

5. Using your Hands, Feet and Face for Tikkun Olam

Suitable for ages 8+

“One should use one’s face, hands and feet only to honor one’s creator” Tosefta Brachot, 4:1.

Materials:

Large piece of brown paper or oak tag, markers or crayons, paper and pencils

How it works:

- Make a list of 10 things that bother you.
- Rate the list from 1-10 from the things that bother you the most (1) to those that bother you the least (10)
- As a group draw a large circle on a very large piece of paper (brown paper or oak tag).
- On the inside of the circle, rite the topics everyone chose as the #1 thing that bothers them.
- Each participant draws a silhouette of their hand, their foot and a smiley face on the border of the paper.
- Each participant writes inside each of their silhouettes what can be used for the “fix” the problem that bothers them.
- For example, if they are upset that people throw their garbage on the floor-
 - they can use their hand to pick it up
 - they can use their feet to take it over to the garbage and throw it away
 - they can use their face and mouth to tell the person not to do it again.
- Go around the circle once everyone is done and share what you’ve learned. You can feel free to expand your list to include your shoulders, elbows, ears, nose, etc. for doing more Tikkun Olam work.

More suggestions for using your body to do Tikkun Olam work:

- Walk to the store and run an errand for someone.
- Decorate baskets to donate to a soup kitchen.
- Bake something yummy and sell it and then donate the money to a cause that means something to you.
- Learn sign language and communicate with someone from the deaf community.
- Hug someone who’s sad.
- Use your face for clowning and go to a hospital and volunteer with a child or the elderly.
- Donate good makeup to a shelter and make a battered woman feel better about herself.

