חֶסֶד

HESED

Challenge #1
DISCOVER

Collect FAMILY STORIES of _hesed_

- THINK about family stories you already know
- ASK your family to share stories
- LOOK through family photos to find acts of _hesed_ caught on camera

Create your _HESED_ TREE

1 **Make a Tree:**
- **3D** Option: use found or recycled materials to create a tree (like plastic, foam or cardboard)
- **2D** Option: draw the outline of a big tree on paper

2 **Your Leaves:**
- On the leaves, write words that remind you of each story from your family.
    - _Who did the act of hesed? What did they do? Who did they help? What inspired them?_

3 **Your Roots & Trunk:**
- Gather some family members to consider the stories on the leaves.
    - _What acts of hesed are most important to your family? Do you see patterns? Are there acts of hesed you might want to try out together?_
- Share the answers on the trunk of the tree.

Share a photo to Flipgrid, and then be sure to save your _hesed_ tree for the upcoming challenges!

Flipgrid

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HESED
Challenge #2
WONDER

**How can we be inspired by acts of _hesed_
from Jewish tradition?
What acts of _hesed_ do we see around us today?**

**Get creative in making a 2D or 3D landscape,
surrounding your _hesed_ tree with the following:**

CLOUDS that show your dreams and hopes for a world of _hesed_.
What acts of hesed do you dream of?

PLANTS & FLOWERS that show what others are already doing in your community.
What acts of _hesed_ are planted around you?

THE SUN with light that shines on the world with _hesed_.
How is the world made brighter with _hesed_?

Then, post a photo of your landscape on Flipgrid. Flipgrid

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Challenge #3
EXPLORE

WHERE and WHEN is _hesed_ needed in your community?

CARE FOR THE SICK

LIFT UP THE FALLEN

FREE THOSE NOT FREE

① **Pick an area of need** you want to learn more about.
- Watch the 3 videos for one area of need (links on page 2). These videos will introduce you to people doing acts of _hesed_ around the world.

② **Start growing a world of _hesed!_**
- Use the example on page 3 to make a "seed packet" for the area of need you chose.
- Name the "_hesed_ plant" you want to grow and draw a picture of it.
- Fold the paper into a seed packet. Tape or staple the sides but not the top.
- Think about what you saw in the videos. On the back of the packet, make a list of the needs people have that match the area of need you chose.
- On a separate piece of paper, start making a list of solutions – of ways to take care of people's needs. Put this paper into your packet.
- Save your seed packet for next week!

Then, share a photo of your seed packet to Flipgrid.

Flipgrid

CARE FOR THE SICK

***Bikur Cholim* (Visiting the Sick)** is an important Jewish tradition we all can do, even if it is challenging or scary.
https://tinyurl.com/yxng2lg2

Chai Lifeline provides joy and hope to children who are sick, and their families.
https://tinyurl.com/y3kayena

Hadassah Medical Clowns is a group of clowns who help make children's medical care more comfortable and fun at hospitals around Israel.
https://tinyurl.com/yxmsw8ac
[STOP AT 1:48]

LIFT UP THE FALLEN

JDC (Joint Distribution Committee) helps support Jewish communities and those in need all around the world.
https://tinyurl.com/y58gl7vo

Birthday Wishes provides a birthday party for kids who otherwise would not have what they need to celebrate.
https://tinyurl.com/y47wol5j
[STOP AT 1:58]

Therapeutic Horseback Riding helps children with various disabilities to learn, grow and have fun!
https://tinyurl.com/y3yrvaua

FREE THOSE NOT FREE
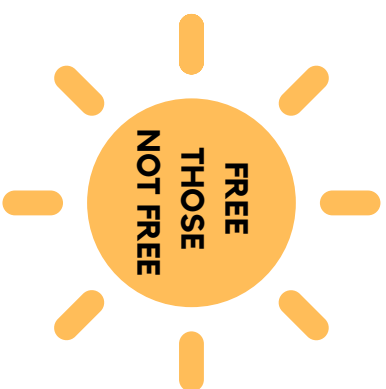
HIAS works to support refugees, people who come to our country in search of safety and a new home.
https://tinyurl.com/y3nxhr55

The RAC (Religious Action Center) of Reform Judaism fights for the rights and freedoms of all people in our society, inspired by Jewish values.
https://tinyurl.com/y2nmapbj

