



Youth & Family Volunteering Toolkit



Metro Volunteers and the Young Philanthropists Foundation are pleased to showcase the Million Hours Project highlighting the contributions made by youth service to the community each year. The Million Hours Project aims to collect data on at least one million volunteer hours, encourage more service, and elevate the youth volunteer opportunities of member organizations.

Resource Guide

Girls Inc. of Metro Denver

Mission: To inspire all girls to be strong, smart, and bold. We provide educational enrichment opportunities for girl's ages 6-18 through a variety of curriculum-based classes and tutoring.

Minimum age: 14

Minimum age with adult supervision: 10

Contact: Elizabeth Green, 303-893-4363 ext. 124 or egreen@girlsincdenver.org

www.girlsincdenver.org

Cherry Creek Arts Festival

Mission: To provide access to a broad array of arts experiences and support arts education in Colorado.

Minimum Age: 16

Contact: Carol Hiller, 303-282-5073 or caroleyii@aol.com

www.cherryarts.org

Florence Crittenton Services

Mission: Helping pregnant and parenting teens.

Minimum age: 15

Minimum age with adult supervision: 10

Contact: Mikayla Houser, 303-321-6363 ext. 208 or mhouser@flocritco.org

www.flocritco.org

9to5, National Association of Working Women

Mission: 9to5 is a grassroots, membership based organization that works to strengthen the ability of low-wage women to win economic justice.

Minimum age: 15

Contact: Bridget Kaminetsky, 303-628-0925 or bridget@9to5.org

www.9to5.org

Children's Museum of Denver

Mission: To create a community where children, newborn through 8, and their grown-ups learn through play.

Minimum age: 16

Minimum age with adult supervision: 14

Contact: Angela Caudill, 303-561-0114 or angelic@cmdenver.org

<http://www.mychildsmuseum.org/>

Extreme Community Makeover

Mission: Extreme Community Makeover coordinates volunteer teams to partner with undeserved people to improve their own homes and neighborhoods. These projects build safer environments; cultivate community among residents, neighborhoods, and networks of local resource providers; and connect residents to a permanent path towards healthy, hopeful, and stable lives.

Minimum age: all youth/children need to have parental supervision

Contact: Angela Bomgaars, 720-235-8847 or angela@extremecommunitymakeover.org

www.extremecommunitymakeover.org

Visiting Nurse Association of Colorado

Mission: VNA is committed to a continuum of health care in the home and community supporting optimal well-being, independence and dignity.

Minimum age: 16

Contact: Theresa Grill, 303-698-6387 or grillt@vnacolorado.org/vnavolunteer@vanacolorado.org

www.vnacolorado.org

Children's Literacy Center

Mission: Children's Literacy Center provides free one-to-one tutoring for children who are not reading at grade level.

Minimum age: 14

Contact: Pamela Polke, 719-471-8672 or pamela@peakreader.org

www.childrensliteracycenter.org

National MS Society

Mission: A world free of MS.

Minimum age: 16

Minimum age with adult supervision: 8

Contact: Amanda Douglass, 303-698-5443 or Amanda.douglass@nmss.org

www.volunteerMScolorado.org

Dolls for Daughters and Kenzi's Kidz

Mission: To put a simple smile on the faces of underprivileged children, and help struggling families get on their feet in communities throughout Colorado.

Minimum age: 18

Minimum age with adult supervision: 5

Contact: Seth Dean, 303-910-5078 or sethdean5@gmail.com

www.dollsfordaughters.com

The Bike Depot

Mission: The Park hill Bike Depot supports health and active living by increasing access to bicycles, promoting safe, bike-friendly environments and advocating for policies that promote bicycle access and use.

Minimum age: Middle School Age

Contact: Ryne Emory, 303-393-1963 or ryne@thebikedepot.org

<http://www.thebikedepot.org/>

Volunteers for Outdoor Colorado (VOC)

Mission: To motivate and enable citizens to be active stewards of Colorado's natural resources.

Minimum age: 16

Minimum age with adult supervision: 6

Contact: Becca Summer, 303-715-1010 ext.111 or becca@voc.org

www.voc.org

Metro CareRing

Mission: Metro CareRing helps meet basic needs and advocates for solutions to hunger and poverty. We assist people through times of crisis and provide resources for self-sufficiency.

Minimum age: 13

Minimum age with adult supervision: 6

Contact: Ellie Agar, 303-350-3699 or ellie@metrocarering.org

www.metrocarering.org

Open World Learning

Mission: Open World Learning supports children's school success by tapping the power of digital technology and peer teaching to develop leadership and ignite a love of learning.

Minimum age: 14

Contact: Kim Desmond, 303-282-4634 or kdesmond@openworldlearning.org

<http://www.openworldlearning.org/>

Colorado Service Dogs

Mission: To provide trained service dogs to the people of Colorado who have disabilities including ongoing support services and training.

Minimum age: 13-17

Minimum age with adult supervision: 9-12 and under

Contact: Lija Day, 303-669-5916 or csdvolunteer@hotmail.com

www.coservicedogs.com

American College of Veterinary Internal Medicine (ACVIM) Foundation

Mission: To eliminate animal and human disease by promoting discovery, education and partnerships throughout the global community of medicine.

Minimum age: 18

Minimum age with adult supervision: 6

Contact: Lauren Parsons, 800-245-9081/303-231-9933 or Lauern@acvim.org

<http://www.acvimfoundation.org/>

The Mountain Resource Center

Mission: To identify, advocate and provide basic, critical health and human services and education for isolated mountain area residents and to bring together organizations and individuals to provide these services through a local, single point of entry.

Minimum age: 16

Minimum age with adult supervision: 13

Contact: Jill Lovell, 303-883-7552 ext. 18

<http://www.mrcco.org/>

Ronald McDonald House Charities of Denver, Inc.

Mission: Ronald McDonald House Charities of Denver provides a home away from home for families of children being treated at area hospitals and supports community programs that serve the needs of children.

Minimum age: 18

Minimum age with adult supervision: 10

Contact: Kendra Ingles, 720-382-7207 or kingles@ronaldhouse.org

<http://www.ronaldhouse.org/>

Sacred Heart House

Mission: Sacred Heart House of Denver offers a continuum of services to homeless mothers with children and single women, who have the desire and commitment to become self-sufficient.

Minimum age: 16

Minimum age with adult supervision: Any age child with supervision

Contact: Carrie Hansen, 303-296-6686 or pa@sacredhearthouse.org

<http://www.sacredhearthouse.org/>

Growing Home

Mission: Growing Home guides children and their families on the path to a brighter future. We envision our community working together so that all children and their families have a place to call home, food on the table and the opportunity to pursue their dreams.

Minimum age: 14

Minimum age with adult supervision: 8

Contact: Alyssa Mesich, 720-407-1987 or alyssa@growinghome.org

<http://www.growinghome.org>

March of Dimes

Mission: We help moms have full-term pregnancies and research the problems that threaten the health of babies.

Minimum age: 18

Minimum age with adult supervision: 12

Contact: Amy Grantowitz, 303-305-1222 or agrantowitz@marchofdimes.com

<http://www.marchofdimes.com/>

Blue Sky Bridge

Mission: Since the beginning of time, no group of people has been subjected to greater abuse and neglect than children. Children are our community's most valuable population and the least able to assert their rights. At Blue Sky Bridge, we facilitate a collaborative approach to child abuse investigations while providing child victims and their families with support in a safe and child-focused environment. We strive to make the community safer for all children and families through intervention, education and advocacy.

Minimum Age: 18

Contact: Nia Wassink, 303-444-1388 ext. 107 or nwassink@blueskybridge.org

www.blueskybridge.org/how-to-help

More Youth Volunteer Opportunities:

Bluff Lake Nature Center

Minimum Age: 13

Contact: Chris Story, 303-945-6717 or cstory@blufflake.org

blufflakenaturecenter.org

A Precious Child, Inc.

