

Report to **PARENTS**

10 Kid-Friendly Volunteer Ideas for Families

Volunteering teaches kids the importance of giving back to their communities. It also helps them grow as people, build strong self-esteem, develop social and life skills, and show appreciation. Families can use these kid-friendly volunteer ideas to encourage their children to make a difference in their community and help them cultivate compassion, empathy, and a passion for helping others.



- 1. Clean up the neighborhood.** Grab a trash bag and some rubber gloves and pick up trash and litter and items that can be recycled. Get other families involved to build connections and community pride.
- 2. Get moving for a good cause.** Participate in events like 5K runs or fun runs that donate funds raised to a local charity that's near and dear to your child's heart.
- 3. Collect items for a homeless shelter or food bank.** Find out their biggest needs, and design flyers to hang up at school and hand out to neighbors that explain how to donate to help neighbors in need.
- 4. Don't forget the animals.** Organize a collection of pet supplies to support an animal rescue. Look into what types of items rescues need. Then ask family members, your school, neighbors, and friends to help out.
- 5. Hold a lemonade stand.** Volunteerism and an entrepreneurial spirit come together when kids hold a lemonade stand in the summer—or sell baked goods and hot chocolate in the winter. Pick a charity and donate a portion of the proceeds to it.
- 6. Decorate paper lunch bags or placemats.** Senior communities love donations of items like lunch bags or placemats. Encourage your child to get creative with designs as

they learn how important it is to support our “grandfriends.”

- 7. Give back to those who support the community.** Hand out cookies or water bottles to mail carriers, delivery people, and trash collectors to show appreciation. Deliver a meal or treats to the local firehouse or police station to thank them.
- 8. Donate books to a little library.** Many communities have little libraries where people can borrow books to read. Have your child select some books they're willing to donate so another kid can enjoy them.
- 9. Help a neighbor.** Older kids can help neighbors mow their lawns or weed in the spring and summer, rake leaves in the fall, and shovel snow in the winter. Giving back on a personal level helps them build relationships and see firsthand the impact they're having on their community.
- 10. Go beyond volunteering.** Beyond traditional volunteer opportunities, consider taking your child on a field trip to expose them to important social issues.

Keep the momentum going and set volunteer goals to keep kids excited about their next opportunity to make a difference. By trying out different types of volunteer ideas, they will learn what they're most passionate about.