**COMMUNITY SERVICE 103 COMMUNITY SERVICE BASED ON AGE GROUP**

**FROM THE DESK OF THE DEAN**

**YOUR POTENTIAL INTEREST**

**TOPIC 1**

Community Service by Age Group

If you participated in Community Service 102, we have created a more specific opportunity to select from based on your age group. Please take the time to investigate below through the 2 questions offered and then if you would like to discuss next steps do not hesitate to complete Question 3.

**DISCUSSION QUESTION 1**

**Please locate YOUR AGE below:**

Select 3 potential ideas where you would like to perform community service from below?

Why did you select each one of the 3 below?

***Below are some Ideas based on your Age Group***

**Community Service Ideas for Kids**

*Children should begin at an early age learning to care about the needs of others and involving them in community service is an excellent idea.*

***Additionally, kids learn valuable lessons, such as:***

*How to work with others*

*Problem Solving*

*How to make choices responsibly*

*Awareness of local and global issues*

*How to be a servant*

*Compassion and caring for others*

*You can make community service a* ***valuable family time****. We have listed several fun and exciting ideas to share with your kids to help make their first experience serving others a positive one.*

Contact your city or town government to get permission to plant a tree for Arbor Day in a local park.

Volunteer as a family at a local shelter to help serve Thanksgiving dinner.

Bake cookies and take them to a neighborhood shut-in.

Contact your local zoo to see if you can sponsor an animal.

Make birthday and other special occasion cards for residents of a local rest home.

Donate a decorated Christmas tree to a local nursing home or homeless shelter.

Adopt a senior citizen in your neighborhood and do their yard work, help with home repairs, and spend holidays with them.

Your children can improve their reading skills and bring joy to others by reading to residents of a

local nursing home.

Your family can sponsor an orphaned child living in a foreign country.

Collect clean and nearly new stuffed animals and donate them to hospitals or homeless shelters.

Pick up litter at a local park or playground.

Make a holiday basket for a neighbor who lives alone.

Read books, letters, magazines, or the newspaper to seniors in residential care.

Volunteer to play with the cats and dogs at a local animal shelter.

Your family can adopt a local historical marker to maintain by contacting your local historical society.

If your child is a bit older, you can help the find a kid-friendly organization in which to participate.

Your family can host a shoe-cutting party for solehope.org. You will be provided with a kit including a pattern to turn your old jeans into shoes for people in Uganda.

Project Linus offers directions on how to make a no-sew fleece blanket for a child.

Donate DVD’s and video games to a homeless shelter, children’s hospital, or to KidFlicks, an organization that sets up movie libraries for children’s wards in hospitals.

Decorate placemats for your local Meals on Wheels program.

Be a cheerleader at your local Special Olympics games with balloons and cheering.

Collect new or gently worn winter coats from family, neighbors, and friends and donate them to a homeless shelter or to onewarmcoat.org if there is a contact for the organization in your area.

Your family’s place of worship might choose to become a chapter for this group.

**Community Service Ideas for Teens**

Participation in community service is especially important for teens, as it provides a building block upon which much of their lives can benefit. **Teens not only give of themselves to others, but also receive many benefits from participating in community service, including:**

Meeting new friends

Strengthening college applications and a resume

Providing work experience

Building good character through helping others

Improving your neighborhood, community, and world

Providing personal growth

Discovering talents and abilities one may not be aware of

**Community Service Ideas for Adults**

Community service not only is a great way to help people in your community, but also gives you an opportunity to get some projects done that you may have a special interest in. For example, if you ride your bike to work, you may wish to involve yourself with a group attempting to get more bike trails.

**Adults benefit from participating in community service in several major ways:**

*Community service creates fun and brings fulfillment .Helping others makes one happy. Seeing that you have made a difference in someone’s life creates a feeling of self-worth in both the giver and the receiver.*

*Community service helps you meet and connect with others. Volunteers make new friends and feel that they are part of the community in which they live.*

*Community service can lead to career advancement.*

*Volunteers learn and practice skills such as problem solving, organization, project planning and completion, teamwork, and effective communication. These skills can help you excel in your chosen career field.*

*Community service helps your body and mind. Studies have shown that volunteering reduces stress and depression. Additionally, many community service opportunities involve physical exercise that helps bodies stay active and healthy. There are many places to volunteer and we have listed some of the best ideas for getting involved in community service.*

Adopt a stretch of a local road and clean it regularly or make it your task to clean the streets of your neighborhood.

Write letters of encouragement and send them to soldiers.

Donate non-perishable items to a local food bank.

Run or walk for an event such as Relay for Life or Race for the Cure.

Volunteer to help with Special Olympics.

Work with your local chapter of Meals on Wheels delivering food to homebound individuals.

Work registering people to vote.

Tutor local school children after school and on weekends.

Crochet or knit baby blankets and booties or make nightgowns for premature infants and donate them to a local hospital.

Plan and organize a summer reading program for children at the local library.

Volunteer to help with Vacation Bible School, summer camp, or a day care facility.

Drive seniors to doctor and other appointments.

Become a foster parent for children, cats, or dogs.

Work with Habitat for Humanity building houses.

Start a neighborhood watch program in your community.

Create a recycling program at a local school.

Become CPR certified and volunteer as a lifeguard at a community pool.

Volunteer to be a crossing guard for a local elementary school.

Repair and paint park benches, fences, and plant flowers in public areas.

Organize and head a campaign for raising money to buy and install new park or school playground equipment.

Campaign for more street lights, sidewalks, or bike trails for your community.

Create boxes with everything necessary for a birthday party to donate to a local homeless shelter.

Include a cake mix that only requires the addition of water, candles, balloons, party hats, and other decorations.

Volunteer to speak at a career day at a local school.

Volunteer to coach a sports team for a local church, park, or recreation center.

Mentor a boy or girl in your community, helping them with school work and taking them on a monthly outing.

Find a local group that hosts a weekend lunch program for low-income school children or begin one.

Volunteer at a local non-profit managing their social media. You can write blogs, set up a Facebook page, and keep their web page current.

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**IMPORTANT TO REMEMBER**

**#1:** **Look over your interests:** Which activities seem most appealing to you? Were they mostly in one particular category, like children or the environment? If so, that's a good starting place for choosing specific organizations to contact.

**#2: Figure out how much time you can devote to community service:** Are you available for two hours every week? Are you not free on a regular basis but can volunteer for an entire weekend now and then?

Think about transportation as well and how you'll be able to get to different locations. Knowing this information will help you choose which community service projects to pursue, and it's helpful information for volunteer coordinators to know.

**#3: Do some research to see what projects you can do in your community:** Check at your school, place of worship, or town hall for more information on volunteering. You can also contact the place where you'd like to perform your community service, such as a particular animal shelter or nursing home, and ask if they take volunteers.

**#4: Start volunteering!** This list ranges from small projects that you can complete on your own in a few hours, to much larger projects that will take more time and people. If you find a project you can start on your own, do it!

**DISCUSSION QUESTION 2 – SET UP CALL WITH THE DEAN**

**Please have your questions and assignments available to discuss in a 15-30 minute block.**