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

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