

## Hesed

### What Goes in each Box or Kit:

Minimum Container Size for the entire module: 12.5" x 12.5" x 4.5" (your container may need to be bigger)

This will allow for the pegboard and paper and to lay (or stand) flat with the other materials stacked neatly on top.

### NOTES:

- Titles of resource documents are on the top of the page; Resource Sheet Labels (ex: Resource Sheet 1) are on the bottom, right of the page.
- Links to suggestions for various supplies are in the chart below (pages 6-7).
- Shorthand: H = Hesed; W = Week (W1 = Week 1, W2 = Week 2); QR = QR Code

### Week 1

- QR code card, printed on cardstock, leading to the explanation video for children
- 2 sets of Memory Game Cards (16 cards/set), printed on cardstock (see Prep Instructions)
- 1 game label, printed onto cardstock (see Prep Instructions)
- 1 game directions card, printed on cardstock (see Prep Instructions)
- 1 set of Green "Yes, this is hesed" cards, printed on cardstock (see Prep Instructions)
- 1 set of Red "No, this isn't hesed" cards, printed on cardstock (see Prep Instructions)
- 1 drawstring bag
- 1 small safety pin
- 1+ zipper-seal bags (snack size)
  - 1 for game cards (optional)
  - 1 for the safety pin

### Prep Instructions:

- Find **H MODULE KIT LABEL Resource Sheet 52** on page 8 and print onto cardstock or regular paper. Cut the sheet into 4 individual box/kit labels and attach 1 label to the outside of each of the distribution containers to each learner.
- Find **H QR W1 RESOURCE SHEET 53** on page 9 and print onto cardstock. Cut the sheet into the 4 individual QR Code cards. Distribute 1 of these individual QR Code cards to each learner.
- Find **H GAME LABEL RESOURCE SHEET 54** on pages 10 and print it onto cardstock. Cut the sheet into the individual labels and distribute 1 label to each learner.
- Find **H MEMORY GAME RESOURCE SHEET 55** on pages 11-12.
  - Print the Image Cards on page 11 onto cardstock. Print enough of this page to have 2 sets of Image Cards for each learner. You may also choose to cut these cards. If you cut the cards, place both sets into a snack size zipper-seal bag.
  - Page 12 is a bit more complex. You will need to print 2 sets of these last two Image Cards for each learner. However, each learner will only need 1 Directions card. If you cut the cards on page X, also cut out these Image Cards and the Directions Card, and also place them into the same snack size zipper-seal bag.
  - If you cut the cards, wait to distribute the bag until you've finished the next 2 Resource Sheet Directions. If you didn't cut the cards, distribute 2 sets of Image

Cards, along with 1 Directions Card to each learner.

- Find **H GREEN CARDS RESOURCE SHEET 56** on page 13 and print onto cardstock.
  - Learners only need 1 set of 4 Green cards.
  - If you cut the cards above, then also cut these cards and place them into the snack size zipper-seal bag.
- Find **H RED CARDS RESOURCE SHEET 57** on page 14 and print onto cardstock.
  - Learners only need 1 set of 4 Red cards.
  - If you cut the cards above, then also cut these cards and place them into the snack size zipper-seal bag.
  - Distribute 1 bag of cards to each learner.
- Order small drawstring bags and distribute 1 to each learner.
- Order small safety pins. Put 1 safety pin in a different snack size zipper-seal bag. Distribute 1 safety pin bag to each learner.

## Week 2

- QR code card, printed on cardstock, leading to the explanation video for children
- Scavenger Hunt Board, printed on cardstock
- 1 self-inking stamp

### Prep Instructions:

- Find **H QR W2 RESOURCE SHEET 58** on page 15 and print onto cardstock. Cut the sheet into the 4 individual QR Code cards. Distribute 1 individual QR Code cards to each learner.
- Find **H SCAVENGER HUNT RESOURCE SHEET 59** on page 16-17 and print onto cardstock. Distribute 1 of each of the Scavenger Hunt Boards to each learner.
- Order self-inking stamps. Distribute 1 stamp to each learner.

