Bikur Cholim
(Visiting the Sick)

Easy at-home Jewish learning from the ISJL

THE BIG IDEA: *Bikur Cholim* (Visiting the Sick)
Today, we will learn about *bikur cholim* (visiting the sick). Nobody likes to feel sick, but having "visitors" helps people feel better when they are under the weather. Even in a time of "social distancing," we can still find meaningful ways to make sure our loved ones feel remembered and checked-in on! Watch the video below to learn more.
https://www.bimbam.com/episode/visiting-the-sick/

STORY: *Bear Feels Sick*
Bear Feels Sick is a children's story book about helping friends feel better when they are sick. Click the link to watch and listen to the story.
https://www.youtube.com/watch?v=L26huJs7yq4

After listening to the story, use PJ Library to have a nuanced discussion on this book:
https://pjlibrary.org/beyond-books/pjblog/july-2019/teaching-children-the-mitzvah-of-bikur-cholim

TAKE-ACTION ACTIVITY: Video Chat with Loved Ones
Although we might not live close to all our family members, take some time out of your day and call some family (grandparents, aunts, uncles) and just check in on them and make them smile. This will help them feel better and might make you feel better, too! You could even share with them some of the Jewish values you've been learning about.

CRAFT: Make "Get Well" Cards
Make get-well cards with art supplies from around your house. Make a few of them and then you can send them to anyone who you know is sick or to folks you don't know at your local hospitals and nursing homes.