Minimum Age: 5

Contact: Courtney Rogers, 303-466-4272 or courtneyrogers@apreciouschild.org

www.apreciouschild.org

Humane Society of the South Platte Valley

Minimum Age: 12

Contact: Carrie Fieger, 303-990-1960 or cfieger@hsspv.org

www.hsspv.org

Fetal Hope Foundation

Minimum Age: 8

Contact: Michelle Somers, 303-932-0553 or michelle@fetalhope.org

www.fetalhope.org

America's Disaster Relief

Minimum Age: 8

Contact: Jan France, 970-208-6553 or WCDisasterRelief@aol.com

www.wcdisasterrelief.org

Denver Rescue Mission

Minimum Age: 13

Contact: Lacey Mehling, 303-953-3955 or LMehling@denrescue.org

www.drmmvolunteers.org



Humane Society of the South Platte Valley
Minimum Age: 12
Contact: Carrie Fieger, 303-990-1960 or cfieger@hsspv.org
www.hsspv.org

NW Coalition 4 Better Schools
Minimum Age: 10
Contact: Donna Lucero, 720-423-2706 or Donna_Lucero@dpsk12.org
www.NWCoalition4BetterSchools.org

American Red Cross, Mile High Region
Minimum Age: 14
Contact: Tim Bothe, 303-607-4785 or tbothe@denver-redcross.org
www.coloradoredcross.org

Clothes To Kids of Denver, Inc.
Minimum Age: 15
Contact: Katie Jones, 720-379-4630 or katie.ctkdenver@gmail.com
www.clothestokidsdenver.org

The Senior Hub, Inc
Minimum Age: 12
Contact: Linda Rinelli, 720-859-2248 or lrinelli@seniorhub.org
www.seniorhub.org

Aurora Volunteer Center
Minimum Age: 10
Contact: Susan Everett, 303-739-7759 or severett@auroragov.org
www.auroragov.org/volunteer

Boulder County CareConnect
Minimum Age: 12
Contact: Habibah Hakeem, 303-443-1933 or info@careconnectbc.org
www.careconnectbc.org

Habitat for Humanity of Metro Denver
Minimum Age: 16
Contact: Aimee Sibet, 720-496-2717 or aimee@habitatmetrodenver.org
www.habitatmetrodenver.org

Maxfund No-kill Animal Shelter
Minimum Age: 16
Contact: Chelsea Manschot, 303-595-4917 or chelsea@maxfundvolunteers.org
www.maxfund.org

The Gathering Place
Minimum Age: 12
Contact: Justine Zollo, 303-996-9034 or justine@tgpdenver.org
www.tgpdenver.org

Family Volunteering Toolkit





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Why Family Volunteering?

Volunteering as a family can open all kinds of doors for adults and children. You can choose an activity that uses your current talents. You can get involved in a project that will give you a chance to learn a new skill. You can work inside or outside. You can work with children, other families, elderly individuals or the physically or mentally challenged. You can work to help the environment, animals, wildlife...You name it, there's probably a volunteer opportunity out there just waiting for your help!

As the saying goes, "Actions speak louder than words." Volunteering is one of the "loudest" actions you, as parents, can take to show children what it truly means to be a contributing member of a community. By role-modeling this type of behavior, parents are beginning a tradition of compassion that can be passed on from one generation to the next.

What's more, volunteering gives your family a chance to be together, to share together, to learn, laugh and love together while helping others.

Working side by side can also help you gain a new respect for one another. You will have the opportunity to talk about issues facing the world today.

What is a Family?

A family can be any two or more people who consider them to be a family. The key element of "families" is that families define themselves. If you think of other people as being a part of your family, then you have made them so. While this toolkit is mainly geared towards a family consisting of one or more adults and one or more children, the projects can easily be adapted to fit the needs of individuals and groups of all ages.

Top 10 Reasons to Volunteer as a Family:

1. To share family values
2. To be a part of a team
3. To share something in common and have something to talk about with family and friends
4. To feel proud
5. To learn something new
6. To share talents
7. To build confidence
8. To help their community, church, or school
9. To relieve stress from their daily routines
10. To spend time with their family while helping others.

How to use the Family Volunteering Toolkit:

The majority of the projects in this toolkit was developed by Kids Care Clubs and Children for Children and has been implemented by children and families in their local communities.

This toolkit is made up of projects that you and your family can do at home on your own time. They are organized by theme, based on the population that benefits from your service, such as, “elderly, animals, the environment”. Read through the project description to determine what supplies you might need and figure out what other steps you may need to take to prepare for the volunteer project. At the end of each project is a list of local organizations, in the Metro Denver area, that may be able to benefit from the end product of your project. Contact the agency well in advance to find out if they can accept your donation.

Looking for a way to use volunteering as an avenue for learning? This toolkit has tips and resources that will help you incorporate educational aspects into your service project. This concept is known as service learning. To successfully incorporate service learning into your project, consider using Book Talk, Reflection and Fact Sheets for Kids.

- Book Talk – See Appendix A for a list of books that will help bring community issues to the life for participants. Selected books can be read before or after the project or suggested to the families as recommended reading.
- Reflection – After your volunteer project, it is important for families to reflect on their experiences. Choose one or more Reflection Activities from Appendix B.
- Fact Sheets for Kids – See Appendix C for age-appropriate fact sheets that will help children understand related community issues. For more fact sheets, go to www.HandsOnNetwork.org/FamilyVolunteering/ServiceLearning

Tips & Strategies for Communicating Volunteer Service with Children:

You can ensure that a child’s volunteering experience is positive and memorable. By implementing a few simple but effective tips and strategies, you will make certain that youth participants leave feeling inspired and empowered to continue doing good work.

- Be cognizant of word choice: Children are developing and growing their vocabulary each day. If you feel a word may not be as developmentally appropriate as another word, substitute it or explain the concept the word conveys. Alternately, choose two or three words or terms to explain the same concept. For example, when explaining volunteering to a child who is six, consider helping the child make a connection. “Volunteering is when you do something nice for someone else — maybe even someone you don’t even know – and you don’t ask for anything in return.”
- Model or show final results: Give children something to work towards. Many children, especially under the age of nine, are not yet at the developmental stage in which they can “imagine” what something will be like at a later point. When working with a child on a craft-type project, have a completed example on hand. When working on a project where the final product cannot be shown, describe the desired outcome using steps and descriptive terms that are on the child’s level.

- Reinforce success: Continually remind children that they are on the right track. Positive reinforcement — “good job” or “you are an amazing volunteer” — is a tactic that gives a child the assurance and motivation that they are going in the right direction. It also further helps the young person experience the joy that volunteering and giving can bring. However, be specific in your praise. “Your message about peace is beautiful” or “This yellow card you made will really cheer somebody up!”
- Provide constructive feedback: Do not hesitate to correct a young person if they are off track. Allowing a child to proceed if he or she is doing their assigned job incorrectly is less beneficial than correcting them. Providing constructive feedback will ultimately allow them to be successful in the end and have a positive volunteer experience. One way to phrase correction is to say, “This looks really great, but let me show you something that will make it even better.”
- Stay age-appropriate: Consider the participant’s age as it relates to their developmental level. Sharing instructions or even defining what it means to volunteer to a young person who is six differs from sharing the same message with a young person who is twelve. With younger children (ages six to eight), give directions that are broken down into steps. It is difficult for a child who is six to fully comprehend a set of complex instructions presented as a whole. However, don’t underestimate a young person’s ability to understand instruction by speaking to them below their level.

Helping the Elderly

Arts, Crafts, Stories, and Holiday Celebrations

Arts, Crafts, Stories and Holiday Celebrations at a Nursing Home or Senior Center can be organized in cooperation with a nursing home, senior center, or retirement community. Spend time with senior citizens and listen to their life stories and depict them in drawing or rhyme.

Number of Youth Volunteers: Depends on the size of the facility.

This is an opportunity for families to reach out to seniors at a senior center or living in nursing homes or in retirement communities on any holiday. Your family can spend an afternoon making crafts with seniors for them to take back to their room or decorate a common area. From Valentine's Day to the holidays of Christmas, Chanukah and Kwanzaa, your family can brighten the lives of seniors. Try one of the four crafts listed below:

Learning Goals

- To get to know senior citizens and learn from their life stories.
- To practice communication skills with people of different ages or backgrounds.

Valentine's Day

Make paper Valentines to decorate individual rooms or a common area.

Materials Needed

- Construction paper
- Lace Doilies
- Stickers
- Glitter
- Glue
- Scissors

Community Blooms Centerpieces

Turn a community room into a florist by making centerpieces with real flowers. The centerpieces can be used on tables in a common dining area.

Materials Needed

- Real flowers
- Waterproof containers, such as vases or bowls
- Green water-retaining foam (available at craft stores)
- Optional: Paint plain vases with fast drying acrylic paints to make a more festive vase.
- Fast drying acrylic paints, brushes, wipe cloths if painting vases
- Scissors and knives to cut green water-retaining foam (for adult use only)

Harvest Celebration Decoration

Celebrate autumn with a Harvest Celebration Decoration. Make centerpieces from pumpkins, gourds, mums, and decorate the walls with cheerful autumn decorations.

Materials Needed

- Gourds, pumpkins, mums
- Baskets or festively decorated small cardboard boxes
- Colored paper
- Tape, string, push pins, scissors
- Markers

Christmas, Chanukah, Kwanzaa Decorations

Make centerpieces from evergreens and pinecones or decorations for the common room. Research symbols of the three holidays to make decorations. Make decorations representing each holiday. One theme all three holidays have in common is “light” from stars or from candles. Check with your facility to see if candles are permitted in the centerpiece.

