



The Art and Beauty of *Mitz'vot* **(Commandments)**

Easy at-home Jewish learning from the ISJL

THE BIG IDEA: What are *Mitz'vot* (Commandments)?

This great video explains what it means to perform a *mitz'vah* (commandment), and gives some examples of *mitz'vot* (commandments). It also discusses the origin of *mitz'vot* (commandments) and how many people continue the traditions today.

<https://www.youtube.com/watch?v=61O-sG2zsE>

STORY: *It's a... It's a... It's a Mitzvah*

The fun book *It's a... It's a ... It's a ... Mitzvah* by Elizabeth Suneby shows the joys of performing *mitz'vot* (commandments). The book focuses on the feelings one gets from performing acts of loving kindness and repairing the world.

<https://www.youtube.com/watch?v=wuzf08--VtE>

ART PROJECT: The *Mitz'vah* (Commandment) of Bringing Joy Through Art

Try practicing the *mitz'vah* (commandment) of *bal tashchit* (do not waste) by creating art from recycled materials! Using only things that have been recycled (and properly cleaned), build a sculpture. You can practice an extra *mitz'vah* (commandment) of bringing joy through art by displaying it in your window or yard to let others enjoy your art! If you need ideas or inspiration you can find some at the following link:

<https://kidssteamlab.com/recycled-art/>

ACTIVITY: A *Mitz'vah* (Commandment) Per Day

If you pick one *mitz'vah* (commandment) to do per day, it will keep you busy for a while! While they are not all doable from the comfort of your house, many of them are or can be adapted to work at home. A comprehensive list of different *mitz'vot* (commandments) that can be performed can be found at the following link:

<https://pjlibrary.org/getmedia/fc320aa0-5453-4053-adc8-9b8f13fd206b/Mitzvah-a-Day-Nov17.pdf>