**POWER GOLD CHALLENGE**

*This challenge needs to be done with a parent, other adult, classmates, or a group of others interested in taking on THE POWER!*  
YOUR TASK:  Be God's partner in the world and help someone else with YOUR power and loving kindness.  To earn the badge you must

* choose to use your power to EITHER help someone who has fallen, to help heal the sick, or free someone who is "captive"
* be helpful three times
* spend at least two hours EACH of the times using yourגְבוּרוֹת power (or be helpful six times, spending an hour each)
* say a very, very short version of the גְבוּרוֹת blessing before you are helpful each time

No, this is not an easy challenge, but you CAN do it!  You can be God's partner in the world!  As we say in the blessing: אַתָּה גִבּוֹר (*atah gibor*) - YOU are powerful!

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| **STEP ONE: Decide how you want to be powerful.**  The גְבוּרוֹת blessing talks about God’s power.  Before you continue, make sure you watch the Gonna Stand Up גְבוּרוֹת video <http://www.imgonnastandup.org/power-challenge.html>  Then, look at the chart on the next page.  It will help you figure out how you can be powerful like God to   * help someone who has fallen OR * someone who is sick OR * someone who is “captive”   You will be choosing ONE of these areas, not all three.  And you’ll choose ONE project, perhaps something from the list  OR something that YOU think of on your own. | | | **C:\Users\moskowns\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B378CM80\MP900424429[1].jpg** |
| **You might be a סוֹמֵךְ נוֹפְלִים**  (*Someh noflim;* supporter of the fallen)  How might you help someone who has fallen? Consider **those who may really have fallen** and need help getting around on crutches, or someone who may have **fallen down on her luck** (perhaps a homeless person), or someone who **may be feeling sad and lonely**.  You might:   * + Plan and lead an arts activity at a Senior Center   + Tutor or read to a child who has fallen below grade level   + Plan and run a drive for donated goods that would help homeless people living at a shelter or other organization (call to find out what they need)   + Create and distribute Homeless Care Packages.   The ideas above are just examples. Choose a project that YOU want to do. | **You might be a רוֹפֵא חוֹלִים**  (*Rofeh holim*; healer of the sick)  How could you help heal the sick?  You might:   * + Volunteer to cook dinner or lead an activity at a local Ronald McDonald House.   + Educate children to eat more healthily or work in a community garden that donates food.   + Create “get well” or “thinking of you” cards (check out CardCareConnection.com for one way to do this)   + Participate in a walk-a-thon or fun-run that earns money for people with cancer or other diseases.   + Create a Locks of Love campaign at your school and encourage others to grow their hair and then donate it.   + Make a daily call after school to a classmate who is sick and not able to come to school for an extended period of time.   The ideas above are just examples. Choose a project that YOU want to do. | **You might be a מַתִּיר אֲסוּרִים**  (*Matir Asurim*; a freer of those who are held captive)  How might you free someone who is "captive"? When you try and think of who to help, consider “captive” quite broadly. For instance, in some ways, people who are the object of bullying are held captive by the actions of others.  You might:   * + Find ideas for actions against bullying (including a way to make your own anti-bullying comic) at the Cartoon Network’s Stop Bullying webpage (check <http://tiny.cc/bx978w>)   + Volunteer for an animal rescue village   The ideas above are just examples. Choose a project that YOU want to do. | | |

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| **STEP TWO: Plan your GONNA STAND UP Challenge.**  Give some thought to these questions – they will help you with planning:  WHAT will you do?  WHEN will you do it?  WHO ELSE will do it with you?  How will you GET THERE or attain the SUPPLIES you need?  How will you SHARE your work on the I’M GONNA STAND UP website? [This could be a set of photos, a short video, or something else!]  Then, share your thoughts with the adult who will be supporting you in this challenge (helping you with transportation or supplies). Make sure that all your decisions are okay with this person. | C:\Users\moskowns\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\60FPLJY9\MP900442219[1].jpg |

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| C:\Users\moskowns\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\60FPLJY9\MP900439335[1].jpg | **STEP THREE: Go and STAND UP!**  Go do your work! Remember you need to use your Power 3 times, each for two hours! (or it could be 4 times, each for 90 minutes).  BUT, each time, before you begin your Power Challenge, recite (or listen to) the short version of the G’vurot (“power”) blessing in Hebrew. A copy of the blessing is at the end of this document – you may print it out and keep it in your pocket.  Remember to document your Power Challenge – with photos, a short video, or something else! | |
| STEP FOUR: Reflect and Share  On the Power Challenge #1 “wall”:   1. Double-click on the wall so that a box appears. *Know that your contribution won’t appear on the public wall until a Gonna Stand Up moderator checks what you wrote*. 2. Type your First Name and Last Initial (example: Sammy J) 3. Add a sentence that describes your Power Challenge project. What did you do? 4. Upload your video or photo(s). | |  |

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*Cut this shortened version of the G’vurot blessing and say it each time you use your Power:*

אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי

You are forever powerful, God….

סוֹמֵךְ נוֹפְלִים

Supporting those who have fallen

*You may hear this blessing recited by going to this webpage:* <http://www.imgonnastandup.org/power-challenge.html>

וְרוֹפֵא חוֹלִים

Healing those who are sick

וּמַתִּיר אֲסוּרִים

And freeing those who are held captive

I’m gonna stand up and be powerful, too!