Materials Needed

- Baskets, bowls, or decorative containers to hold evergreens and pinecones
- Green water-retaining foam (available at craft stores) or floral picks to hold greens and pinecones
- Paper, glitter and glue to make holiday symbols
- Thin ribbon or string to attach paper ornaments to evergreens

Stories

Families can visit with a senior and take them down memory lane, by asking them about a childhood memory or a hobby they once had or growing up with their family. After the senior tells his story, children can either draw a picture of what they have heard or write a paragraph about this senior. The stories can be posted in a community room or given to the senior to display in the senior’s room. See template in Appendix F.

Volunteer Leader Preparation:

- Ask for a representative of the facility to speak with your group on the day of the event.

Day Of: Orientation and Warm-Up – Why Does This Matter?

- Ask the kids to raise their hands and brainstorm reasons for implementing this project.
- Ask them how they think this project will make the seniors feel.
- Review the need that will be met by the service project
- Discuss the tone you hope to set at the facility, which should be positive and cheerful.
- Introduce the director of the facility to the group and ask him or her to give the families information about the center or nursing home and the residents.

Local organizations that may be able to accept your donation:

- Hospice Care of Boulder and Broomfield, 303-449-7740
- Karis Community, 303-355-5546
- Senior Resource Center, 303- 238-8151
- Senior Support Services, 303-832-1622x202
- Total Longterm Care, 303-894-0144
- Visiting Nurses Association, 303-698-6387
- Wellspring Community, 303-840-2476
- Wellspring Senior Foundation, 303-937-3000

Games and Holiday Celebrations for Seniors

Games and Holiday Celebrations can be organized in cooperation with a nursing home, senior center, or retirement community. Spend time with senior citizens and listen to their life stories and depict them in drawing or rhyme.

Number of Youth Volunteers - Depends on the size of the facility.

This is an opportunity for families to reach out to seniors at a senior center or living in nursing homes or in retirement communities. Seniors appreciate visits from families of all ages but especially enjoy seeing small children. Your family can spend an afternoon playing cards or board games or just taking an interest in the seniors by asking them questions about their lives. Holiday visits and celebrations are always appreciated because of memories they hold for seniors and they can be fun. From Valentine's Day to the holidays of Christmas, Chanukah and Kwanzaa, your family can brighten the lives of seniors.

Learning Goals

- To cheer up seniors who may be lonely and far from family
- To connect with seniors and appreciate their contributions to society
- To develop relationships that could enrich the lives of your family and the seniors you visit

Materials Needed

- Cards, Board Games, or
- Bingo game
- Small prizes for Bingo winners

Volunteer Leader Preparation

- Visit the facility so that you are familiar with the space.
- Ask for a representative of the facility to speak with your group on the day of the event.
- Decide what games you will play. Will you play Bingo with a large group, or will you visit individuals to talk and play games?

Day Of: Orientation and Warm-Up – Why Does This Matter?

- Ask the kids to raise their hands and brainstorm reasons for implementing this project.
- Ask them how they think this project will make the seniors feel?
- Discuss the tone you hope to set at the facility, which should be positive and cheerful.
- Discuss the plans for the time you will spend at the facility. If you plan to play Bingo, organize the jobs especially including the kids as far as they are capable.
- Introduce the director of the facility. Ask her or him to give you information about the center or home and the residents.

Local organizations that may be able to accept your donation:

- Hospice Care of Boulder and Broomfield, 303-449-7740
- Karis Community, 303-355-5546
- Senior Resource Center, 303- 238-8151
- Senior Support Services, 303-832-1622x202
- Total Longterm Care, 303-894-0144
- Visiting Nurses Association, 303-698-6387

- Wellspring Community, 303-840-2476
- Wellspring Senior Foundation, 303-937-3000

Lend-A-Hand House Repair for Seniors

Lend-A-Hand: House Repair for Seniors can be organized in cooperation with a nursing home, senior center, or retirement community. Help seniors with minor repairs and yard work, or any chores that are too difficult for the seniors in their homes. Distribute a Lend-A Hand Survey (see Appendix E) to assess seniors' needs and wants.

Number of Youth Volunteers - Depends on the size of the facility. The age of the youth will also depend on the activity level of the project. Young children can participate in off-site projects listed below.

This is an opportunity for families to reach out to seniors who need minor house repairs, smoke detectors installed or yard clean-up. The scope of your repairs will depend on the skills of your volunteers.

Learning Goals

- To learn about the needs of seniors who want to remain in their homes as they age
- To develop relationships that could enrich the lives of families and the seniors whom they visit

Materials Needed - Depend on the scope of the project but could include:

- Smoke detectors, carbon monoxide detectors or replacement of batteries
CFL light bulbs to replace incandescent bulbs
- Cleaning equipment and tools – for general cleaning and washing windows
Yard tools for yard clean-up
- Paint and equipment for minor painting
Carpentry tools for minor repairs

Volunteer Leader Preparation

- Reach out to social services or faith based institutions to identify homes of seniors that need a cleanup, spruce up or minor repairs.
- Schedule a day and time visit with home owner(s) to assess their specific needs, working with them on a "Lend-A-Hand" survey (see template in Appendix C).
- Determine age appropriate projects. For example, if the work site is not appropriate for younger children, they could make lunches for the crew or plant plants in flower pots to be delivered to the site.
- Determine how you will gather the tools and supplies to complete the project.

Day Of: Orientation/Warm-Up – Why Does This Matter?

- Ask children to raise their hands and brainstorm reasons for implementing this project.
- Ask them how they think this project will make the senior(s) feel?
- Discuss the plan for the day and safety issues.

Set-up

- Divide the family into teams and assign jobs.

Local organizations that may be able to accept your donation:

- Brother's Redevelopment, 303-202-6340
- Visiting Nurses Association, 303-698-6387
- Volunteers of America, 303-297-0408
- Wellspring Community, 303-840-2476
- Wellspring Senior Foundation, 303-937-3000

Meals on Wheels for Homebound Seniors

Meals On Wheels for Homebound Seniors can be organized in cooperation with Meals On Wheels or your local social services. Make tray favors for homebound seniors served by Meals On Wheels.

Number of Youth Volunteers: Depends on the project and the number of seniors served.

This is an opportunity for families to reach out to seniors who are homebound through connecting with Meals on Wheels or the social services agency in your area. Senior hunger is a national issue especially in rural areas. Families can make "tray favors" such as placemats, cards, and holiday decorations to send with the dinners. Another option would be to collect toiletries and other small items to make small gift bags that can be delivered with the meal.

A complimentary project would be to collect pet food to for seniors in need. Some Meals On Wheels chapters participate in the We All Love Our Pets Initiative (WALOP). Recognizing the important role pets play in the life of a homebound senior (they can be the only "family" they have), MOW and other like-minded organizations want to keep the senior's pets healthy and well fed.

Learning Goals

- To learn about the issues facing homebound seniors

Placemats and Cards

Make placemats out of 11" x 14" construction paper. Decorate with cheerful drawings. Use clear contact paper on both sides to make it waterproof or run it through a laminating machine. Make a greeting card to accompany the placemat. Messages should focus on the positive, such as inspirational quotes, avoiding messages like "I hope you feel better" and "I'm sorry you're having a hard time."

Materials Needed

- Construction paper
- Markers
- Stickers – Optional
- Scissors
- Clear contact paper, or...
- A laminating machine

Holiday Decorations

Brighten up a tray going to a homebound senior.

Service Project Materials: Depend on the season.

- Real flowers, pumpkins, gourds, evergreens ,pinecones
- Small waterproof jar, vase, or mug, basket decorated box or tin.
- Green water-retaining foam (available at craft stores)
- Latex or acrylic paints for pumpkins
- Floral picks if using pinecones.
- Optional: Roll pinecones in fast-drying white latex paint or spray the gold or silver
- Scissors and knives to cut green water-retaining foam

Project Instructions

- For fresh flowers take a small jar, fill it with green water-retaining foam, and insert flowers.
- Paint cheerful faces on small pumpkins or donate plain pumpkins and gourds to be placed on trays.
- Place fresh cut evergreens into green water-retaining foam in a small basket or a container decorated for the holidays. Attach pinecones to floral picks and insert into the arrangement. Pinecones can be rolled in white latex paint to add the color of snow, or they can be spray-painted silver or gold.

Local organizations that may be able to accept your donation:

-Volunteers of America, 303-297-0408

Toiletry Gift Bags

Homebound seniors would appreciate a little gift of practical toiletries with the delivery of their meal. Collect items and package festively in small gift bags. Enclose a homemade card with a cheerful drawing or note. Messages should focus on the positive, such as inspirational quotes, avoiding messages like "I hope you feel better" and "I'm sorry you're having a hard time."

Materials Needed

- Sample or hotel size shampoos, lotions, toothpaste, toothbrushes, and small soaps.
- Small gift bags and tissue paper
- Paper and makers for cards
- Optional: A new washcloth, pad, pencil, magnifying glass or small flash light.

