difficult day. Choose a calm and thoughtful response.

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



### 8. Show Respect at Home

Speak respectfully to your parents, grandparents, and those who care for you, and respond the first time you are asked.

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



## 9. Choose Good Influences

Read good books, listen to uplifting podcasts, and follow people who inspire you to be thoughtful, kind, and principled. What you take in shapes who you become

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



## 10. Spend Time With Your Family

Set aside one-hour each evening to talk, share a meal, or enjoy screen-free time together.

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



## 11. Express Appreciation

Tell the people in your life that you appreciate them, and be specific about why.

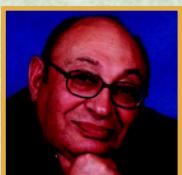
In honour of **Marika Pogany**, a tireless Meals on Wheels volunteer caring for the elderly and vulnerable.



## 12. Honest Work Ethic

Work honestly for the full time you are paid for. Stay focused, avoid scrolling on your phone, and make up time if you step away.

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



## 13. Pray or Think of Others

Take a moment to pray, or simply think about people who are sick, sad, or lonely, and wish them well.

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

**Use QR code for suggested prayers.**





## 14. Give to Others

Set aside a small amount for charity each week. When it adds up, donate it to help those in need.

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

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



## 15. Be Kind and Respectful

Be friendly and kind to all students, especially those outside your friendship group. Offer a compliment, include someone in a game, or sit with someone who may feel alone.

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

**Every Mitzvah you do adds more light to the world.**