

# Sfirat Haomer Hesed, Kindness and Connection Chart

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From the second day of Passover we count 49 days, known as the Sefirat Haomer, until the holiday of Shavuot when we mark receiving of the Torah and thank God for all the abundance in our lives. At this time of physical isolation, we need more than ever, spiritual connection and a commitment to care and kindness. We have created this Hesed chart as a way of adding acts of care, and moments of reflection and gratitude to this ancient practice.

We hope you will join us on this journey. #BTSfiraHesedChart

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
					<b>Day 1</b> April 10  Let someone know that you are proud of them	<b>Day 2</b> April 11  Share a nice story about something you are thankful for
<b>Day 3</b> April 12  Write a facebook post about a charity you love	<b>Day 4</b> April 13  Share a photo with an old friend	<b>Day 5</b> April 14  Send someone a thank you note	<b>Day 6</b> April 15  Read the Song of the Sea (Exodus 14 &15)	<b>Day 7</b> April 16  Take some time to remember and pay tribute to a deceased loved one	<b>Day 8</b> April 17  Do something to honour a health professional	<b>Day 9</b> April 18  Do something nice for someone else's children

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<b>Day 10</b> April 19  Write words of encouragement and place it on your window	<b>Day 11</b> April 20  Give someone a compliment that will make her or him smile	<b>Day 12</b> April 21  Honour a Holocaust survivor and light a candle in memory of a victim	<b>Day 13</b> April 22  Share a favourite recipe	<b>Day 14</b> April 23  Call someone you care about and haven't spoken to in a while	<b>Day 15</b> April 24  Call a former teacher and say thank you	<b>Day 16</b> April 25  Pray for healing for someone you are concerned about
<b>Day 17</b> April 26  Post a link to a song that makes you happy	<b>Day 18</b> April 27  Write down 5 things you love about yourself	<b>Day 19</b> April 28  Participate in a Yom Hazikaron ceremony and make a donation to an Israeli charity	<b>Day 20</b> April 29  Wear blue and white and check in on a friend in Israel	<b>Day 21</b> April 30  Learn something new and share your knowledge	<b>Day 22</b> May 1  Light candles with someone on Zoom	<b>Day 23</b> May 2  Share a joke with two friends
<b>Day 24</b> May 3  Check in on a neighbour	<b>Day 25</b> May 4  Go for a run or walk	<b>Day 26</b> May 5  Tell someone why you love them	<b>Day 27</b> May 6  Start an impromptu dance party with friends or colleagues	<b>Day 28</b> May 7  Give tzedaka/charity to a new organization	<b>Day 29</b> May 8  Eat something delicious	<b>Day 30</b> May 9  Make it possible for someone else to take a nap

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
<b>Day 31</b> May 10  Do something to honour mothers	<b>Day 32</b> May 11  Share a photo with an old friend	<b>Day 33</b> May 12  Have a BBQ	<b>Day 34</b> May 13  Read the Song of the Sea (Exodus 14 & 15)	<b>Day 35</b> May 14  Share an article with someone that will uplift them	<b>Day 36</b> May 15  Learn something new and share your knowledge	<b>Day 37</b> May 16  Do something nice for someone else's children
<b>Day 38</b> May 17  Write a facebook post about a charity you love	<b>Day 39</b> May 18  Give someone a compliment that will make her or him smile	<b>Day 40</b> May 19  Surprise someone	<b>Day 41</b> May 20  Share a favourite recipe	<b>Day 42</b> May 21  Call someone you care about and haven't spoken to in a while	<b>Day 43</b> May 22  Call a former teacher and say thank you	<b>Day 44</b> May 23  Pray for healing for someone you are concerned about
<b>Day 45</b> May 24  Facetime with a relative	<b>Day 46</b> May 25  Write down 5 things you love about yourself	<b>Day 47</b> May 26  Share an article with someone that will uplift them	<b>Day 48</b> May 27  Write words of encouragement and place it on your window	<b>Day 49</b> May 28  Shavuot begins in the evening- Read the 10 commandments		