Local organizations that may be able to accept your donation:

-Senior Resource Center, 303- 238-8151

-Senior Support Services, 303-832-1622x202

-Visiting Nurses Association, 303-698-6387

Pet Food Collection

Make arrangements with local supermarkets or pet supply stores to collect pet food donations for your homebound seniors with pets.

Materials Needed

- Flyers, posters, and information about the need for pet food for homebound seniors

Family Volunteering Toolkit

- Portable table and chairs for collection site
- Boxes to collect donations

Volunteer Leader Preparation

- Connect with the Meals On Wheels in your area or your local social services department.
- Ask them what their needs are and whether the ideas above interest them.
- Decide on the project(s) you would like your families to implement.
- Reach out to families from the community who would like to work with you on this project.
- Ask a speaker from the organization to come to your event.

Day Of: Orientation and Warm-Up – Why Does This Matter?

- Lead an orientation for family volunteers, including a talk from a representative of the agency.
- Ask the children to raise their hands and brainstorm reasons for implementing this project.
- Ask them how they think this project will make seniors feel.
- Review the need that will be met by the service project.

Local organizations that may be able to accept your donation:

- Senior High Rise Food Bank, 720-366-8315
- Senior Resource Center, 303- 238-8151
- Senior Support Services, 303-832-1622x202
- Visiting Nurses Association, 303-698-6387

Birthday Cards or Love Letters for Seniors

These cards and letters will brighten a senior's day, bringing some cheer to someone who may not live with family members or have a wide support network.

Materials Needed

- Construction paper or cardstock
- Pencils, markers, crayons
- Poems - original or classic

Volunteer Instructions

- Design and create a cheerful birthday card or love letter to make a senior smile
- Focus on the positive, adding inspirational quotes or poems rather than messages like "I hope you're not lonely" or "I'm sorry you're having a hard time."

Local organizations that may be able to accept your donation:

- Hospice Care of Boulder and Broomfield, 303-449-7740
- Karis Community, 303-355-5546
- Senior Resource Center, 303- 238-8151
- Senior Support Services, 303-832-1622x202
- Total Longterm Care, 303-894-0144
- Visiting Nurses Association, 303-698-6387
- Wellspring Community, 303-840-2476

-Wellspring Senior Foundation, 303-937-3000

Blackout Boxes for Seniors

Lightning, thunder, rain, wind... blackouts! You can help a neighbor be prepared for a blackout, when the lights go out, with a Blackout Box. Blackout Boxes are particularly useful for senior citizens. Alternative distribution can be to the local Department of Human Services.

Materials Needed

- A box, shoebox, or plastic box with a cover
- Markers, paint, collage, or another creative medium
- Construction paper or cardstock
- Pencils, markers, crayons
- A list of emergency phone numbers, written clearly on sturdy paper Include the following phone numbers, or fields for the recipient to fill in:
 - Closest Neighbor
 - 911 and other Emergency Numbers
 - Emergency Contact
 - Family Member
 - Recipient's own telephone number
 - Electric Company telephone number
 - Gas Company telephone number
- Flashlight & batteries
- Packaged snacks such as granola bars or fruit cups

Volunteer Leader Instructions

- Make arrangements with a recipient organization to donate the kits.
- Arrange box ingredients in an assembly line, with a box-decorating station at the beginning.

Volunteer Instructions

- Start with a box, shoebox, or plastic box with a cover.
- Label the box and decorate it with markers, paint, collage, or another creative medium.
- Pack a box containing one of each item.
- Make a card out of construction paper or cardstock to include, with well wishes and an explanation of the box's contents and purpose.

Local organizations that may be able to accept your donation:

- Senior Resource Center, 303- 238-8151
- Senior Support Services, 303-832-1622x202
- Visiting Nurses Association, 303-698-6387

Helping the Hungry and Homeless

Pillow Pals

Decorate the hem of a new pillowcase and fill it with items that will make a young person feel comforted in an unfamiliar environment. Tie with a ribbon and label with gender and age. Pillow Pals can be donated to children in group homes, homeless shelters, or domestic violence shelters.

Materials Needed

To include in the pillowcases:

New pillowcases

New stuffed animals (small): Used stuff animals might contain allergens hazardous to children with asthma.

Books: Can be gently used, but must have no torn or scribbled pages.

Toothbrushes

Toothpaste tubes

Pens or pencils

Pads of paper

Flashlights with batteries

To decorate and close:

Fabric paint, fabric markers, or embroidery thread and needle (for those skilled in embroidery)

Ribbon

Scissors

Cardboard or cardstock and pens or markers, to make tags

Volunteer Instructions

- Collect new pillowcases.
- Decorate the hem on one side only. Less is more.
- Fill with stuffed animals, books, toothbrushes, etc.
- Tie the pillowcase closed with ribbon.
- Add a tag indicating the intended age and gender of the recipient

Local organizations that may be able to accept your donation:

-Adoption Alliance, 303-584-9900

-Adoption Options, 303-695-1601

-Catholic Charities of Denver, 303-742-0828x100

-Colorado CASA, Inc., 303-623-5380

-Denver CASA, 303-832-4592

-Denver Children's Home, 303-399-4890

-Denver Urban Ministries, 303-355-4896

-Families First, 303-745-0327

-Our Family Orphan Communities, 719-379-3755

-Urban Peak, 303-974-2900

-Warren Village, Inc. 303-321-2345

Family Volunteering Toolkit

Winter Scarves

Create fleece or hand-made scarves for the homeless.

Materials Needed

- Fleece (Suggested source: www.picotextiles.com)
- Sharp scissors (adult-sized)
- Optional: Knitting needles and yarn, or crochet hooks and thread, and scarf patterns

Volunteer Instructions - Fleece Scarves

- Cut bolts of fleece into strips 10 inches wide.
- Cut a 1" x 2" fringe into the ends of the scarf
- Optional: Tie each piece of fringe in a knot to add texture.

Volunteer Instructions - Knitted/Crocheted Scarves

- Station several skilled knitting or crocheting volunteers at this project.
- Have skilled volunteers begin work on a number of scarves.
- Skilled volunteers teach family volunteers the basics of knitting or crocheting, allowing them to practice on a practice scarf before adding a stitch or a row to one of the scarves in progress.

Local organizations that may be able to accept your donation:

- Adoption Alliance, 303-584-9900
- Adoption Options, 303-695-1601
- Catholic Charities of Denver, 303-742-0828x100
- Colorado CASA, Inc., 303-623-5380
- Community Ministry, 303-935-3428
- Denver CASA, 303-832-4592
- Denver Children's Home, 303-399-4890
- Denver Urban Ministries, 303-355-4896
- Families First, 303-745-0327
- Our Family Orphan Communities, 719-379-3755
- Urban Peak, 303-974-2900
- Warren Village, Inc. 303-321-2345

Toiletry Care Kits

Assemble toiletries for homebound seniors, group homes or shelters.

Materials Needed

Option 1: Pre-made Kits

Pre-made toiletry care kits from Mimimus.biz at \$4.99 a piece, with all razors removed to be donated separately, for safety

Your choice of the following:

- Shiny, colored contact paper and scissors
- Adhesive foam sheets (from www.orientaltrading.com) and scissors
- Colored construction paper (or shiny paper), clear contact paper, and scissors
- Paint markers

Family Volunteering Toolkit

- Permanent markers
- Stickers

Option 2: Self-Assemble Kits

Draw-string fabric bags or zippered plastic bags, in which to pack the kits
Your choice of the following items, in miniature, donated by hotels or purchased from Minimus.biz or AllTravelSizes.com:

- Shampoo
- Conditioner
- Deodorant
- Soap
- Hand sanitizer or hand wipes
- Toothpaste
- Toothbrush

Option 1 – Volunteer Instructions

- Decorate the kit exterior. Shapes and letters can be cut out of colored contact paper and stuck on. Shapes and letters cut from construction paper can be adhered using a laminating sheet of clear contact paper. Paint markers, permanent markers, and stickers may also be used.
- Write a card to include. Cards can wish the recipient a happy holiday, depending on the time of year, say "Have a wonderful day," or include an inspirational quote. Messages should NOT mention negative situations and should NOT say "I hope things get better" or "I'm sorry you're having a hard time."

Option 2: Volunteer Leader Instructions

- Arrange kit supplies in an assembly line, with a card-making station at the end.

Option2: Volunteer Instructions

- Assemble a kit containing one of each item
- Insert a handmade card. Cards can wish the recipient a happy holiday, depending on the time of year, say "Have a wonderful day," or include an inspirational quote. Messages should NOT mention negative situations and should NOT say "I hope things get better" or "I'm sorry you're having a hard time."

