

You Can Do a Mitzvah! Lesson Plan

Target grade level: Kindergarten/First Grade

Learning Objectives:	Students will learn about the Jewish value of mitzvah Students will review and brainstorm different types of mitzvot
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Story + Discussion: Moti the Mitzvah Mouse by Vivian Bonnie Newman (15 minutes)

- Objective: Students will learn about the Jewish value of mitzvah
- Discussion of **Moti the Mitzvah Mouse**
 - This book describes Moti doing lots of nice things. What are some of the nice things he's doing?
 - tza'ar ba'alei hayim, caring for animals
 - hashavat aveidah, returning lost objects to their owners
 - gives tzedakah (charity)
 - rests on Shabbat
 - Do these nice things seem to be hard for Moti?
 - some of the good things you do – sometimes without even thinking -- are mitzvot
 - What good deeds do you do every day?
 - Have you ever done a secret good deed?
- **Discussion of mitzvah**
 - People often use the word mitzvah to mean “good deed.” In our community, we think of this as acts of kindness.
 - The Hebrew word mitzvah actually means “commandment.” In the Torah (the first five books of the Bible), there are 613 mitzvot (plural of mitzvah) – things God has commanded people to do.
 - The emphasis is on deeds—not on positive thoughts or wishes, but on conscious acts of empathy and kindness

Craft: You Can Do a Mitzvah! Chart (20 minutes)

- Objective: Students will review and brainstorm different types of mitzvot
- To make the You Can Do a Mitzvah! Chart, students will choose different mitzvot that speak to them and glue the mitzvah card to their **You Can Do A Mitzvah! Chart**. They can draw pictures to remind them of each mitzvah if they want. Students will also make their own colored star magnets to keep track of the mitzvot they perform each week.

Supplies:

- Book: **Moti the Mitzvah Mouse**
- You Can Do A Mitzvah! Chart printable + description cards
- Scissors
- Sticky magnets
- Star cut outs
- 1 ziplock bag/person