

One Perek Each

Eight activities

Activity 1: Remember the story

1. How does the original circle work, and what happens to it by week three?
2. What does Aidy mean by "enthusiasm is not a plan"?
3. List the three rules of the redesign.
4. What happens to the two girls who miss days in week six, and what does Blimi read on the grid?

Activity 2: Fact or guess

1. The blaze circle finished the sefer every day for three weeks. Fact / Guess
2. In the redesign, a missed day must be confessed to the class. Fact / Guess
3. The buddies are written on the grid and nowhere else. Fact / Guess
4. The tenth grade adds an improvement to Aidy's design. Fact / Guess

Activity 3: Think and write

1. "The sefer doesn't need us impressive. It needs us there." What is the difference, and why is it hard to accept?
2. "Sacrifice is what you do once. Practice is what you still do in week six." Give an example of each from your own life.
3. Why does the story never say the Tehillim caused the recovery? What would the story lose if it did?

Activity 4: Apply it - Laya's list

1. Laya's class wants to visit a lonely senior from shul every Shabbos. Week one, fifteen girls sign up. (a) Design the visiting the way Aidy would - size, ownership, backup, and what happens after a missed week. (b) A girl says, "One visit a month each is barely anything." Answer her in two or three sentences.
2. Why does the shame-free rule ("resumed, never confessed") matter? What does confession debt do to a circle?
3. Name one commitment in your own life that is sized for your Sunday self. What would the one-perek version be?

Activity 5: Scrambled words (from the story)

1. KEREP
2. FREES
3. DRIG
4. DUBDY

Activity 6: Word work

Match each word to its meaning from the story.

1. blaze
2. practice
3. resumed
4. grid

a. the chart of names, perakim, and buddies b. what you still do in week six c. a strong first start that cannot last d. started again without a speech

Activity 7: Word search

Find the eight words hidden in the grid. All words run left to right.

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T E H I L L I M F Y
P E R E K M N O R S
S E F E R I Q Z X J
G R I D F Y G H U P
B U D D Y S T C D E
D A I L Y J K V W B
C I R C L E L M N O
R E S U M E D I Q Z
X J K V W B F Y G H
U P L M N O R S T C

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The eight words: TEHILLIM, PEREK, SEFER, GRID, BUDDY, DAILY, CIRCLE, RESUMED.

Activity 8: Your turn - your one perek

Pick one commitment you have started and dropped more than once. Write five lines: redesign it the Aidy way - what is the version small enough to survive a Tuesday, what makes it owned, who or what is your buddy, and what is your rule for the day you miss?