

The Elul Jar

A Simple Family Reflection Activity

Small questions. Big conversations.
A kinder, brighter New Year.

Good
Questions
Brighter
Tomorrows

How It Works:

- 1 Write or print the questions below and cut them into slips.
- 2 Put the slips in a jar or bowl.
- 3 Once a day — at dinner, before bed, or any quiet moment — let one person pick a question.
- 4 Take a few minutes to talk about it together.
- 5 There are no right or wrong answers. Just honest conversations.

A little
time each day
can make a big
difference!

Elul Jar Prompts

Cut these out and add them to your jar!



Something
I'm proud of
this year.



Someone
I want to
thank.



Something
I want to do
better.



A mistake
I learned
from.



Someone
I should say
sorry to.



One kind thing
I can do
tomorrow.



Something
I want to carry
into the
New Year.



Something
I want to
leave behind.



A person who
made my year
better.



Something
I'm hoping for
this year.

Kinder People
Stronger
Communities
Brighter Tomorrows

The Menschkins™

Understand it. Celebrate it. Pass it on.

Reflect

Grow

Be a Mensch