### Week 3

- QR code card, printed on cardstock, leading to the explanation video for children
- 1 container label, printed on regular paper
- 3 *Hesed* Forms, printed on regular paper
- 1 small container, preferably clear
- 1 craft bond glue pen
- A handful of sequins
- A handful of mini pompoms
- 4 foam hand stickers
- 1 strip of Star of David stickers (see Prep Instructions)
- 3 washable marker colors, preferably thin
- 3 zipper-seal bags (snack size)
  - 1 for mini pompoms
  - 1 for sequins
  - 1 for the foam hand stickers

#### Prep Instructions:

- Find **H QR W3 RESOURCE SHEET 60** on page 18 and print onto cardstock. Cut the sheet into the 4 individual QR Code cards. Distribute 1 individual QR Code cards to each learner.
- Find **H CONTAINER LABEL RESOURCE SHEET 61** on page 19 and print onto regular paper. Cut into individual labels and distribute 1 label to each learner.
- Find **H HESED FORM RESOURCE SHEET 62** on page 20 and print onto regular paper. Distribute 3 *Hesed* Forms to each learner.
- Order small containers (preferably clear) and distribute 1 to each learner.
  - You may wish to use another jar from *Ometz Lev* Week 5. If this is the case, then you do not need to send the lid with the jars for this project. Otherwise, refer to the Supply List on page 6 for another container suggestion.
- Order a set of craft bond glue pens. Place 1 craft bond glue pen into a snack size zipper-seal bag and distribute 1 bag to each learner (also used in *G'vurah* Week 5, so you may not need to order more).
  - Optional – You may request families reuse their craft bond glue stick from a previous module instead of distributing another one.
- Order sequins (also used in *G'vurah* Week 1). Put 1 handful of sequins into a snack size zipper-seal bag and distribute 1 bag to each learner.
- Order mini pompoms. Put 1 handful of pompoms into a snack size zipper-seal bag and distribute 1 bag of pompoms to each learner.
- Order foam hand stickers. Put 4 hand stickers into a snack size zipper-seal bag and distribute 1 bag of hand stickers to each learner.
- Order Star of David stickers. But the sticker sheets into strips and distribute 1 strip of stickers to each learner.
- Order a set of washable markers (preferably thin) and distribute 3 different colored markers to each learner (markers were also used in *Sukkat Shalom* Week 2 and *Ometz Lev* Week 5, so you may not need to order more).
  - Optional – You may request families reuse their markers from the previous module instead of distributing 3 more.

#### Week 4

- QR code card, printed on cardstock, leading to the explanation video for children
- “Random Act of Hesed” label, printed on regular paper (see Prep Instructions)
- 1 wooden heart (possibly with twine or string)
- 1 craft bond glue pen
- 1 paint brush, thin
- 1 strip of acrylic paint (6 pots- see Prep Instructions)
- 2 zipper-seal bags (1 snack size, 1 sandwich size)
  - 1 sandwich size for the acrylic paint
  - 1 snack size for the craft bond glue stick

#### Prep Instructions:

- Find **H QR W4 RESOURCE SHEET 63** on page 21 and print onto cardstock. Cut the sheet into the 4 individual QR Code cards. Distribute 1 individual QR Code cards to each learner.
- Find **H RANDOM ACT LABEL RESOURCE SHEET 64** on page 22 and print onto regular paper. Cut the sheet into the individual labels and distribute 1 label to each learner.
- Order wooden hearts (possibly with twine or string). Distribute 1 heart to each learner. (If it comes with twine or string, distribute 1 piece of the twine/string to each learner, as well).
- Order a set of craft bond glue pens. Place 1 craft bond glue pen into a snack size zipper-seal bag and distribute 1 bag to each learner (also used in *G'vurah* Week 5 and Hesed Week 3, so you may not need to order more).
  - Optional – You may request families reuse their craft bond glue stick from a previous module instead of distributing another one.
- Order a set of thin paint brushes and distribute 1 thin paint brush to each learner (also used in *G'vurah* Week 2, so you may not need to order more).
  - Optional – You may request families reuse their paint brush from a previous module instead of distributing another one.
- Order acrylic paint sets (also used in *G'vurah* Week 2, so you may not need to order more).
  - For sets that are already in small pots, place 1 string of 6 different colors into a sandwich size zipper-seal bag. Distribute 1 bag with 1 acrylic paint set to each learner.
  - For paint in larger bottles: Order empty paint pot set. Fill 1 string of 6 paint pots – 6 different colors into the 6 paint pots on a string and seal the paint pots tightly. Place newly created acrylic paint set into a sandwich size zipper-seal bag and distribute 1 bag with 1 acrylic paint set to each learner.
  - Optional – You may request families reuse their acrylic paint set from a previous module instead of distributing another set of 6 paint pots.