Local organizations that may be able to accept your donation:

- Adoption Alliance, 303-584-9900
- Adoption Options, 303-695-1601
- Catholic Charities of Denver, 303-742-0828x100
- Colorado CASA, Inc., 303-623-5380
- Community Ministry, 303-935-3428
- Denver CASA, 303-832-4592
- Denver Children's Home, 303-399-4890
- Denver Urban Ministries, 303-355-4896
- Families First, 303-745-0327
- Our Family Orphan Communities, 719-379-3755
- Urban Peak, 303-974-2900
- Warren Village, Inc. 303-321-2345

Family Volunteering Toolkit

-Sacred Heart House, 303-296

Peace Dove Bracelets

Make them for families affected by domestic violence.

Materials Needed

Dove beads (Shipwreckbeads.com) - at least one per bracelet

Elastic cording

Colored beads - wooden or plastic

Scissors

Construction paper or cardstock

Pencils, markers, crayons

Volunteer Leader Instructions - Assign Volunteer Leaders to help with the tying of knots in the elastic cording.

Volunteer Instructions

- Cut a length of elastic cording 10 inches long.
- String a bracelet of colorful beads and at least one dove bead, to symbolize peace.
- Very carefully tie a secure knot to finish the bracelet.
- Write a card on a small square of construction paper expressing your hope for peace, or your intent to promote peace in the world. Write in pencil first, and then retrace your writing in marker

Local organizations that may be able to accept your donation:

-Domestic Violence Initiative, 303-839-5510

Feed the Hungry Food Drive

Feed the Hungry Food Drive can be organized in cooperation with a local food pantry or soup kitchen. Collect food, work at a food bank and enlist older children to stock the shelves and younger children to make snack packs for other children.

Number of Youth Volunteers: As many as possible – all ages

This is an opportunity for families to restock the shelves of food pantries and soup kitchens with desperately needed food.

Learning Goals

- To learn about hunger in the community, as well as the food banks and other local agencies that provide food for the hungry
- To learn how families can help

Materials Needed

- Art supplies: Markers, stickers, crayons, scissors, paper for making posters and flyers to advertise the time, date and place of the event

Family Volunteering Toolkit

- Collection Boxes

Volunteer Leader Preparation

- Contact local supermarkets and ask if they would let family volunteers set up a food collection outside their stores. Contact other organizations such as your school district or faith-based organizations and ask if they would be willing to host a food drive.
- Contact a local food pantry or soup kitchen or the department of human services and ask for their wish list of food items.
- Collect food at the designated location, or run a food drive at their school or faith based organization.
- If assembling food boxes, secure a location that has adequate space.
- Arrange to deliver the food to the agencies/and or stock their shelves if the agency has a need for this service.

Day Of: Orientation/Warm-Up – Why Does This Matter?

- Review the need that will be met by the service project.
- If leading Orientation before a supermarket collection, discuss the protocol for collecting food at local supermarkets. Flyers with the wish list of items should be available to hand to customers as they enter the store. Families should be polite and cheerful even if customers decline to help.
- Ask the children to raise their hands and brainstorm reasons for implementing this project.
- Ask them how they think this project will help serve the need to help provide food to the hungry in your community.
- Introduce the director or representative of the local food pantry. Ask him or her to give information about the agency and the people that it serves.
- When introducing a sorting or box-packing activity, explain the timeframe for the activity and outline the procedures.

Local organizations that may be able to accept your donation:

- Catholic Charities of Denver, 303-742-0828x100
- Community Ministry, 303-935-3428
- Food Bank of the Rockies, 303-371-9250
- Food Share America, 303-428-0400
- Senior High Rise Food Bank, 720-366-8315
- SOS/Operation Frontline Colorado, 303-892-8480
- Urban Peak, 303-974-2900

Snack Packs

Snack Packs can be organized in cooperation with a shelter, soup kitchen or food pantry. This is an opportunity for families to prepare healthy “snack packs” for children living in shelter, eating at soup kitchens or “shopping” at food pantries.

Number of Youth Volunteers: Depends on the number of “snack packs” to be assembled and distributed.

Family Volunteering Toolkit

This is an opportunity for families to prepare healthy “snack packs” for children living in shelter, eating at soup kitchens or “shopping” at food pantries. The snacks will be donated to the agencies to distribute to children in need.

Learning Goals

- To learn about hunger in the community, and the food banks and other local agencies that provide food for the hungry
- To become aware of community food needs and how families can help

Materials Needed

- Paper or plastic re-sealable bags
- Healthy snacks – Juice boxes, granola bars, packaged fruit cups or dried fruit, individually packaged pretzels and popcorn, fresh fruit (if permitted).
- Art supplies – Markers, stickers, crayons, scissors, paper for decorating snack bags or making cards to include inside the snack pack
- Ties or tape for closing snack packs
- Optional: Paper for cards or cheerful notes to put into snack packs

Volunteer Leader Preparation

- Contact a homeless shelter, food pantry or soup kitchen and tell them about your project. Ask if they have any restrictions on donated snacks such as foods containing peanuts.
- Involve families in all aspects of the project, from collecting healthy snacks, to assembling the snack packs, to delivering them to the recipient agency or organization. There is a variety of ways carry out the donation drive, such as holding them at local supermarkets or engaging schools or faith based organizations.

Day Of: Orientation and Warm-Up – Why Does This Matter?

- Lead an orientation with a representative from the food pantry or shelter.
- Ask children which snacks they consider to be healthy and how they think this project will help hungry children.
- Explain how the families will assist in assembling the snack packs.

Day Of: Carrying Out the Project

- Decorate the bags in which the snacks will be packed and (optional) make cards to include in the snack packs. Messages should focus on the positive, such as inspirational quotes, avoiding messages like "I hope you feel better" and "I'm sorry you're having a hard time."
- Fill each decorated snack pack with a variety of snacks and tie or tape closed

Local organizations that may be able to accept your donation:

- Catholic Charities of Denver, 303-742-0828x100
- Community Ministry, 303-935-3428
- Food Bank of the Rockies, 303-371-9250
- Food Share America, 303-428-0400
- Senior High Rise Food Bank, 720-366-8315
- SOS/Operation Frontline Colorado, 303-892-8480
- Urban Peak, 303-974-2900

Family Volunteering Toolkit

Bounty Baskets

Bounty Baskets can be organized in cooperation with local merchants and agencies that serve people in need. Assemble festive baskets of fresh fruit, healthy snacks and holiday snacks as table centerpieces for soup kitchens, homeless and domestic violence shelters, veterans' homes, senior centers or foster care group homes.

Number of Youth Volunteers: As many as possible – all ages

This is an opportunity for families to collect items and organize baskets of fresh fruit and holiday snacks, to be delivered to homeless shelters, soup kitchens, foster care group homes, veterans' homes, or senior centers, complete with homemade cards.

Learning Goals

- To learn about hunger in the community, and the food banks and other local agencies that provide food for the hungry
- To become aware of community food needs and how families can help

Materials Needed

- Baskets for table centerpieces
- Art supplies – Markers, stickers, crayons, scissors, paper for cards
- Food collection boxes
- Fresh seasonal fruit
- Holiday treats

Volunteer Leader Preparation

- Determine how you will collect baskets and items to go into the baskets.
- Arrange use of a community space large enough for sorting donated food and making the Bounty Baskets.
- Contact local stores to ask if they would be willing to donate fresh fruit, healthy snacks, and holiday snack treats, or whether would they be willing to have families to collect donation items in front of the stores.
- Contact a local agency or the department of human services that serves families in need to ask if they have any food restrictions.
- Collect, assemble and deliver the Bounty Baskets to the agency.
- Set up an Orientation in advance of the basket-making day to familiarize yourself with collection procedures.

Day Of: Orientation/Warm-Up – Why Does This Matter?

- Review the needs that will be met by the service project.
- Discuss the items that you want to collect. Distribute flyers and posters, and write an article in the local newspaper.
- Flyers with the wish list of items should be available at the collection sites and the collection boxes should be decorated with posters or flyers.
- Discuss the collection, assembling, card making and distribution plan.

Family Volunteering Toolkit

- Ask the kids to raise their hands and brainstorm reasons for implementing this project.
- Ask them how they think this project will help families in their community.
- Introduce the director or representative of the local agency. Ask her or him to give information about the agency and the people that it serves.
- Discuss assembling the baskets and delivering the filled boxes to the agency.

Day Of: Carrying Out the Project

- Bring in the items you have collected, sort the items by type of food, and assemble baskets.
- Have materials on hand to make cards or drawings to include in the baskets. Messages should focus on the positive, such as inspirational quotes, avoiding messages like "I hope you feel better" and "I'm sorry you're having a hard time."
- Deliver the baskets, or ask the recipient agency to pick them up.

