



מדות

Middot - Jewish Values

The following is a list of Jewish values in Hebrew and English. Encourage your students to learn the words in Hebrew and their meanings. Then, supply them with these prompts:

- For each value, think of someone you know who demonstrates that value.
- For each value, develop an action plan of how you could demonstrate that value.
- Interview your parents. Which of these values do they hold as a core belief?
- Assign one value for each month. During each month, concentrate on practicing that value with your family.



מדות Jewish Values Chart

Acts of loving kindness	גְּמִילוּת חֶסֶדִים
And you shall teach your children	וְשִׁנַּנְתֶּם לְבָנֵיכֶם
Compassion	רַחֲמִים
Courage	אִמְץ לֵב
Do not be passive in the face of violence	לֹא תִעֲמֹד עַל דַּם רֵעֶךָ
Enhance the commandment	הַדּוּר מְצַנֵּה
Ethical treatment of animals	צַעַר בַּעֲלֵי חַיִּים
Forgiveness	סְלִיחָה
Friendship	חֲבֵרוּת
Generosity	נְדִיבוּת
Gratitude	הַפְּרַת הַטּוֹב
Happiness	שְׂמֵחָה
Honesty	יִשְׂר
Honor, Respect	כְּבוֹד
Hope	תִּקְוָה
Hospitality	הַכְּנַסַת אוֹרְחִים
In the image of God	בְּצֶלֶם אֱלֹהִים
Justice and Mercy	דִּין וְרַחֲמִים
Learning	תְּלִמוּד תּוֹרָה
Love of all God's creations	אַהֲבַת הַבְּרִיּוֹת
Love your neighbor as yourself	וְאַהֲבַת לְרֵעֶךָ כְּמוֹךָ
Not destroying	בַּל תִּשְׁחִית
Not gossiping	לִשּׁוֹן הַרַע
Peace	שָׁלוֹם
Peace in the home	שָׁלוֹם בַּיִת
Proper behavior	דְּרֹךְ אֶרֶץ
Redemption of captives	פְּדִיוֹן שְׁבוּיִים
Repairing the world	תְּקוּן עוֹלָם
Righteousness, Charity	צְדָקָה



Saving a life	פְּקוּחַ נַפְשׁ
Taking care of your body	שְׁמִירַת הַגּוּף
Tolerance	סוּבְּלָנוּת
Truthfulness	אֱמֶת
Uniqueness of every human being	אָדָם יְחִיד
Visiting the sick	בְּקוּרַת חוֹלִים