

# 101 TO VOLUNTEER & GET ENGAGED IN WAYS YOUR COMMUNITY



## BE ACTIVE WHILE VOLUNTEERING

1. Shovel snow
2. Walk dogs at your local animal shelter
3. Walk dogs for your neighbours
4. Start a sustainable community garden
5. Pick up litter in your community parks and pathways  
*Consider this: Make it a race to see who can pick up the most trash*
6. Plant trees
7. Coach a children's sports team
8. Assist a swim coach
9. Remove graffiti
10. Help the elderly or disabled by volunteering to do yard work:
  - Rake leaves
  - Mow lawns
  - Paint fences
  - Weed gardens



## FUNDRAISE

11. Organize a car wash
12. Organize a bake sale
13. Bail Me Out: handcuff volunteer fundraisers and let them loose when they make "bail"
14. Organize a pancake breakfast
15. Get a volunteer teacher(s) at your school to commit to a radical stunt, like getting duct taped to the wall as a fundraiser
16. Commit to doing something if a specified amount of money is raised
  - Shave or cut your hair for donation
  - Perform a dance
17. Run a bottle drive
18. Create a cookbook of family recipes either individually or as a class to sell for fundraising
19. Knit coffee cup cozies and sell them to raise funds  
*Consider this: Talk to local coffee shops about selling them at their location(s)*
20. Organize a dog wash

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## BE AN AGENT FOR CHANGE

21. Help end hunger for free by correctly answering educational questions at [www.freerice.com](http://www.freerice.com)
22. Educate your class on the UN's 17 Sustainable Development Goals
23. Make the HeForShe Commitment to take action against gender bias, discrimination, and violence ([www.heforshe.org/en](http://www.heforshe.org/en))
24. Celebrate good representations in advertising, merchandising, and media by sharing news and examples of #MediaWeLike on Twitter
25. Call out bad representations in advertising, merchandising, and media by sharing news and examples of #NotBuyingIt on Twitter
26. Take The Representation Project's pledge to challenge the status quo and transform culture so everyone, regardless of gender, race, class, age, or circumstance can fulfill their potential
27. Halloween for Hunger/WE Scare Hunger
28. Trick-or-Treat for UNICEF
29. 13 Gallon Challenge: challenge friends to use only 13 gallons of water in a day
30. 5 Minute Shower: make a five-minute playlist to help friends take shorter showers
31. Organize a sleep out to raise awareness for homeless teens
32. Reduce your environmental impact by organizing a bike-to-school day
33. Start a #WeAreAble challenge chain to reduce the stigma around mental and physical disabilities
34. Join Free the Children's WE Movement: By taking the pledge, you're helping raise money to empower people to change the world and build a global community. A supporter of Free the Children's WE program will donate \$10 for every pledge taken
35. Reduce your impact on the environment by signing up for challenges with Commit2Act
36. Promote World Fair Trade Day (May 13th, 2017; second Saturday of every May)
37. Be an agent for change on World Water Day (March 22nd every year)  
Consider this: Organize an Überdrop demonstration in your community
38. Be an agent for change on World Food Day (October 16th every year)
  - Advocate to family and friends
  - Educate your class on world hunger issues
  - Organize a food drive
  - Use #hungerfree and #ZeroHunger on social media
39. Change your Facebook profile picture to support causes that are meaningful to you
40. Become a supporter of the United Nations' Zero Hunger Challenge by signing the pledge to take action



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## IN THE COMMUNITY

41. Visit a "grand-friend" at a nursing home
42. Deliver meals to the elderly
43. Offer to grocery shop or cook a meal for the elderly
44. Become a volunteer tutor
45. Become a mentor to a younger kid
46. Volunteer at a summer camp
47. Run or walk in a charity race
48. Volunteer at a local animal shelter/SPCA
49. Volunteer at a soup kitchen
50. Hand out snacks to the homeless
51. Teach elderly people to become better with technology
52. Start a book club
53. Organize a book drive for children who don't have access to many books
54. Read to kids at your local library
55. Organize a youth dance at a community center
56. Promote local history by hosting tours of historical buildings and landmarks
57. Volunteer to wrap Christmas gifts
58. Organize a board game tournament
59. Welcome immigrant families to the community
60. Gather friends and family to sing Christmas carols around town
61. Decorate trees in a park for Christmas