## Week 5

- QR code card, printed on cardstock, leading to the explanation video for children
- 1 pegboard label (see Prep Instructions)
- 1 Set of Pegboard Cards, printed on cardstock (see Prep Instructions)
  - Activity Cards
  - Timing Cards
  - "I did it!" Cards
  - Blank Cards
- 1 pegboard – approx. 12"x12" (see Prep Instructions)
- 3 pegboard hooks
- 2 small pegboard containers
- 1 craft bond glue stick
- 3 zipper-seal bags (2 snack size and 1 sandwich size)
  - 1 sandwich size for the cards
  - 1 snack size for the hooks
  - 1 snack size for the craft bond glue stick

### Prep Instructions:

- Find **H QR W5 RESOURCE SHEET 65** on page 23 and print onto cardstock. Cut the sheet into the 4 individual QR Code cards. Distribute 1 of these individual QR Code cards to each learner.
- Find **H BOARD LABEL/DIRECTIONS RESOURCE SHEET 66** on page 24 and print onto cardstock. Distribute 1 pegboard label with the directions to each learner.
  - Optional: You may wish to pre-cut the label. If you choose to cut the label, be sure to distribute both the label and the directions to each learner.
- Find **H BOARD CARDS RESOURCE SHEET 67** on pages 25-31 and print onto cardstock. Cut the individual cards (Activity Cards, Timing Cards, "I did it!" Cards and Blank Cards) and hole punch the top center of each card. Put the hole-punched cards into a sandwich size zipper-seal bag and distribute 1 bag of cards to each learner.
- Order pegboard. If necessary, cut a larger piece into approx. 12" x 12" sections. Distribute 1 section of pegboard to each learner.
- Order pegboard hooks. Put 3 hooks into a snack size zipper-seal bag and distribute 1 bag of hooks to each learner.
- Order small pegboard containers. Distribute 2 small pegboard containers to each learner.
- Order a set of craft bond glue pens. Place 1 craft bond glue pen into a snack size zipper-seal bag and distribute 1 bag to each learner (also used in *G'vurah* Week 5 and *Hesed* Week 3 and Week 4, so you may not need to order more).
  - Optional – You may request families reuse their craft bond glue stick from a previous project instead of distributing another one.

Item	Total Number per Learner	Week Number	Amount per Week per Learner (if more than 1 week)
Small drawstring storage bag Such as: <a href="https://tinyurl.com/y2fevzze">https://tinyurl.com/y2fevzze</a>	1	1	
Small Safety Pin (or other way to attach the tag to the bag) Such as: <a href="https://tinyurl.com/y2jaggvz">https://tinyurl.com/y2jaggvz</a>	1	1	
Self-inking stamp Such as: <a href="https://tinyurl.com/y3yu36v6">https://tinyurl.com/y3yu36v6</a>	1	2	
Small container (preferably clear) Such as: <a href="https://tinyurl.com/y3qajhbq">https://tinyurl.com/y3qajhbq</a> OR Use a jar, Such as those from <i>Ometz Lev</i> Week 5: These 16oz jars: <a href="https://tinyurl.com/y2x2sax6">https://tinyurl.com/y2x2sax6</a> These 12oz jars: <a href="https://tinyurl.com/yy69m49t">https://tinyurl.com/yy69m49t</a> These 8oz jars: <a href="https://tinyurl.com/y3l2gak8">https://tinyurl.com/y3l2gak8</a>	1	3	
Mini pompoms for decorating Such as: <a href="https://tinyurl.com/yymcsgan">https://tinyurl.com/yymcsgan</a>	A handful	3	
Foam hand stickers Such as: <a href="https://tinyurl.com/y3ylnxjd">https://tinyurl.com/y3ylnxjd</a>	4 stickers	3	
Star of David Stickers Such as: <a href="https://tinyurl.com/y5mrrq5x">https://tinyurl.com/y5mrrq5x</a>	A few (a strip of the example stickers)	3	
Wooden Heart (possibly with string or twine) Such as: <a href="https://tinyurl.com/yynac4m8">https://tinyurl.com/yynac4m8</a>	1	4	
Pegboard – Approx. 12"x12" Such as: <a href="https://tinyurl.com/yxd29zrb">https://tinyurl.com/yxd29zrb</a> (this example would need to be cut to size)	1 board	5	
Pegboard hooks Such as: <a href="https://tinyurl.com/y4vaw7p3">https://tinyurl.com/y4vaw7p3</a>	3 hooks	5	

