

Lending a Helping Hand in Your Community

With busy lives, it can be hard to find time to volunteer. Yet, the benefits of volunteering are of value to you, your family, and your community. The right match can help you to lower feelings of stress, find friends, reach out to the community, learn new skills, and even help you find success at school. Giving to others can also help your mental and physical health.

Volunteering offers help to people in need, worthy causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you build self esteem, and provide a sense of purpose. Volunteering doesn't have to be a long-term task, or take a huge amount of time out of your day. Giving in even simple ways can help others, those in need, and improve your health and happiness.

Some ideas to get started:

- Plant trees or wild flowers.
- Put on a play at your school, a fair or festival about a cause or group that is important to you.
- Begin a recycling program at school.
- Collect food, warm clothing, toys, or personal care items for the needy. Send to shelters. *Remember shelters are in need of supplies all year long!*
- Hold a Teddy Bear and Friends (Stuffed Animals) Drive.
- Create center pieces, holiday cards, birthday cards, and notes for people who live in a nursing home.
- Donate old eye glasses to a place that recycles them for the needy.
- Make a holiday basket for someone in your community.
- Form a litter patrol on the school playground or at a local park.
- Perform an act of kindness for a senior member of the community (example: weed a flower bed, wash their car)

Source : <http://www.kidactivities.net>

Woodstock Education Centre, Anglophone School District West.

