



At Home Ideas: Social Distance Service

- Cards, letters, and drawings to Medical Staff and First responders especially during this time.
 - Recommend putting them in manila envelopes with the metal clasp instead of envelopes that require moisture to close
- Food donations to food banks
 - Turn this into an adventure by backpacking or Rucking your donations to the Food bank if allowed.
- Planted flowers or homemade bird feeders for elderly neighbors or neighbors in general.
 - Ask to hang them in the yard or place by the window to reduce contact with people.
- Chalk messages at the end of driveways or on your door if you don't have a driveway
- Birthday schedule in the neighborhood group to help celebrate birthdays during self-distancing
- Video messages or mini-musicals to family members especially older ones from kids
- Sewing masks for the medical community
- Pick up trash on daily walks in your neighborhood (if allowed by community guidelines)
- Organize a rainbow hunt or bear hunt in your neighborhood
 - put a bear or rainbow in the window for kids to find during walks
- Have kids make a meal for their parents while everyone is home.
- Elderly neighbor curbside conversations
- Read to kids from the curbside to give parents a break
- Video call with kids to give parents a quick break.
- Clean out your bookshelf and make a curbside library for the neighborhood
- Clean out your closets and prepare them for donations when things open back up.
- Donate blood
 - Make sure to check with your local area for rules and guidelines.
- Video Homework Help, offer to work through distance learning with the kids in your life to mix up their adult interactions.
- Grocery shopping for elderly, at-risk, high anxiety groups