Pegboard containers Such as: <a href="https://tinyurl.com/y2qpxuk9">https://tinyurl.com/y2qpxuk9</a>	1-2 containers	5	
Acrylic Paint (same as <i>G'vurah</i> ) Such as: <a href="https://tinyurl.com/y4klhsuo">https://tinyurl.com/y4klhsuo</a> (divide it between students) OR Bottles of Acrylic Paint, such as: <a href="https://tinyurl.com/yyd5pqwa">https://tinyurl.com/yyd5pqwa</a> then divided into empty paint pot strips, such as: <a href="https://tinyurl.com/yytnpb6h">https://tinyurl.com/yytnpb6h</a>	1 string of 6 small pots	4	
Paint brush, thin Such as (same as <i>G'vurah</i> ): <a href="https://tinyurl.com/y6tsfmrh">https://tinyurl.com/y6tsfmrh</a>	1 brush	4	
Craft bond glue pen Such as (same as <i>G'vurah</i> ): <a href="https://tinyurl.com/y56ad572">https://tinyurl.com/y56ad572</a>	1 glue pen	4	
ChromaLabel brand 1 ¼" Round Printable Labels (same as <i>Ometz Lev</i> ) These can be found here: <a href="https://tinyurl.com/y6gt9rwp">https://tinyurl.com/y6gt9rwp</a>	8 stickers	1	
Washable Markers Such as (same as <i>Sukkat Shalom</i> and <i>Ometz Lev</i> ): <a href="https://tinyurl.com/y27rdgd2">https://tinyurl.com/y27rdgd2</a>	3 colors	3	
Sequins	A handful	3	
Liquid School Glue (also used in <i>G'vurah</i> )	1 bottle	3	
Zipper-seal Bags Snack Size Sandwich Size	9 bags total 6 3	1, 3-5	Week 1: 1 bag  Week 3: 3 bags Week 4: 2 bags Week 5: 3 bags
Cardstock	8.5 sheets	1-5	Week 1: 2 ½ sheets Week 2: 1 ¼ sheets Week 3: ¼ sheets Week 4: ¼ sheet Week 5: 4 ¼ sheets
Copy Paper	4.5 sheets	3-5	Week 3: 3 ¼ sheets Week 4: ¼ sheet Week 5: 1 sheet

# Hesed

Place 1 label on the box/bag/kit.

Place 1 label on the box/bag/kit.

חסד



hesed

loving kindness

חסד



hesed

loving kindness

חסד



hesed

loving kindness

חסד



hesed

loving kindness

Place 1 label on the box/bag/kit.

Place 1 label on the box/bag/kit.

Label for the box/bag



# H W1 QR CODE



# Hesed

Hesed Cards- print on cardstock

Each person  
will need one bag tag.

Tag: Hesed Cards



Each person  
will need one bag tag.

Tag: Hesed Cards



Each person  
will need one bag tag.

Tag: Hesed Cards



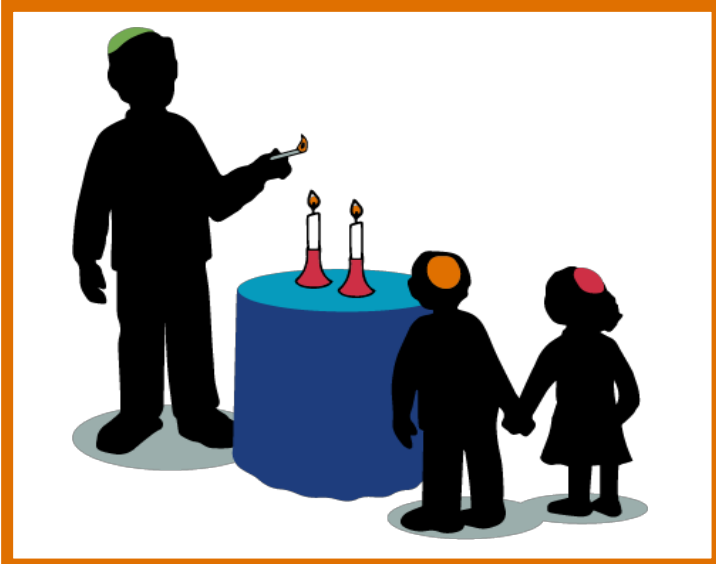
Each person  
will need one bag tag.

