

# Sefirat Ha'Omer

Click [here](#) to learn about this Mitzva that we begin on the second day of Passover.

## More About Sefirat Ha'Omer

During the seven weeks between Passover and Shavuot- which we begin counting on the night of the second seder- we are counting down until the time when the Jews got the Torah at Mount Sinai. During this time, besides for counting the days to show our excitement, we also prepare ourselves for this special occasion.

How do we prepare for something as holy as getting the Torah? By making ourselves holier. On each of those 49 days, we need to be working on ourselves to become better people.

We do this by being extra kind, and also by going out of our way to do the right thing- even when it's hard. Then, when we get to the holiday of Shavuot- which celebrates the day when the Jews got the Torah- we are ready to receive it.

Sign up for the daily reminder to count the Omer by clicking [here](#).