A Jewish family opened their home to host Faraj, a 21-year-old refugee from Syria. They helped him be able to live freely and happily.
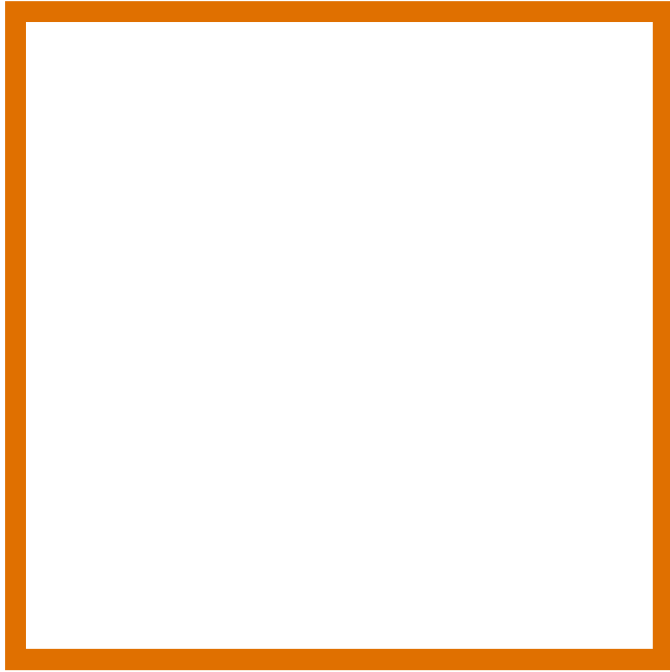https://tinyurl.com/yxocj4g5

GROW A WORLD OF HESED

Name of your _Hesed_ Plant

Draw your _Hesed_ Plant.
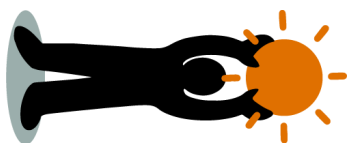
④ ③ ② ①

NEEDS:

When trying to grow this plant, remember that people with this challenge need...
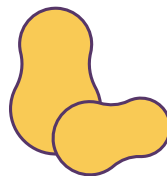
חֶסֶד

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Challenge #4
DESIGN

1 **Remember:** Look back at your list of "Needs" on your seed packet. Pull out any notes you made about solutions or steps, and brainstorm even more.