Tag: Hesed



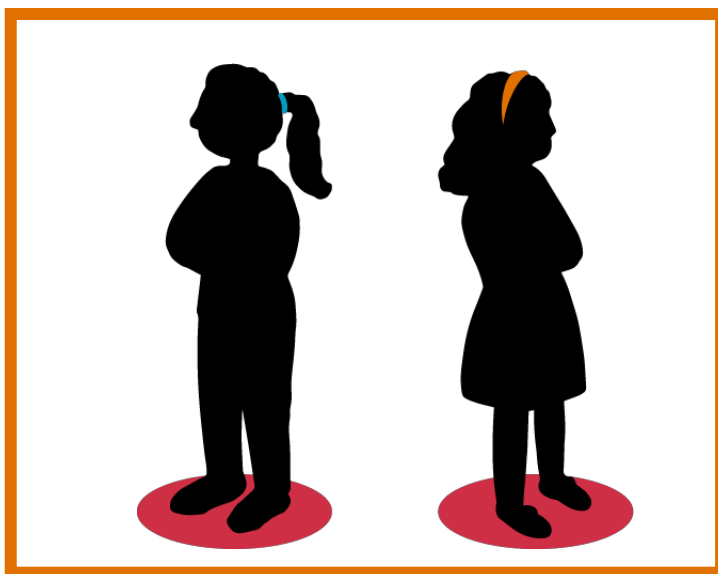
# Hesed

Hesed cards - print 2 copies on cardstock.



# Hesed

Hesed cards- print 2 copies on cardstock.



Each person will need  
one direction card.

Hesed Cards directions

## Hesed Cards



Directions:

1. Cut out 8 picture cards, the 4 *ken* (green) cards and the 4 *lo* red cards.
2. Look at each picture card. Is the picture hesed or not hesed?
3. Put the matching color card next to the picture card. Tell someone why you made these choices.

Optional:

1. Cut out the second set of 8 picture cards.
2. Lay all 24 cards face down in front of you.
3. Pick 3 cards. If all 3 match (2 picture cards and its matching color card), keep the three cards. If they don't match, place the cards face down in front of you.
4. Keep playing until all the cards are matched. HAVE FUN!

Each person will need  
one direction card.

Hesed Cards directions

## Hesed Cards



Directions:

1. Cut out 8 picture cards, the 4 *ken* (green) cards and the 4 *lo* red cards.
2. Look at each picture card. Is the picture hesed or not hesed?
3. Put the matching color card next to the picture card. Tell someone why you made these choices.

Optional:

1. Cut out the second set of 8 picture cards.
2. Lay all 24 cards face down in front of you.
3. Pick 3 cards. If all 3 match (2 picture cards and its matching color card), keep the three cards. If they don't match, place the cards face down in front of you.
4. Keep playing until all the cards are matched. HAVE FUN!

# Hesed

Hesed Cards- print 1 copy on cardstock



# Hesed

Hesed Cards - print 1 copy on cardstock

The image displays four identical cards arranged in a 2x2 grid. Each card has a red background and a white border. At the top center of each card is the Hebrew word 'לא' (Lay) in white. Below the word, the text 'this is not hesed!' is written in white, with the letter 'e' in 'hesed' underlined. In the bottom left corner of each card, there is a small white illustration of a group of people (two adults and two children) standing around a large, colorful geometric shape composed of triangles in shades of blue, green, and yellow.

# H W2 QR CODE



# BINGO: Can You Find Hesed?

Can you get a hesed bingo - four in a row?  
Use the stamper to mark what you've seen! Put 2 stamps if you did it!

