Becoming an Upstander

While the Museum is closed to the public, the JMM team has created family activity packets for you to enjoy in your own homes. Each collection of materials is inspired by our exhibits, Jewish History, and Jewish holidays.

All of the activities we share are designed for families to complete together and use supplies you probably have in your house.

For us, an Upstander is the opposite of a bystander. An Upstander is someone who sees a problem and works to solve it. They can see when something is wrong, and they stand up for what’s right. These types of people practice the Jewish value of Gemilut Chasadim, or גמילות חסדים in Hebrew, which means Loving Kindness. They help the sick, feed the poor, and complete other acts of service to help individuals in their community.

We know that the Holocaust can be a sensitive topic to teach to children, so we encourage you to use your best judgement when working on these activities with young ones.

Make sure to share photos of you enjoying our crafts and activities on our Facebook, Twitter, Instagram, or Tumblr pages and use #MuseumFromHome!
Yellow Star Butterflies

(left) Uncut patch to be worn by concentration camp evacuees, c. 1945. JMM 1963.51.2. (right) Armband used in Luxemburg, c. 1945. JMM 1963.51.1.

Inspired by Yom HaShoah, this activity takes a symbol with a complicated past (the yellow Star of David) and turns it into something beautiful and inspiring.

**Supplies needed:**

- Yellow paper
- Scissors
- Decorating/craft supplies – we encourage you to use recycled materials like pictures from magazines, leftover art supplies, veggie stamps, greeting card cut outs or whatever else you have around the house.

Consider taking a virtual tour of **Remember the Children: Daniel’s Story**, an exhibit created by the United States Holocaust Memorial Museum, that tells the story of one family’s experiences during the Holocaust from the point of view of a child named Daniel. Please note, this exhibit is recommended for children ages 8 and up.
Spread Neighborhood Cheer


In these challenging times we can all do our bit to help lift the spirits of those in our community. In this activity, create public art in your neighborhood!

Supplies needed:

- Sidewalk chalk
- Paint
- Craft Supplies

Follow along with a reading of One Good Deed, a children’s book about how a neighborhood is transformed by one good deed.
Donation Projects:

These next activities are projects created by Jewish Volunteer Connection (JVC) to meet the needs of organizations in the community. We encourage you to create a project to keep for yourself and one to donate later. While we wait for travel restrictions to lift, consider making a container to hold your donations. We recommend using a recycled shoebox, which you can also decorate to show how special the items inside it are.

Bookmarks for JVC Bookworms


This craft is great for everyone, why not make one to donate and one for yourself.

Supplies needed:

- Paper or cardstock, any kind or color
- Scissors
- Recycled decorations, such as tassels, collage paper, scrap art supplies, scrap vegetables for vegetable stamping, or any other supplies you have around the house.
Recycled Chew Toys

Making recycled chew toys at Mitzvah Day 2019.

We offered this activity at our annual Mitzvah Day, it was well received by everyone and allowed a great opportunity for some amazing creativity.

Supplies needed:

- T-shirt or other textile fabric
- Scissors
JVC could use your help with two other donation projects.

Project 1: Mailing Joy


You can write greeting cards to send well wishes to seniors living at Weinberg Village. Take an existing card or make your own out of paper and craft supplies and write a thoughtful message inside. You can write or draw about yourself and your favorite things to do, tell a joke or funny story, or simply let them know you are thinking about them.

Mail your completed card to this address:

7 Slade #808
Attn: Activity Director Gayle Newman
Pikesville, MD. 21208

Project 2: Make Some Noise

Assemble noisemaker craft kits for children who are living in shelters. Follow the instructions here or download a pdf.
Staying Safe

One of the main ways you and your family can be upstanders right now is by practicing social distancing measures.

This means staying inside and only going out to go on walks or go to places like the grocery store or pharmacy. When you do go out, it’s important to stay 6 feet away from other people and wear a mask.

The Center for Disease Control has an excellent tutorial on how to wear, clean, and make your own fabric facemasks here. You can also download a pdf.

Some other useful facemask tutorials include:

- Good Housekeeping – No Sew Homemade Face Masks
- Craft Passion – Face Mask Patterns
- New York Times – Pleated Face Mask Pattern
Yellow Star to Butterfly

Jewish communities and families choose different ways to observe and commemorate Yom Hashoah, or Holocaust Remembrance Day, but it can be difficult to teach young children the significance of this day and about the Holocaust itself. Instead, use this simple craft as an opportunity to talk to kids about treating others with loving kindness, and how to act like an Upstander. This activity changes a yellow Star of David, a symbol of the anti-Semitism that Jewish people experienced in Nazi Germany, into a yellow butterfly, a symbol of hope and of the children of the time.

What you will need:

- Yellow paper (any kind)
- Scissors
- Decorations or craft supplies

What to do:

- Cut the yellow paper into the shape of a Star of David (six points).
- Fold the star in half, to create a “butterfly” shape.
- Use decorations to change the star into a butterfly.

**Bonus Activity:** With older kids, consider reading the poem that inspired this activity, *The Butterfly* by Pavel Friedmann, found on the next page.
THE BUTTERFLY

PAVEL FRIEDMANN

THERESIENSTADT, 4 JUNE 1942

He was the last. Truly the last.
Such yellowness was bitter and blinding
Like the sun’s tear shattered on stone.
That was his true colour.
And how easily he climbed, and how high,
Certainly, climbing, he wanted
To kiss the last of my world.

I have been here seven weeks,
‘Ghettoized’.
Who loved me have found me,
Daisies call to me,
And the branches also of the white chestnut in the yard.
But I haven’t seen a butterfly here.
That last one was the last one.
There are no butterflies, here, in the ghetto.

