

#10XSTRONGER

CHANGE YOUR LIFE

GUIDE TO THE STUDENTS

#10XSTRONGER 10-DAY CHALLENGE

1

I am the Lord
10X more in touch

2

No other gods
10X more fulfilled

3

No name in vain
10X more purposeful

4

Shabbat
10X more connected

5

Honor Parents
10X more grateful

6

Do not murder
10X more nurturing

7

No Adultery
10X more loyal

8

No theft
10X more honest

9

No false witness
10X more truthful

10

No covet
10X more joyful

THE #10XSTRONGER 10-DAY CHALLENGE
IS A JOINT PROJECT OF CHAI MITZVAH and ASERET

#10XSTRONGER

Welcome to the #10XSTRONGER 10-Day Challenge,
a joint project of Chai Mitzvah and Aseret, with special thanks to
Hannah Zusmanowitz for her contributions to the student's challenge.

By participating in the **#10XSTRONGER 10-Day Challenge**, you can begin to build your students' Jewish pride and confidence, connecting deeply to the wisdom of our tradition and the strength of our community in as little as 10 minutes each day. **While the #10XSTRONGER 10-Day Challenge can be done in just 10 minutes a day, this booklet contains additional activities and links to additional resources to deepen and enhance your experience.**

The 10 Commandments are master keys to unlocking our core values and how we can be **ten times stronger, united, positive, and more determined**. Astonishingly, the "10 Commandments" is an incorrect translation. The correct translation is the ten "statements." A *devar*, a statement, means something encompassing many details. For this reason we refer to the 10 Commandments as the *dibrot* (plural) דברות or when referring to a specific commandment, *diber* (singular).

Each day you will read a daily inspiration and be challenged to do a simple task. Finally, you'll have the opportunity to journal about your experience. You can invite families to participate in this challenge, and also connect with the larger Jewish community. Students can use the QR code (print version) or [link](#) (digital version) to record their progress.

The **#10XSTRONGER 10-Day Challenge** is designed to be flexible. You can explore the challenge 10 days in a row, once a week, twice a week, or however fits your schedule. It is a nice activity to do any time, connecting to values, peoplehood, and holidays – for example during the Omer, leading up to Shavuot. The inspirations and challenges can be shared with parents as family conversation prompts. Journaling can be done in any creative medium: writing, drawing, music, or dance. Journaling can be done individually or in groups. Journal responses can be private, shared, or even displayed on bulletin boards or online. Parents might enjoy learning more about the **#10XSTRONGER 10-Day Challenge** both from you, the teacher, and their children. For a rich, adult experience, [parents can learn more at this link](#).



DAY 1: DO NOT COVET

DIBER #10 • 10X MORE JOYFUL

INSPIRATION: The link in the *INSPIRATION* paragraph will take you to more information on [Rabbi Zusha](#) – Reb Zusha of Anipoli, the Chassidic dynasty in Hannopil, Ukraine. You can also encourage students to research and find out more about this famous Chassidic master.

CHALLENGE: A nice way to highlight the unique attributes of each learner is to divide them into groups comprised of students who display different strengths. The assignment should require different skills in order to be completed. Ideally, each student will experience a sense of accomplishment because of their unique talents.

JOURNAL: Students can complete this journal prompt in any medium they enjoy: writing, drawing, music, or one that they suggest.



DAY 2: FALSE WITNESS

DIBER #9 • 10X MORE TRUTHFUL

INSPIRATION: The link in the *INSPIRATION* paragraph will take you to an article on the [Talmud](#), for those who could benefit from more information.

CHALLENGE: Here is an easy and fun activity to demonstrate that you can change the world by changing your words. Each student takes a turn standing with their back to the chalkboard while the other students write a positive word or phrase about them on the board. When the group is finished writing, the student turns around and sees what was written. It will quickly become clear how positive an impact words can have.

JOURNAL: Encourage students to share their journaling, to highlight the power of communication.

HOW TO USE THIS BOOKLET:

**Strengthen your Jewish foundations
in just 10 days.**

- Each page of the booklet corresponds to one day of the #10XSTRONGER 10-day challenge.
- Use the QR code on each page to watch a short video.
- Then, each day, read the inspiration, do the guided task, and journal about your experience and thoughts.
- Invite your friends and family to join the challenge as well!
- *Record your progress*



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 **aseret**
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