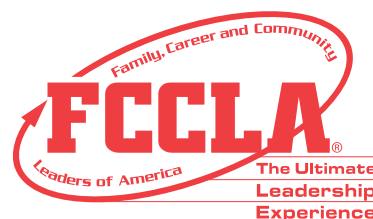


Community Service Ideas

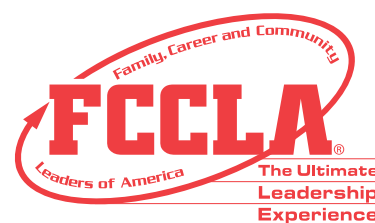
Everyone wants to help during this unprecedented time in our world! FCCLA's National Staff and National Officers have put together a list of community service ideas to share with you while you are practicing social distancing and participating in online learning. Please share your successes with us or any other ideas you have on social media by tagging **@NationalFCCLA**.

- Have a certified zumba, yoga, or a body pump instructor host a virtual workout for kids. It would be great for someone to do it during the work day so that it helps parents who have their kids home during the work day. They could also host another session that is held after work hours for everyone. If you call it a "just dance" session or something similar, it would not be necessary for a certified person to lead it. A chapter officer or two could lead it and entertain kids while parents work.
- [Donate Blood](#) - There are extreme shortages because of the number of blood drives that have been canceled.
- Kindness Rocks - Disperse painted rocks around your neighborhood and leave positive messages on them for people to find. [Here is a link](#) to a site that explains painting the rocks.
- Coordinate a neighborhood/town initiative to put bears in windows so young children can go on a ["Bear Hunt" walk](#).
- Make cards to send to nursing home residents.
- Make a food or cleaning item swap area in your neighborhood similar to the little library concept. [See here](#) where some students turned their little library exchange area into a food swap area.
- Write thank you notes to community members who are still providing essential in-person services.



Community Service Ideas

- Write a letter to someone who lives alone or a grandparent.
- Leave encouraging notes and/or flowers in open public places (park, grocery stores, etc.) to bring happiness to others during this challenging time.
- Donate essential supplies to centers in need (homeless shelters, churches helping a cause, daycares, etc.).
- Offer to mow lawns or trim bushes individually for neighbors. This may encourage others to spend time outside while observing the rules of social distancing.
- Consider volunteering at a local animal shelter. This is a great way to social distance while providing animals with love during a time they might not be visited as much.
- Reach out to a local soup kitchen or homeless shelter if you are able. Many of them have places for volunteers to provide boxed meals or prepare food before the attendees arrive. This is an opportunity to give back while also practicing the rules of social distancing.
- Some communities provide local food pantries for families or elderly citizens who are not able to collect all the food they need. You can sign up to help with home delivered meals and/or food. This can all be done from your own vehicle, helping you social distance while providing to those who need assistance.
- Have a friendly canned food drive competition on social media and donate the collected food to your local food bank.
- Create blankets that you can donate to your local animal shelters.



Community Service Ideas

- Pay for the person's takeout order behind you.
- Create DIY videos to post on social media with the hashtag #fcsskills and share what Family and Consumer Sciences has taught you; maybe others will pick up on the hobby.
- Share how using your talent (singing, painting, sewing) can benefit your community in a video and post on social media and inspire others to do the same.
- Start the 100 Days of Kindness Challenge and journal your process.
- Weekly Window Health Helpers - older people in apartments cannot go out right now due to the virus, so helpers can go to their apartment and sit outside and talk with these older people. This requires a specific setup at their apartment building; however, kids can sit on the patio while residents open the glass door and sit inside while they chat. Many communities could benefit from this, especially small towns.
- Online Activities - chapters could put together a small amount of online activities for younger children at home. This could be coloring pages, links to educational games, etc. that could be sent out to families to help entertain their children during this time.
- Offer to tutor younger or elementary students over video call.
- Offer communication assistance to your school or district lunch program for children to get the word out about distribution times and places.
- Mail hand written cards to all your teachers.
- Film a video of yourself reading a book and send it to the teachers of elementary school students.



Community Service Ideas

- Make surgical masks with materials around your house for medical professionals who have run out of their supply. [This hospital has a step-by-step guide](#) on their website. You can also [view this tutorial](#) on how to make mask created by one of our FCCLA members.
- Crisis hotlines are in need of volunteers. Help out your community from the safety of your home through serving as volunteer for the crisis hotlines.

