



TOP

HESSED

Challenge #3 EXPLORE

WHERE and WHEN is hesed needed in your community?



- 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.





Bikur Cholim (Visiting the Sick) is an important Jewish tradition we all can do, even if it is challenging or scary.

<https://tinyurl.com/yxnng2lg2>



Chai Lifeline provides joy and hope to children who are sick, and their families.

<https://tinyurl.com/y3kayema>



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>

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JDC (Joint Distribution Committee) helps support Jewish communities and those in need all around the world.

<https://tinyurl.com/y58g1Zvo>



Birthday Wishes provides a birthday party for kids who otherwise would not have what they need to celebrate.

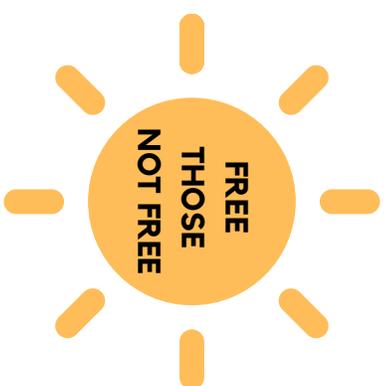
<https://tinyurl.com/y47w0l5j>

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Therapeutic Horseback Riding helps children with various disabilities to learn, grow and have fun!

<https://tinyurl.com/y3yvvaau>



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/y2nmappj>



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.

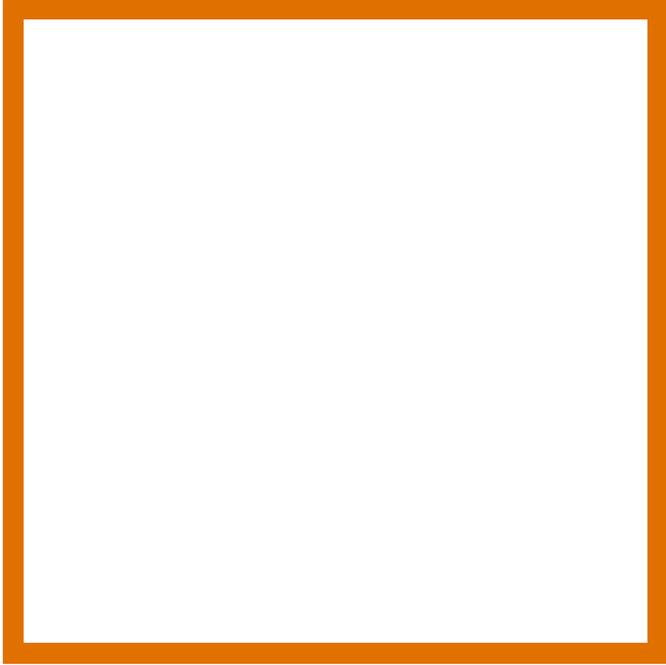
<https://tinyurl.com/yxocj4g5>



My Seed Packet

Name of your Hesed Plant

Draw your Hesed Plant.



**GROW A WORLD
OF HESED**



NEEDS:

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

1

2

3

4