## GET CREATIVE

62. Form a band and give free performances
63. Form an acting group with friends and give free performances
64. Make holiday cards for assisted living facilities, children's hospital wards, etc.
65. Write notes to people in assisted living facilities, children's hospital wards, etc.
66. Take pictures at an event and donate them to the event organizers

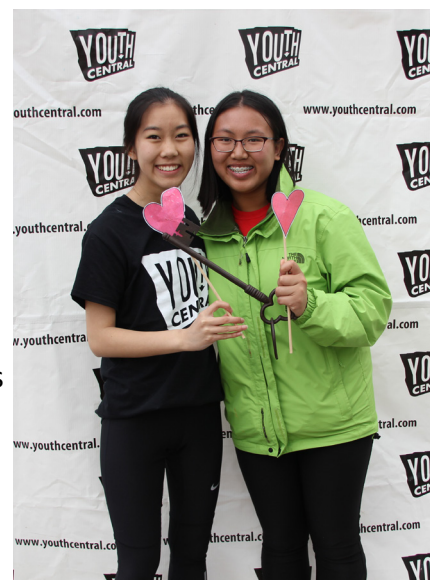




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67. Collect items for a time capsule
68. Everyday Superheroes – Hand-crafted Recognition: make a card or poster celebrating someone who does super things in your community
69. Organize a flash mob
70. Make a mural
71. Make friendship bracelets and hand out to friends, family, classmates, or the public
72. Knit scarves to donate to women's shelters
73. Arm-knit a blanket with your friends to donate to children's hospitals, nursing homes, etc.
74. Knit scarves to donate to the homeless shelter
75. Bake dog cookies for your local animal shelter
76. Bake cookies for residents at seniors' centres/nursing homes



## DIGITAL

77. Connect with teens around the world through Unicef-sponsored Voices of Youth
78. Raise funds by using hashtags that corporations pledge to donate for their use (ex. #BellLetsTalk, #teamautism, #beatcancer)
79. Donate to causes/campaign for people to donate through the GoodWorld #donate technology
80. Start a blog
81. Everyday Superheroes – Digital Recognition: start an Instagram account to celebrate people who do super things in your community
82. Support the United Nations' #ZeroHunger campaign by changing your Facebook profile picture
83. Share a picture through Johnson & Johnson's Donate a Photo app: \$1 is donated to a cause of your choice for each picture donated (you can donate one picture per day)
84. Download the Charity Miles app to earn money for your charity of choice – this app tracks the distance you move by running, biking or walking and donates money for every mile covered

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## BUILDING RELATIONSHIPS

85. Mirror Messages: post notes on school mirrors to boost people's self-esteem, like: "You are beautiful" OR "You've got this"
86. Support Board: create a support board so your classmates can leave anonymous messages of encouragement for friends and peers experiencing mental illness
87. Celebrate your teachers on World Teachers' Day (October 5th of every year)
88. Make a call to someone you love
89. Write a thank you letter to someone who's made a difference in your life
90. Compliment a stranger
91. Hand out flowers to strangers
92. Hand out balloons to strangers
93. Hand out lollipops with kind messages on them
94. Make Valentine's cards and treats for children's hospital wards
95. Write thank you cards of gratitude to the men and women of the Canadian Forces
96. Cook a meal for someone who has just had a baby or is going through a hard time
97. Make cards for the homeless
98. Write letters to strangers who need them through More Love Letters



## GET INVOLVED

99. Join your student council
100. Get an adult to help you form a Youth Council to advise local institutions and/or government on issues you believe are important to youth and to the community. This can be done by doing thorough research and writing letters or giving a presentation to members of your local government
101. Research electoral candidates, issues, and platforms and host a mayoral and/or provincial election debate at your school

