

Students Can

Help senior citizens and people with disabilities in recreation programs in nursing homes and group residences:

- Help with arts and crafts, special events, dances, game nights
- Hold musical, dance or dramatic performances -- throw a prom!
- Be a friendly visitor - in person or "phone friend"
- Start a current events discussion group
- Help with an in-house newsletter
- Be a pen pal. Write letters or cards for disabled seniors
- Decorate and make centerpieces for a holiday
- Put together an art show - student art, resident art
- Make cards, tray favors or placemats for Meals On Wheels recipients, nursing homes, and senior residences
- Rake leaves or shovel snow, plant flowers, weed, mow grass
- Run errands, wash windows, clean gutters
- Read to someone with poor vision – newspaper, favorite book, mail

Collect stuff at school or with your youth group. Collect:

- Children's books for a nursery school, elementary school or book sale
- Paper products (towels, napkins, tissue)
- Cleaning supplies
- Personal care products (Shampoo, soap, toothbrushes, etc.)
- Disposable diapers and/or infant formula
- New socks and underwear for children
- Coats/hat/mittens (new or gently used)
- Coupons for food, soap, etc.
- Food – non-perishables like peanut butter, tuna, canned soup, etc.
- Used bikes or toys; repair and clean them and give them an agency that helps homeless children and families

Help Children:

- Sort, wash, and repair toys at an agency, day care center, or after-school program
- Help out at an after school program, day care center, or religious school
- Supervise playground activities
- Tutor
- Be a "study buddy" to a kindergartner or first grader
- Put on a show for a day care center
- Direct a show with the children as the stars!
- Help with recreation activities
- Hold sports clinics
- Organize a basketball tournament
- Help a coach/be a coach
- Paint murals – paint over graffiti
- Organize a concert, show, battle of the bands
- Host a movie night at an agency (include popcorn and theme props)

Help fight hunger:

- Sort and shelve food at a food pantry
- Help assemble food baskets for needy families

Help at museums, theater, concerts, and historic sights

- Usher or be a guide
- Help with sets
- Help with publicity, distribute flyers, sell tickets, etc.

Help the environment:

- Clear a stream, help with trail maintenance, general cleanup of a park
- Adopt a park, pick up litter, plant flowers, pull weeds
- Learn about conservation of water, gas, oil
- Teach children in day care or after school programs how they can help the environment by turning off water, recycling, not littering, etc.
- Decorate recycling or scrap paper boxes for classrooms and offices
- Hold a found art exhibit of re-usable items
- Organize a "pass it on" day at school (organized hand me downs)
- Clean up a vacant lot
- Plant flowers, trees, etc.

STUDENTS CAN...do all sorts of useful tasks:

- Help in an office with data entry, filing, typing, and answering phones
- Help with mailings – get some friends and have a mailing party!
- Help with publicity by making posters and flyers and distributing them
- Organize, or help with fundraising: car washes, bake sales, walk-a-thons, bike-a-thons
- Develop a resource file on a special issues such as AIDS, drug/alcohol abuse, teen pregnancy, juvenile diabetes, sexual assault, suicide, bullying, service learning