

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.