## THIS WEEK, HAVE YOU SEEN SOMEONE...

care for their pet?



help a younger person or an older person?



wear a mask in public?



give a compliment?



give a hug to a family member?



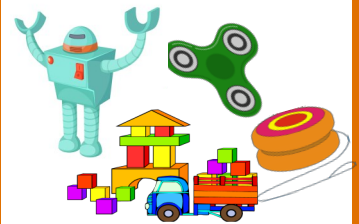
put money in the tz'dakah box?



send a Shabbat meal or hallah to someone?



share a special toy?



(add your own to this board)

recycle?



help someone who isn't feeling well?



give an unexpected gift?



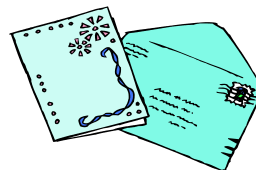
bake a treat for someone?



help bring in the groceries?



send a card or email to someone?



create sidewalk art to say thank you?





# TIC-TAC-TOE: Can You Find Hesed?

Where will you be this week? Can you find hesed?  
Mark it on your tic-tac-toe board!

## THIS WEEK, CAN YOU FIND HESED...

at the playground?



with a friend?



on an online call?



What did you see?

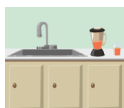
What did you see?

What did you see?

at a relative's home?



in the kitchen?



in the car?



What did you see?

What did you see?

What did you see?

in your home?



on your street?



at school?



What did you see?

What did you see?

What did you see?

# H W3 QR CODE



# Hesed

label



label



label



label



label







label







# Hesed

Fill out this card and put it in your bucket.

	Who did you see? _____
	What did you see? _____
	Where did you see it? _____
	When did you see it? _____

# Hesed

Fill out this card and put it in your bucket.

	Who did you see? _____
	What did you see? _____
	Where did you see it? _____
	When did you see it? _____

# H W4 QR CODE



# Hesed

You decorated it. Now you can pass it on!



Hesed gift label

Please   
enjoy this  
random act  
of hesed and  
pass it on!

Hesed gift label

Please   
enjoy this  
random act  
of hesed and  
pass it on!

Hesed gift label

Please   
enjoy this  
random act  
of hesed and  
pass it on!

Hesed gift label

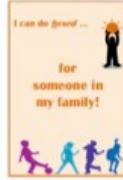
Please   
enjoy this  
random act  
of hesed and  
pass it on!

# H W5 QR CODE



# Hesed

Now it's your turn to choose a hesed project.



What will you do?



How long will it take to do this hesed project?

Draw a picture or write a few words to tell about it.



Your pegboard might look like this.



Cut out this title for your pegboard.

**It's great to do hesed !**

I can do hesed with my  , my  ,  
and my  and my  .





# Hesed

I can do hesed ...



for  
someone in  
my family!



You can do hesed with your feet, with your hands, with your head, and with your heart.

What hesed will you do?

Cut out these cards.  
Pick a card or make your own card. Put it on your pegboard.

I can do hesed ...



for my pet  
or someone  
else's pet!



I can do hesed by...



taking  
care of  
the earth!



# Hesed

I can do hesed by...



**calling  
someone  
who needs  
cheering up!**



I can do hesed ...



**for**

---

(who will it be?)



I can do hesed by...



**helping  
someone  
I don't know!**



I can do hesed ...





**for  
a friend!**





# Hesed



I can do hesed by...



I can do hesed ...



I can do hesed by...



I can do hesed ...



# Hesed

How long do you think it will take to do this hesed project?

Cut out these cards.

Pick a card or make your own card.

Put it on your pegboard.

This hesed project  
will take...



This hesed project  
will take...



This hesed project  
will take...



This hesed project  
will take...



# Hesed

This hesed project  
will take...



This hesed project  
will take...



This hesed project  
will take...



This hesed project  
will take...



# Hesed

**I did it!**  
**This is what I did!**



You did it!

Draw or write what you did and hang it on your pegboard.

**I did it!**  
**This is what I did!**



**I did it!**  
**This is what I did!**



# Hesed

**I did it!**  
**This is what I did!**



**I did it!**  
**This is what I did!**



**I did it!**  
**This is what I did!**



**I did it!**  
**This is what I did!**

