

# *Bikur Cholim*

*\*text for younger children\**

*Bikur cholim* means “visiting the sick.” The Torah tells us it is a mitzvah to visit and help the unwell people in our community.

Spend some time as a family discussing how each of you would fill in the blanks of the below “self portrait.” You can either talk about the answers all together, or have each person answer the prompts individually and then share them with each other.

When I’m not feeling well, what I want most is for someone to...

My worst injury or illness was...

What was most upsetting was...

Because...

When someone I care about is sick, if I can’t visit the person, what I like to do is...

I think the most important thing that a caring friend can do for someone who is unwell is...

Because...

After discussing the above prompts, share the following verse:

“A happy heart is a good medicine” (Proverbs 17:22)

You can use the following questions for further discussion:

1. How can this verse help you when you are unwell?
2. How can this verse help you when you visit someone else who is unwell?