

GET STARTED!

There are many other great ways to volunteer. You can probably think of a few yourself. What are some ways you think you can make a difference by giving some of your time?

1 _____

2 _____

3 _____

4 _____

After you make your list, talk to your parents and teachers, then, pick an activity and plan a time to start volunteering. Volunteering may not always be the easiest thing to do, but it's the right thing to do. You'll feel great because you're giving of yourself, and you'll see the difference you're making.

LEARN MORE.

Ask your teacher or school counselor about planning a community "Make a Difference Day" event. For more information see, <http://makeadifferenceday.com/>



KIDS *can* VOLUNTEER

.....
It feels good to make a difference.
.....

VOL-UN-TEER

(verb) *To offer oneself for a service willingly and without pay.*

Volunteer. You've probably heard the word before. But what does it mean to you? Isn't volunteering a grown-up thing? The truth is, anyone can volunteer any time, at any age, for any reason. Whenever you give of your time for something you normally wouldn't do, and without expecting anything in return, you're a volunteer.



A little of your time CAN GO A LONG WAY.

Volunteering is a great way to make a difference in your community. Even things that seem small can have a big impact. Just spending an hour or two a week cleaning up a vacant lot or talking with senior citizens can help improve your community or put a smile on someone's face. And you'll feel good because you know you're doing something good.

► Finding a way to volunteer **THAT'S RIGHT FOR YOU.**

There are lots of great ways to volunteer. Some involve spending time with other people that you may not know; others are activities you can do with your family, friends, or school. Talk to your parents and teachers about what interests you. Together, you can come up with some great ways to make a difference. Here are a few suggestions:

1 Keep it clean

Have you ever noticed the trash in the hallways, in bathrooms, or after lunch in the cafeteria? Talk to your teacher/class about organizing ways to keep your school community clean and cared for. You can start by being a good role model. If you drop something on the floor, pick it up and trash it. It's littering otherwise and you don't want to be a litterbug!



2 Visit an animal shelter

If you have an animal shelter in your community, talk to your parent or guardian about contacting them to learn about volunteer opportunities. Maybe there is a way for you to assist the shelter workers with feeding and caring for the animals.



3

Visit a senior center

Talk to your parent or guardian about making regular visits to a senior center or nursing home. The people who live there are older, and most of their kids are grown. They may not have grandchildren, and often they get lonely and just want someone to talk to. Senior citizens have great stories to tell, and you'd be surprised how much your visit can brighten their day.

4

Donate to a food pantry

Many communities have food banks for families/individuals who need help with food. Often, schools assist in stocking these food banks or soup kitchens with food drives. You can help with this by bringing in a can or two of something on that day. Or, if your school hasn't planned one, maybe you/your class could be the organizer of one!



5

Help a younger child

Even though you're not a grown-up, you're still BIG to younger kids. Talk to your teacher to see if your school has tutoring or mentoring programs for first and second graders. They might need help with their homework, or just someone to play with at an after-school program until their parents can pick them up.

