

## Volunteering Ideas for Families

Volunteering as a family is easier than people make it out to be. It starts with good intention, but many parents and families need ideas to move from intention to action. Below are a list of activities you and your family can do this summer, and ways to get started.

1. **Make it creative:** Tap into your kids' creativity by drawing pictures and writing cards to send to veterans.
2. **Meet your elders:** Grab a family board game and sign up to visit a nursing home or assisted living facility. Often residents look forward to sharing their stories and making new memories.
3. **Make a healing meal:** Through online services, it's easier than ever to sign up to help a family or friend after illness, injury or even birth. Sign up to make dinner and ask your kids to help make the menu and meal.
4. **Get active:** Sign-up to volunteer as a family for a charity walk or run, kids can hand out water or snacks and cheer on participants.
5. **Invite others to the party:** When planning birthday or block parties, ask for donations, in lieu of a gift, to fill a care package and give to a local shelter or other person in need.
6. **Go outside:** Find a local park or beach that needs to be cleaned up. Kids can wear protective gloves to pick up trash and feel great about making an immediate difference.

### *Here are some additional ideas for volunteering this summer:*

- Make a list of easy tasks, such as helping a friend with a project or walking a neighbor's dog that your kids can complete in an hour.
- Mow the lawn, water flowers or pull weeds for an elderly neighbor.
- Offer to pet sit or take in your neighbor's mail and newspaper while they're on vacation.
- Add an act of volunteerism to your child's weekly chore list.
- Write a thank you note to your mail carrier, a teacher, local fire or police department, neighbor or anyone who has had a positive influence on the family.
- Build your own summer lemonade stand together and donate proceeds to a local cause.
- Get your family together and go through clothes, toys and books for donating.
- Join a neighborhood or school group and volunteer to serve meals together at a local shelter.