



A Torah Text

Zoom into Birchat Hashachar for a lesson on gratitude.

Every morning, in Birchat Hashachar, our rabbis gave us a list of things to be thankful for. The goal of thanking Hashem for all these things is to induce a state of happiness (*Olam HaMiddot, Olam HaSimcha*). When we stop and contemplate all the good that we experience on a day-to-day basis but take for granted, we are filled with gratitude. If we stop and look at our lives, we will realize that our bodies function extremely well, we have food to eat, clothes to wear, and we are privileged to be born. When a person reflects on these things, he or she cannot help but feel happy. Without the designated time to profess these truths, we may otherwise ignore them and take them for granted. By focusing on them, we allow ourselves to fully appreciate the good in our lives.

An Activity

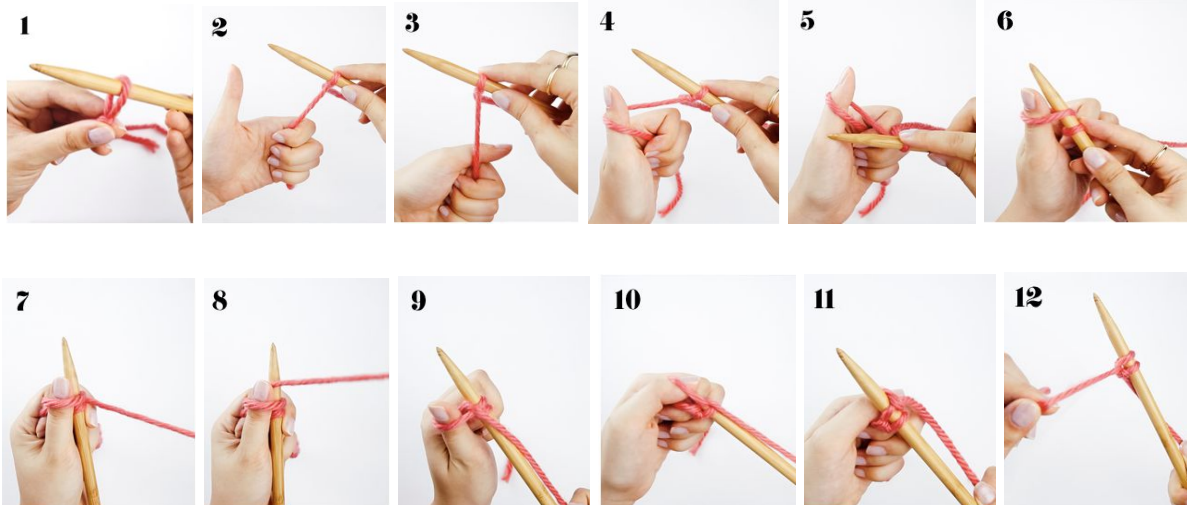
Knot your grandmother's knitting club.

What you'll need:

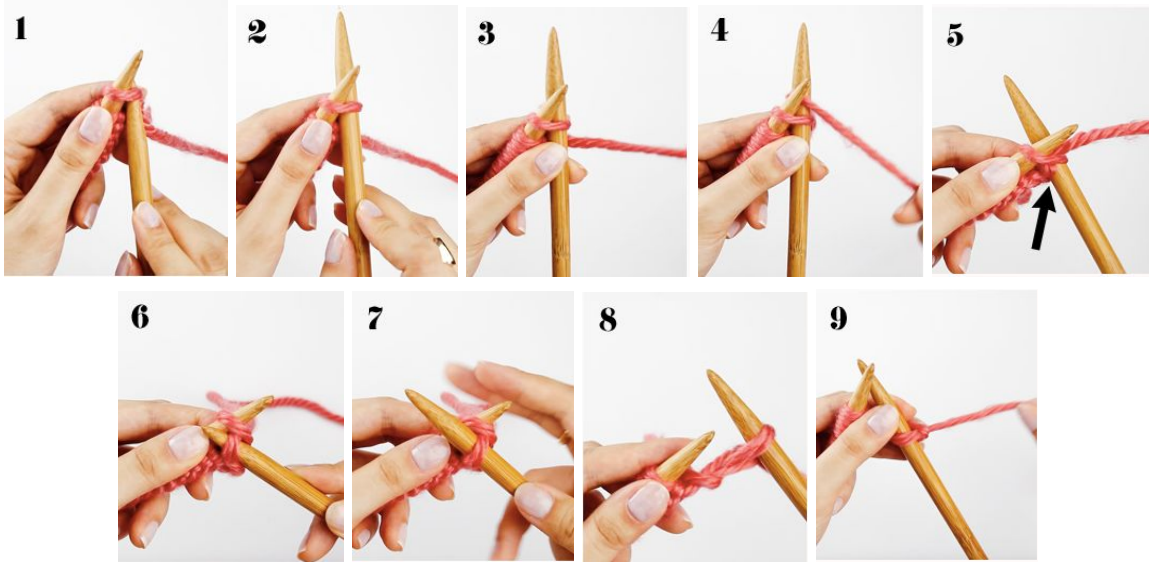
Yarn ([Available on Amazon](#))

Knitting needles ([Available on Amazon](#))

Step by step:



Repeat steps 1-12 until the needle is fully covered. Begin knitting:



Repeat steps 1-9 until the row is complete and then "switch row:"



Continue to complete rows and switch until you are finished.

A Recipe

Feeling kinda crumby lately? Comfort yourself with this chocolate chip cookie recipe.

Ingredients

2 C Flour
 1 tsp baking soda
 1 tsp baking powder
 ½ tsp sea salt
 1 C vegetable oil
 ¼ C sugar
 ¼ C brown sugar
 2 eggs
 2 tsp vanilla extract
 2 ½ C chocolate chips

Instructions

Preheat oven to 350 F
 Combine flour with baking soda, baking powder, and salt
 In a separate bowl, beat together oil and sugars. Beat in eggs one at a time, mixing well. Blend in vanilla
 Add flour mixture, beat well, and fold in chocolate chips
 Using a cookie scoop or spoon, separate mounds of dough on baking sheet
 Bake for 11 minutes and let cool