

THE REBBE'S BIRTHDAY

מאה עשרים ואחת שנה לכ"ק אדמו"ר נשיא דורנו

Full Name _____ Grade: _____ Parsha _____



TORAH

I ADDED A TOTAL OF TWO HOURS OF LEARNING TORAH
IN MY FREE TIME FOR THE REBBE

Write the amount of minutes you learned each day.
Write the week's total time in the bottom box.

Monday: _____ minutes.

Tuesday: _____ minutes.

Wednesday: _____ minutes.

Thursday: _____ minutes.

Friday: _____ minutes.

Shabbos: _____ minutes.

Sunday: _____ minutes.

MINUTE-TOTAL FOR THE WEEK:

_____ Minutes

AVODAH

DAVEN TH WEEKLY PARAGRAPH
WITH PIRUSH HAMILOS

Check off each day that you davened **BORUCH SHE'OMAR**
while understanding each word's translation.

Monday

Tuesday

Wednesday

Thursday

Friday

Shabbos

Sunday

TOTAL AMOUNT OF DAYS FOR THE WEEK:

_____ Days

GEMACH

I TOOK UPON MYSELF TO DO AN ACT OF CHESSED
EACH DAY OF THIS WEEK.

Write on the line below the act of Chesed
you will keep to this week. If each day was a different act of
Chesed, include them on the line of the appropriate day.

> _____

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Shabbos: _____

Sunday: _____

TOTAL AMOUNT OF DAYS FOR THE WEEK:

_____ Days



GEMACH

SUGGESTION LIST - ACTS OF CHESED

- ◆ Your own idea: _____
- ◆ Daily Tzedakah
- ◆ Help with the dishes
- ◆ Help clean & set up the Chabad House
- ◆ Help with Chabad House work
- ◆ Help take care of your younger children
- ◆ Help someone with their homework
- ◆ Being a listening ear to someone who is in pain
- ◆ Visit an old age home/hospital
- ◆ Help with shopping for groceries
- ◆ Learn with someone who needs help each day
- ◆ Be kinder to someone who you haven't been kind to recently
- ◆ Speak with clean language
- ◆ Always keep a clean room
- ◆ Keeping area you are in clean, even if you din;t make the mess.
- ◆ Help with preparing the family meals (i.e. set the table, bring the food to the table, clean the table, take out the garbage)
- ◆ Keep someone with no friends company; be a friend.
- ◆ Be a friend to someone who needs one (mean it!)
- ◆ Give of your time to someone in need
- ◆ Daven for someone in need (health, danger, etc.)
- ◆ Be patience with others
- ◆ Always say nice things to others and about others