Women: Time-Based Positive Mitzva Obligations

Although women and girls are generally exempt from time-dependent positive commandments (*mitzvot*), they may do some *mitzvot* for which they are not obligated and it is considered to be virtuous behavior for which they will get a reward. They may say the blessings before each *mitzva* .

1. These are voluntary *mitzvot* that women may do:

- *Lulav*
- *Sukka*
- Saying the full *shema*.

2. Women and girls MAY NOT wear *tefilin*.

3. Women traditionally do not:

- Say *tachanun*.
- Wear *talit* or *tzitzit (talit katan).*
- Study *gemara*.
- Say *kiddush levana* or *birkat ha'chama.*

But these are not forbidden.

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