Local organizations that may be able to accept your donation:

- Catholic Charities of Denver, 303-742-0828x100
- Community Ministry, 303-935-3428
- Food Bank of the Rockies, 303-371-9250
- Food Share America, 303-428-0400
- Senior High Rise Food Bank, 720-366-8315
- SOS/Operation Frontline Colorado, 303-892-8480
- Urban Peak, 303-974-2900

Keep Warm Coat Drive

Keep Warm Coat Drive can be organized in cooperation with local merchants and agencies that serve people in need. The Keep Warm Coat Drive can also be adapted to other types of collections, such as books and non-perishable goods. This is an opportunity for families to gather clean, gently used coats from the community to help others keep warm.

Number of Youth Volunteers: As many as possible – all ages

Learning Goals

- Learn about the need for coats and other items in your community.

Materials Needed

- Art supplies – markers, stickers, crayons, scissors, paper for making posters and flyers to advertise the time, date and place of the event
- Collection boxes
- Bags, and labels to sort coats for delivery to agency

Volunteer Leader Preparation

- Arrange collection days at community locations, to be staffed by family volunteers.
- Arrange a sorting day when family volunteers will sort the donated items.
- Contact local stores, your school district or faith based organizations and ask if they would be willing to be collection sites.

Family Volunteering Toolkit

- Contact local dry cleaners, ask if they would be willing to dry clean some of the coats for free.
- Consider working with a local Laundromat to wash and dry good coats that are donated but look slightly dirty. Ask them if they would donate their machines for free for the Keep Warm Coat Drive.
- Contact a local agency or the department of human services that serves families to ask what coat or clothing needs they have.
- Make flyers and posters advertising the collection. Explain on flyers and posters that coats must be clean, have working zippers, and no rips or stains. Ask that people wash all coats, mittens, hats, and scarves before donating.

Day Of: Collection Sites or Coat Sorting Orientation/Warm-Up – Why Does This Matter?

- Review the needs that will be met by the service project.
- Ask children to raise their hands and brainstorm reasons for implementing this project.
- Ask them how they think this project will help families in their community.
- Introduce the director or representative of the local agency. Ask him or her to give the families information about the agency and the people that it serves.

Day Of: Coat Sorting

- Have volunteers sort coats by gender and size, labeling each bag of coats and disposing of the coats that do not meet quality or cleanliness requirements.

Local organizations that may be able to accept your donation:

- Adoption Alliance, 303-584-9900
- Adoption Options, 303-695-1601
- Catholic Charities of Denver, 303-742-0828x100
- Colorado CASA, Inc., 303-623-5380
- Community Ministry, 303-935-3428
- Denver CASA, 303-832-4592
- Denver Children's Home, 303-399-4890
- Denver Urban Ministries, 303-355-4896
- Families First, 303-745-0327
- Our Family Orphan Communities, 719-379-3755
- Urban Peak, 303-974-2900
- Warren Village, Inc. 303-321-2345

No-Sew Fleece Blankets/Blanket Hugs

Blanket-making instructions are courtesy of Project Linus. For information on Project Linus, a non-profit organization that leads volunteers in making blankets for children, visit www.projectlinus.org.

Who doesn't like to curl up on a cold winter's night with their own special warm blanket? Your family can help others derive comfort while sleeping in a strange bed in a strange place with the gift of a Blanket Hug. These blankets and hugs are the perfect gift for children receiving

Family Volunteering Toolkit

treatment at the Ronald McDonald House and their families, refugee families, foster care children, or anyone staying at a homeless shelter or domestic violence shelter.

Materials Needed - Fleece Blankets

- Fleece blankets, or
- Fleece material to make blankets
- Scissors
- Construction paper
- Scotch tape
- Markers or crayons

Materials Needed - Crocheted/Knit Blankets, or Quilts

- Knowledge of crocheting, knitting, or quilting
- Thread, yarn, or quilting fabric
- Crochet hook, knitting needles, or needle and thread
- A blanket pattern from www.projectlinus.org/links.html

Materials Needed - Blanket Hugs

- Scissors
- Construction paper
- Scotch tape
- Markers or crayons

Volunteer Leader Instructions

- Contact a local agency to arrange the donation of Blanket Hugs.
- Purchase fleece from a craft or fabric store, or from an online vendor such as Picotextiles.com.

Volunteer Instructions

- Start with a fleece rectangle 4 feet x 6 feet in size.
- Cut fringe with sharp scissors along each edge. Start by cutting one 3-inch square out of the blanket at each corner, and continue by cutting slits 1 inch apart, 3 inches long, all along each edge.
- Tie each strip of fringe into a simple knot toward the end of the strip, making a tassel.

Volunteer Instructions - Blanket Hugs

- Trace hands on construction paper, cut them out, and attach them to "arms" (a strip of paper long enough to wrap around the rolled-up blanket).
- Include a caring message on the strip around the blanket, or make a card. Messages should focus on the positive, including hopeful phrases or inspirational quotes, avoiding statements like "I hope you feel better" and "I'm sorry you're having a hard time."

Local Organizations that may be able to accept your donation:

- Adoption Alliance, 303-584-9900
- Adoption Options, 303-695-1601
- Catholic Charities of Denver, 303-742-0828x100
- Colorado CASA, Inc., 303-623-5380
- Community Ministry, 303-935-3428

Family Volunteering Toolkit

- Denver CASA, 303-832-4592
- Denver Children's Home, 303-399-4890
- Denver Urban Ministries, 303-355-4896
- Families First, 303-745-0327
- Our Family Orphan Communities, 719-379-3755
- Urban Peak, 303-974-2900
- Warren Village, Inc. 303-321-2345
- Sacred Heart House, 303-296

Pillows for the Homeless

Materials Needed

- Fleece squares, roughly 2' x 2 or 2.5' x 2.5
- New pillowcases
- Polyfil stuffing
- Stencils
- Fabric paint, fabric markers, or permanent markers

Volunteer Instructions

- Cut a fringe of strips about 4" long and ½" wide in each edge of the fleece squares, keeping the length and width standard.
- Tie the two fleece squares together by knotting each strip of the fringe with the corresponding strip on the square above or below – but leave one edge of the pillow open.
- Fill the pillowcase with stuffing.
- Fold the pillowcase opening over and put the stuffed pillowcase inside the fleece pillow casing.
- Tie the rest of the fleece fringe.
- Decorate discreetly using stencils and fabric paint, fabric markers, or permanent markers.
- Simplicity is the key! Add one picture to the pillow, one brief, carefully chosen quotation, or one inspiring word.

Local Organizations that may be able to accept your donation:

- Adoption Alliance, 303-584-9900
- Adoption Options, 303-695-1601
- Catholic Charities of Denver, 303-742-0828x100
- Colorado CASA, Inc., 303-623-5380
- Community Ministry, 303-935-3428
- Denver CASA, 303-832-4592
- Denver Children's Home, 303-399-4890
- Denver Urban Ministries, 303-355-4896
- Families First, 303-745-0327
- Our Family Orphan Communities, 719-379-3755
- Urban Peak, 303-974-2900
- Warren Village, Inc. 303-321-2345

Family Volunteering Toolkit

Cards with Hot Chocolate

This wintertime project will help warm someone up with kind words and a hot drink. Cards with hot chocolate packets are appreciated by people in homeless shelters and domestic violence shelters.

Materials Needed

Construction paper or cardstock
Pencils
Markers
Crayons

Volunteer Instructions

- Using pencil first, and then adding color, make a card bearing cheerful messages about getting warm in the winter, such as "Put your feet up and enjoy a cozy cup of hot chocolate," "Here's a warm gift for a cold day," or "I hope you have a wonderful, warm day."
- Add drawings of beautiful winter scenes, mugs of hot chocolate, snow men, or other pleasant winter-related images.

Local Organizations that may be able to accept your donation:

-Adoption Alliance, 303-584-9900
-Adoption Options, 303-695-1601
-Catholic Charities of Denver, 303-742-0828x100
-Colorado CASA, Inc., 303-623-5380
-Community Ministry, 303-935-3428
-Denver CASA, 303-832-4592
-Denver Children's Home, 303-399-4890
-Denver Fisher House, 303-364-4616
-Denver Urban Ministries, 303-355-4896
-Families First, 303-745-0327
-Our Family Orphan Communities, 719-379-3755
-Urban Peak, 303-974-2900
-Warren Village, Inc. 303-321-2345

Sleepy Snack Sacks

Decorate a small lunch bag and include a healthy bedtime snack. Include a story book in the bag. Donate the bags to domestic violence or homeless shelters.

Materials Needed

- Children's books
- Paper lunch bags or more decorative paper bags with handles
- Individually packed snacks such as:
 - Pretzels
 - Trail mix
 - Crackers
 - Cookies

Family Volunteering Toolkit

- Dried fruit
- Bananas
- Granola bars
- Pencils, markers, crayons

Volunteer Leader Instructions

Arrange Snack Packs ingredients in an assembly line, with a bag-decorating station at the beginning

Volunteer Instructions

- Decorate a bag with the words "Snack Pack" or an inspirational message and cheerful drawings. Messages should NOT mention negative situations, and should NOT say "I'm sorry you're hungry" or "I'm sorry you're having a hard time."
- Assemble one Snack Pack containing one of each item.