To learn more about Holocaust Memorial Day and discover more poetry featuring a variety of experiences of the Holocaust, Nazi persecution and subsequent genocides please visit us online:
Demonstrate the Jewish value of Gemilut Chasadim (acts of loving kindness) for the people in your community. Create works of art on your sidewalk, house window, or front door, to spread cheer to your neighbors.

**Option 1**
- Grab some chalk and decorate your sidewalk. Think about how you want to express your positive message with words and images.

**Option 2**
- Decorate your front door or a window in your home with words and images of encouragement for the people who are still working in your community like mail and delivery carriers, healthcare workers, and grocery store employees. You can create your own signs, posters, and decorations that will uplift the important work that people in your community are doing.

**Bonus Challenge:** Make a poster as a gift for a neighbor to display and drop it off outside their home.
Bookmarks for JVC

Bookworms

Bookworms is an awesome JVC program where teams of volunteers go to elementary schools to read to different classes. Not only do they read to students, they also donate books to the classroom for the students to explore themselves! Unfortunately, Bookworms volunteers are unable to visit classrooms right now, but they’re gearing up for the next school year, excited to reconnect students with a love of reading. Help show these students loving kindness in the coming school year by making Bookworms bookmarks!

What you will need:

- Paper or cardstock, any kind or color
- Scissors
- Recycled decorations or craft supplies (such as tassels, scrap paper, stamps, buttons, and puzzle pieces)
What to do:

- Cut your paper into bookmark size (can be about 2” by 6”, but do whatever size you want!)
- Decorate the bookmark with any recycled decorations or craft supplies you have.

Bonus Challenge: Try creating a bookmark out of a cardboard container like a cereal box to be even more eco-friendly. Follow the same steps above to cut and decorate your bookmark.
Recycled Chew Toy

Being an Upstander includes our furry friends! Help bring cheer to animals in shelters by making chew toys out of t-shirts. Many animals in shelters are lonely and in need of some loving kindness.

What you will need:
- Old t-shirt or other recycled fabric
- Scissors

What to do:
- Starting at the bottom hem, cut 1 inch width strips horizontally across the whole shirt (it should cut out in a loop). Cut this loop in half.
- Continue cutting these strips until you reach the arm holes. Set the rest of the shirt aside and keep these strips.
- Take 3 strips and tie a knot at the top to connect them. Braid the strips. Cross the left strip over the middle, then the right strip over the middle. Continue to braid until you reach the bottom.
- Tie the loose ends in a knot.

Bonus Challenge: Instead of throwing away the remainder of your t-shirt, repurpose it! Here are 5 ideas of things you can make from t-shirt sleeves.
# Noisemaker Craft Kit

**Description:** Assemble craft kits for children who are living in shelters to make as a fun activity and to take their mind off of their current circumstances.

<table>
<thead>
<tr>
<th>Materials</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Gallon sized plastic bags (plus optional snack sized bags)</td>
<td>1. Place the following items into a gallon sized Ziploc bag:</td>
</tr>
<tr>
<td>• Paper Towel Roll</td>
<td>• 1 Paper Towel Roll</td>
</tr>
<tr>
<td>• Uncooked noodles or Beans</td>
<td>• 2 squares of printer paper</td>
</tr>
<tr>
<td>• Printer paper (can be colored) cut into squares that are larger than the hole of the paper towel role.</td>
<td>• 2 rubber bands</td>
</tr>
<tr>
<td>• Rubber Bands</td>
<td>• 1 snack sized bag of beans or noodles</td>
</tr>
<tr>
<td>• Stickers</td>
<td>• Bunch of stickers (still with paper on the back)</td>
</tr>
<tr>
<td>• Paper for cards</td>
<td>• 1 instruction page</td>
</tr>
<tr>
<td>• Markers/Crayons</td>
<td>2. Write and Decorate a card to be added to the craft kit. Messages could include:</td>
</tr>
<tr>
<td>• Instruction Insert</td>
<td>• “Have fun!”</td>
</tr>
<tr>
<td></td>
<td>• “I hope you enjoy this craft kit!”</td>
</tr>
<tr>
<td></td>
<td>• “Make lots of noise with this noisemaker”</td>
</tr>
</tbody>
</table>

**Why is this Needed?**

This noise maker is a source of play and enjoyment for children dealing with many different challenging circumstances.

Shelters have very limited arts and crafts supplies- this kit has everything a child would need to make a fun noisemaker.
Noise Makers

1. Cover one end of the paper towel tube with paper and close with a rubber band.
2. Pour the beans or rice into the tube.
3. Cover the open end of the tube with paper and closer with a rubber band.
4. Decorate the tube with stickers.
5. Shake and Enjoy!
How to Wear Cloth Face Coverings
Cloth face coverings should—
• fit snugly but comfortably against the side of the face
• be secured with ties or ear loops
• include multiple layers of fabric
• allow for breathing without restriction
• be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings
CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?
A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?
Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.
Sewn Cloth Face Covering

Materials

- Two 10”x6” rectangles of cotton fabric
- Two 6” pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Tutorial

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.

   ![Fabric rectangles](image1)

2. Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.

   ![Fold and stitch](image2)

3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.

   ![Elastic thread](image3)

4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

   ![Stitch and finalize](image4)
Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials
- T-shirt
- Scissors

Tutorial
1. Cut out 7–8 inches.
2. Cut tie strings 6–7 inches long.
3. Tie strings around neck, then over top of head.

Bandana Cloth Face Covering (no sew method)

Materials
- Bandana (or square cotton cloth approximately 20”x20”)
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial
1. Fold bandana in half.
2. Fold top down. Fold bottom up.
3. Place rubber bands or hair ties about 6 inches apart.
4. Fold side to the middle and tuck.
5.