2 **Make your Seeds:** Use page 2 to create your seeds (your solutions to the needs). Your seeds will help grow a world of _hesed_!
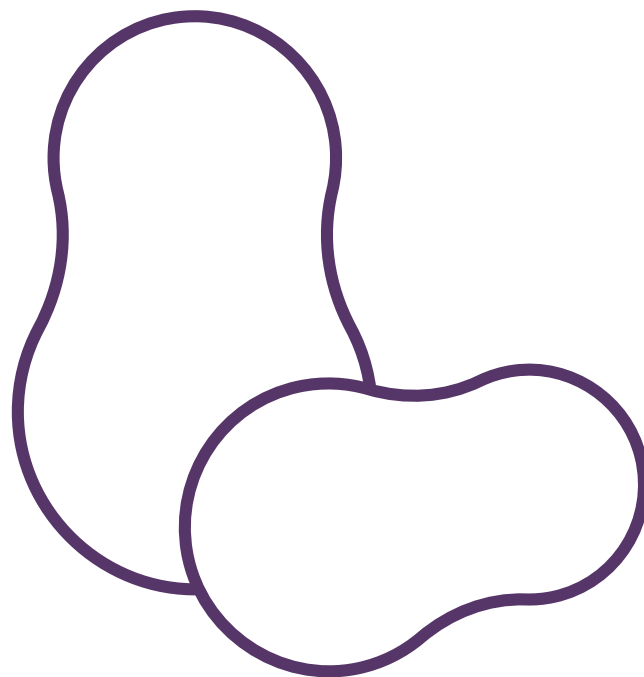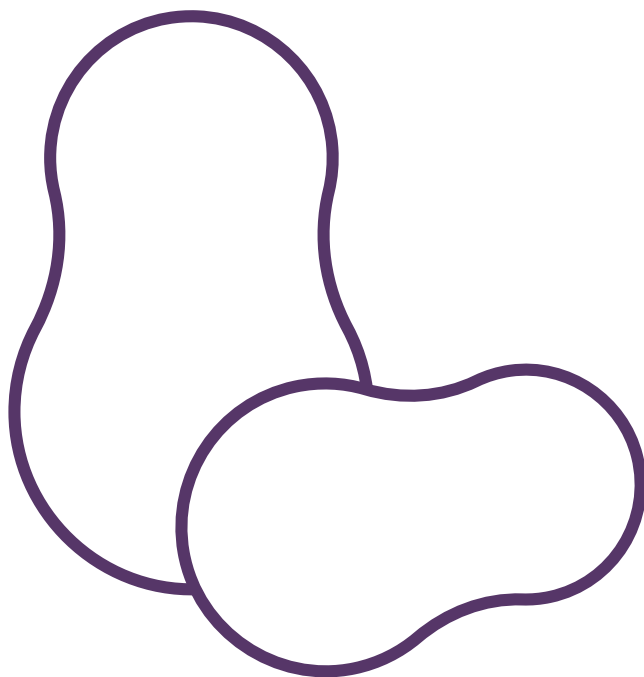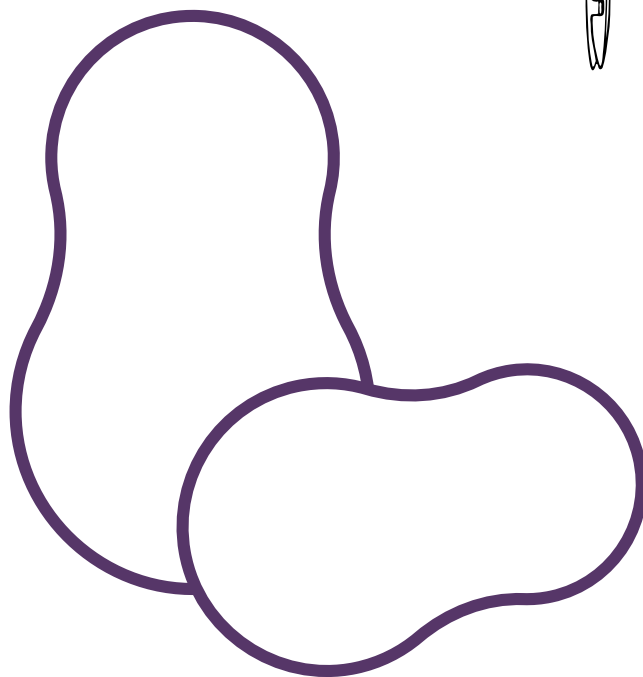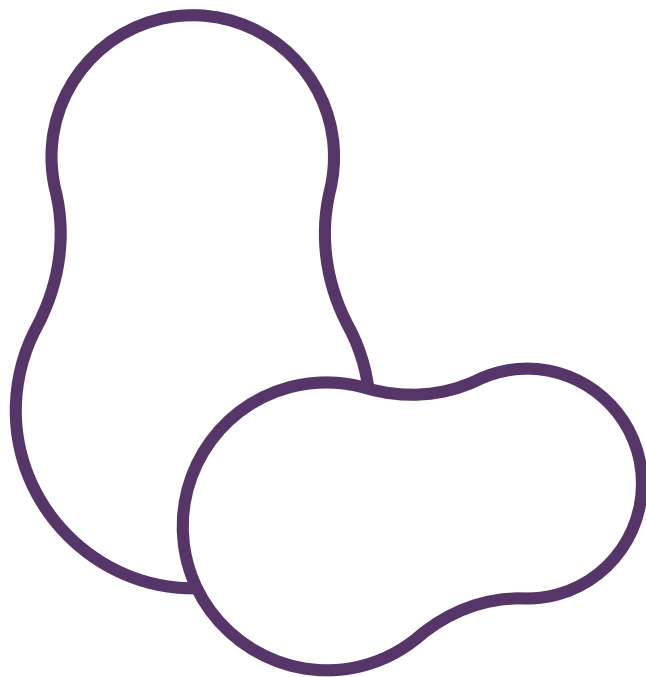
3 **Share a photo of your seeds to Flipgrid.**

Flipgrid

Think about solutions to your area of need, and what steps are needed to take action.
On each seed, write possible solutions to help grow a world of _hesed_. Cut them out.
[If you can't print, use this as an example to make your own seeds.]
For example: "I can send a card to a sick friend." or "I could participate in a march."

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Challenge #5
ACT

Make a "Grower's Guide to _Hesed_" Video

Record a "Grower's Guide" video! Show off your seed packet and seeds to explain how your viewers could grow a world of _hesed_. Be sure to explain the area of need and the possible steps and solutions.

Inspire others to grow _hesed_! End your video by completing these sentence stems:

_**I will** grow a world of _hesed_ by
_____

_**Together, we can** grow a world of _hesed_ by
_____

Share your video on FlipGrid to inspire others.