Local Organizations that may be able to accept your donation:

- Adoption Alliance, 303-584-9900
- Adoption Options, 303-695-1601
- Catholic Charities of Denver, 303-742-0828x100
- Colorado CASA, Inc., 303-623-5380
- Community Ministry, 303-935-3428
- Denver CASA, 303-832-4592
- Denver Children's Home, 303-399-4890
- Denver Urban Ministries, 303-355-4896
- Families First, 303-745-0327
- Our Family Orphan Communities, 719-379-3755
- Urban Peak, 303-974-2900
- Warren Village, Inc. 303-321-2345

Disaster Preparedness Kits

Prepare disaster preparedness kits to donate to families through the Red Cross or a food pantry. The following items are inexpensive and easily attainable. These kits, while not containing all required materials, will serve as a helpful head start for people who would like to be prepared.

Materials Needed

- A box, shoebox, or plastic box with a cover
- Markers, paint, collage, or another creative medium
- Construction paper or cardstock
- Pencils, markers, crayons
- A copy of the "Disaster Supplies Kit" checklist for recipients to use when gathering the rest of the items for the Kit, which is included at the end of this lesson plan. Check off the items that you have already included. The checklist can be printed from pages 8-9 of the "Preparing for Disaster" handout at

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<http://www.redcross.org/images/pdfs/preparedness/A4600.pdf>. Optionally, print out the entire handout to include.)¹

- A list of emergency phone numbers, written clearly on sturdy paper Include the following phone numbers, or fields for the recipient to fill in:
 - 911 or an Emergency Number: (Include)
 - Electric Company Phone Number: (Include)
 - Gas Company Phone Number: (Include)
 - Closest Neighbor's Name and Phone Number: _____
 - Emergency Contact – Family Member Name and Phone Number: _____
 - Another Family Member's Name and Phone Number: _____
- Low-cost first aid kit items (adhesive bandages, etc.)
- A gallon milk jug (for the recipient to fill with water in preparation for a disaster)
- Sanitation and hygiene items (hand sanitizer, moist towelettes, and toilet paper)
- Matches in a waterproof container (such as a Ziploc bag)
- A low-cost plastic whistle
- An infant item, such as a disposable diaper or a pacifier
- A map of the local area (can be printed from the internet)

Volunteer Leader Instructions

- Make arrangements with a recipient organization to donate the kits.
- Arrange kit ingredients in an assembly line, with a box-decorating station at the beginning.

Volunteer Instructions

- Start with a box, shoebox, or plastic box with a cover.
- Label the box and decorate it with markers, paint, collage, or another creative medium.
- Pack the box with one of each item.
- Make a card out of construction paper or cardstock to include, with well wishes and an explanation of the box's contents and purpose.

Local organizations that may be able to accept your donation:

- Adoption Alliance, 303-584-9900
- Adoption Options, 303-695-1601
- American Red Cross – Mile High Chapter, 303-722-7474
- Catholic Charities of Denver, 303-742-0828x100
- Colorado CASA, Inc., 303-623-5380
- Community Ministry, 303-935-3428
- Denver CASA, 303-832-4592
- Denver Children's Home, 303-399-4890
- Denver Urban Ministries, 303-355-4896
- Families First, 303-745-0327
- Our Family Orphan Communities, 719-379-3755
- Urban Peak, 303-974-2900
- Warren Village, Inc. 303-321-2345

¹ American Red Cross, "Preparing for Disaster," 2004, <http://www.redcross.org/images/pdfs/preparedness/A4600.pdf> (accessed November 1, 2009).

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Healthy Eating Placemats

Healthy Eating Placemats are welcomed as donations at food pantries, soup kitchens or Meals On Wheels.

Materials Needed

Construction paper or cardstock

Stencils of healthy foods or letters of the alphabet (to aid in adding words)

Pencils, markers, crayons

Clear contact paper (for laminating placemats)

Scissors

Volunteer Instructions

- Come up with a healthy eating placemat design and draw it on the construction paper in pencil first. Design ideas may include drawing a chart with healthy foods depicted on one side, and unhealthy foods on the other.
- Add color using markers and crayons.
- Laminate the placemat using clear contact paper, with a Volunteer Leader's assistance.

Local organizations that may be able to accept your donation:

-Catholic Charities of Denver, 303-742-0828x100

-Community Ministry, 303-935-3428

-Food Bank of the Rockies, 303-371-9250

-Food Share America, 303-428-0400

-Senior High Rise Food Bank, 720-366-8315

-SOS/Operation Frontline Colorado, 303-892-8480

-Urban Peak, 303-974-2900

Healthy Care Kits

Provide children in foster care or a shelter with new toiletries. Include a small fun item such as a new small stuffed toy, cars, or stickers.

Materials Needed

Gallon-sized plastic bags with zipper

Permanent markers and stickers – for decorating the plastic bag

Construction paper or cardstock – for making cards

Pencils, markers, crayons

A new toothbrush

Toothpaste

Bar of soap

Wash cloth

Comb or brush

A small, fun item such as a new stuffed toy, a little car, or stickers

Volunteer Leader Preparation

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- Publicize the project as a collection when publicizing the family volunteer fair, asking for donations of the care kit items.
- Ask stores for donations of the items, as well. The extra donations will give volunteers more to package.

Volunteer Instructions

- Pack a bag with one of each item.
- Decorate the plastic bag with permanent markers and stickers.
- Make a card with cheerful messages to include in the bag. Messages should focus on the positive, such as inspirational quotes, avoiding messages like "I hope you feel better" and "I'm sorry you're having a hard time."

Local Organizations that may be able to accept your donation:

- Adoption Alliance, 303-584-9900
- Adoption Options, 303-695-1601
- American Red Cross – Mile High Chapter, 303-722-7474
- Catholic Charities of Denver, 303-742-0828x100
- Colorado CASA, Inc., 303-623-5380
- Community Ministry, 303-935-3428
- Denver CASA, 303-832-4592
- Denver Children's Home, 303-399-4890
- Denver Urban Ministries, 303-355-4896
- Families First, 303-745-0327
- Our Family Orphan Communities, 719-379-3755
- Urban Peak, 303-974-2900
- Warren Village, Inc. 303-321-2345
- Sacred Heart House, 303-296

First Aid Kits

Assemble First Aid Kits for families in shelters. Include a flyer with local information including 911 and other emergency phone numbers, as well as simple first aid instructions such as when 911 should be called. Donate to shelters or to your local social service department.

Materials Needed

- A box, shoebox, or plastic box with a cover
- Construction paper or cardstock - for making cards
- Pencils, markers, crayons
- Adhesive bandage strips
- Gauze pads
- Tape
- Antiseptic cream or ointments
- Antiseptic wipes
- Cold packs
- Tweezers
- Small scissors
- Thermometers
- A flashlight and batteries

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A flyer with local information including 911 and other police department and fire department numbers

Simple first aid instructions such as when to call 911

Volunteer Instructions

- Start with a box, shoebox, or plastic box with a cover.
- Label the box and decorate it with markers, paint, collage, or another creative medium.
- Make a card to include, with well wishes and an explanation of the box's contents and purpose. Messages should focus on the positive, such as inspirational quotes, avoiding messages like "I hope you feel better" and "I'm sorry you're having a hard time."

Local Organizations that may be able to accept your donation:

- Adoption Alliance, 303-584-9900
- Adoption Options, 303-695-1601
- American Red Cross – Mile High Chapter, 303-722-7474
- Catholic Charities of Denver, 303-742-0828x100
- Colorado CASA, Inc., 303-623-5380
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- Our Family Orphan Communities, 719-379-3755
- Urban Peak, 303-974-2900
- Warren Village, Inc. 303-321-2345

Helping Local Heroes

Thank-You Notes for Local Heroes – Firefighters, First Responders, Police Officers, Veterans

Materials Needed

Construction paper or cardstock

Pencils

Markers

Crayons

Volunteer Instructions

- Choose whether to write a card or draw a picture to a firefighter, a first responder (EMT or paramedic), a police officer, or veteran.
- Using pencil first, write messages on the front and inside of the card, thanking the person for his service to the community and first risking his or her life.
- Add pictures and color.

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- If writing to a volunteer, such as a volunteer firefighter or volunteer EMT, thank her for her volunteer service and explain that you volunteer, too. Explain what you have done as a volunteer and why you think volunteering is important.

Local Organizations that may be able to accept your donation:

- American Red Cross – Mile High Chapter, 303-722-7474
- Denver Fisher House, 303-364-4616

Holiday Mail for Heroes

Holiday Mail for Heroes is a program to create holiday cards and send to different service members stationed around the world. Visit Metro Volunteer's Website to find the Youth and Family Volunteer Toolkit at <http://www.metrovolunteers.org/volunteer/> and click on the Youth & Family Volunteering Toolkit where you will find the [Holiday Mail Link](#) on the Helping Local Heroes section.

