

Competition of Kindness

Program Summary by Owen Rice

One program I would love to implement in NFTY-MAR would be a program called The Competition of Kindness. This program would focus on strengthening the community by encouraging people to make new friends, building stronger relationships, and reinforcing gemilut hasadim, which translates to random acts of kindness. In this program, people would be split up into teams, and the teams would all face off in a competition of epic proportions. This competition would be focused around doing good deeds in the community, and being kind to one another. Youth advisors would be stationed around the program space, with specific tasks to complete that emphasize acts of kindness and togetherness. Examples of these tasks could be giving compliments to each member of another team, writing a candygram to someone, learning five new things about someone you aren't close with, etc. The tasks will encourage participants to reach out to new people, and to do nice things for people they aren't close friends with. The advisors will keep track of the tasks you have completed, and your team will collectively work together to complete all the tasks that you can. After the program, the teams will meet together and discuss what acts of kindness they received, and what acts of kindness they gave to others. The group will then meet for a large discussion about how to incorporate more kindness into our community, and how to bring that back to your own community. Overall, this program will help participants meet new people, create stronger bonds, and teach lessons about how to bring random acts of kindness into your own life.