



MITZVAH DAY

Sunday 15 November 2020

SOCIAL DISTANCING IDEAS!

- **Arts and crafts** – make something crafty or make a picture to give away to someone so they know you're thinking of them. Other ideas could include paint pot plant, plant a plant, patchwork blankets, knitted items.
- **Clean Ups** – These could include a clean up of your kids rooms, your house, at a local park or the beach.
- **Collection** – Collecting new and pre-loved items for a charity: e.g. toys, books, cans/packets/boxes of food for distribution, clothes.
- **Cooking** – make some biscuits or a cake to give away to someone to make them happy. Or partner with a charity preparing meals as they require.
- **Flowers** – pick some spring flowers in your garden to give away.
- **Honour our Armed Forces** – Supporting Australian servicemen retired or serving overseas by write greeting cards with good wishes. Send to RSL, <https://vajexaustralia.org.au/> , <https://www.defence.gov.au/MessageToTroops/>
- **Honour our first responders, medical and health professionals** – write cards of gratitude and good wishes. Send to any hospital, Ambulance Service.
- **Hosting** – (if lockdown restrictions permits) Invite a guest to your house for lunch or tea. Your guest could be a grandparent, friend or neighbour.
- **Seasonal cheer** – collecting or making gifts for disadvantaged or hospitalised children. Gift wrap or put them in a decorated box. Deliver them to a charity or hospital to be given as a present over the festive season.
- **Social inclusion** – is about encouraging communities to reconnect and be inclusive of all cultures, age groups, nationalities, abilities and the disadvantaged. The lockdown restrictions have isolated many in our community and we encourage you to help another person feel valued and hopeful. A person feeling alone would value a phone call or even a visit to check on their well-being.
- **Sunshine to Seniors** – Bringing some cheer and sunshine into the lives of residents in residential care homes (Jewish and non-Jewish). How can we do so this year? Be a little creative. Contact a nursing home. Could you call an elder to have a chat? On Zoom/facetime - sing a song or play an instrument, do a craft activity with them or play a card game. Do a cooking demonstration while they watch.