*Seasonal Project: Project starts during September

Local Organizations that may be able to accept your donation:

- American Red Cross – Mile High Chapter, 303-722-7474

Operation Coupon

Help military families stick to their tight budgets through the collection of food and non-food coupons that will get sent to military bases around the world and can be used up to six months after their expiration.

Materials Needed

Scissors

Store Flyers/Coupon Books

Envelopes

Markers

Volunteer Instructions

- Collect coupons through store flyers/coupon books/news papers/mass mailings of food and non-food items.
- Cut and divide coupons into food and non-food items and place into applicable envelopes.
- Use marker to label envelopes with "Food items" and "Non-food items" and drop off at the 444 Sherman Red Cross office locations.

Local Organizations that may be able to accept your donation:

- American Red Cross – Mile High Chapter, 303-722-7474

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Reach out to Our Troop Care Packages

Reach Out to Our Troops Care Packages can be organized in cooperation with local Veterans of Foreign Wars Post (VFW) or service personnel from your area that are posted overseas.

Number of Youth Volunteers: Depends on the scope of the project

Learning Goals

- To think about the experience of troops serving their country overseas
- To learn about practical necessities that troops overseas may have

Care Packages

Families can collect items for care packages and make cards to send along to support the troops.

Materials Needed

- Boxes, markers and packing tape to pack items and address boxes.
- Items requested by troops overseas –
 - Baby wipes
 - Waterless hand sanitizer
 - Non-perishable snack foods
 - Stamps, Stationary, pen
 - Prepaid phone cards
 - Shampoo-small size, soap
 - Mouthwash, toothpaste, dental floss, toothbrush
 - Small paperback books, magazines, newspapers, comics
 - Disposable razors
 - Lip balm, sun screen
 - Clean joke books, Sudoku, puzzle magazines, playing cards
 - D, AA & AAA batteries
- Food Items –
 - Flavored oatmeal
 - Powdered drinks
 - Hot cocoa, teas
 - Granola bars, marshmallows
 - Tuna kits
 - Chewing gum, mints, licorice, chocolates, jelly beans
 - Seasonings in plastic containers such as garlic powder, Italian seasonings, hot sauce, dried onion
 - Beef jerky
 - NO cans
- For Cards –
 - Markers, crayons
 - Scissors, paper, glue
 - Patriotic symbols and stickers

Volunteer Leader Preparation: Care Packages

- Contact your local Veterans of Foreign Wars (VFW) if you plan to reach out to troops overseas and do not already have contacts.

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- Ask the organization you are working with if they have any special wish list of basic necessities or food.
- Decide how you will collect the items for the care packages. Will you make arrangements with corporations who can donate, or will you have a community drive with drop-off boxes in locations such as schools and faith based organizations?
- Ask the VFW if there is a local soldier on home leave or who served recently overseas who would be interested in speaking at your event.

Day Of: Orientation/Warm-Up – Why Does This Matter?

- Review the needs that will be met by the service project.
- Ask the children how they think this project will cheer up the troops serving overseas.

Day Of: Packing

- Have families sort items according to your lists.
- Have art supplies available for families to make cards.
- Pack, seal and address boxes.

Helping the Earth

Nature Center Service Projects and Nursery Stewardship

Nature Center Service Projects and Nursery Stewardship can be organized in cooperation with a nature center such as the Bluff Lake Nature Center, or a native-plant nursery.

Native-plant nurseries often make use of volunteers, as well, in restoring native flora. Help plant, water, and care for the plants, or help with upkeep tasks such as washing pots.

Number of Youth Volunteers: 5 to 50

There are many ways children and families can help at a nature center. Make bird feeders or nest boxes that will serve the needs of birds that are threatened or endangered in your region, and help place them where they need to go. Do a large-scale cleaning of the center, vacuuming, cleaning windows, etc. Or, help with trail maintenance, raking, or gardening.

- Trail Maintenance: Distribute wood chips, re-paint trail blazes, repair broken signs, pick up litter, remove excess vegetation from ponds, remove invasive plants from trails, and plant native trees and shrubs.
- Gardening: Plant, weed, mulch, prune, trim, and more.
- Bird Care: Build or fill bird feeders, build and place nest boxes, and more.

Learning Goals

- To learn scientific facts about locally relevant environmental problems
- To become familiar with basic botanical vocabulary
- To learn about local ecosystems and the invasive flora and fauna that are found, as well as the native flora and fauna that need to be protected
- To learn and practice planting and care procedures for certain native plants

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Materials Needed

- Will depend on nature center or nursery needs.

Volunteer Leader Preparation

- Communicate with the nature center or native-plant nursery about their unique needs and wants. If working with a nursery, look for one that would like family volunteer help with tasks such as seed collection, propagation, transplanting, pruning, weeding, and out planting.

Nurseries may not be accustomed to finding child-friendly tasks for volunteers. Work with your nursery to determine what tasks are the most fool-proof and require the least dexterity. For example, the Fort Funston Nursery & Stewardship in Golden Gate National Park successfully engages children and family volunteers in harvesting strawberry cuttings to place in flats, which is comparable to transplanting a variety of other sturdy cuttings and seedlings.

- Keep in mind that tasks need only be extensive enough for youth and families to participate for at least half an hour, as children's attention spans will limit their work time.
- Consider setting up a family volunteer day for the time of year appropriate for the task. This will most likely require communicating with the nature center several months in advance.
- Involve your nature center/nursery contacts as much as possible in the planning process so that the family volunteer day will be exactly what the nature center needs. Remember to talk about the Orientation for families and the role that a nature center/nursery representative should play.
- Work with the nature center/nursery to engage some of their staff or volunteers as Volunteer Leaders for the family service projects.

Day Of

- Orientation/ Warm-Up: Why Does This Matter?
Lead an orientation for the family volunteers.
 - Review the need met by the service project. Read a short book or a passage from a book, play a learning game, or choose another activity that will get youth volunteers thinking about the environmental issues at hand. Consider inviting a representative from the nature center or nursery to lead this segment.
 - Welcome by a site representative:
 - Explain the service projects, who will do which projects, and the schedule for the day.
 - Ask the children to raise their hands and answer the following questions.
 - Brainstorm additional benefits completing the service project.
 - (If Applicable:) How do you think these service projects will make the nature preserve look and feel?
 - (If Applicable:) How will the wildlife, including all the different animals, feel about their improved habitat? Talk about specific animal species.
 - Review safety restrictions, guidelines, and potential hazards.
 - Allow time for questions.
- Volunteer Leaders' Roles:

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- Leading family volunteers in completing the service projects, and providing instructions and guidance
- Monitoring safety

Local organizations that may be able to accept your donation:

- Bluff Lake Nature Center, 303-344-1836
- Butterfly Pavilion, 720-974-1860
- Environmental Learning for Kids, 303-291-7503
- Friends of the Front Range Wildlife Refuge
- South Platte Park, 303-730-1022

Building a Community Garden

Garden Party: Building a Community Garden project can be organized as in cooperation with a local school, senior center, park, or community center.

Number of Youth Volunteers: 5 to 50

The garden party project is an opportunity to support a local school, senior center, park, or community center by building a garden that everyone can enjoy. This project invites families to beautify a space while also learning about gardening, yard care, soil, and the environmental benefits of vegetables and flowers. This project will open the doors for future volunteer opportunities through garden maintenance, including the tasks of planting, weeding, mulching, watering, and harvesting and the garden.

Learning Goals

- To understand the benefits of a community garden
- To identify methods for starting your own garden
- To learn about soil, the life cycles of flowers and vegetables, and the environment

Materials Needed

- Gardening tools - Shovels, trowels, rakes, hoes, watering cans, etc.
- Mulch
- Plants - Trees, flowers, vegetables, and/or seeds
- Gloves
- Gardening soil
- Optional: Wood/timber or stone for raised garden beds
- Optional: Garden décor and stone/gravel for walking paths
- Optional: Worms to introduce to the garden

Volunteer Leader Preparation

- Plan the goal of your event: Would you like to plant a flower or vegetable garden? How will the community use and benefit from the garden?
- Reach out to a local school, senior center, park, or community center regarding your interest in executing this project at their site.
- Visit the space where you plan to execute your project. Draw a plan for how your garden will look when complete.
- Schedule a time and date for your project.

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- Ask for a representative from your selected location to speak to volunteers at the orientation of your project.
- Reach out to community partners who will help execute this project by loaning tools and materials or by giving monetary donations.

Day Of: Orientation/Warm-Up – Why Does This Matter?

- Speak to the importance of this activity and how it will benefit others. Be sure to explain it in an age-appropriate way and teach content that speaks to some of the learning objectives listed above.
- Allow site representative to welcome volunteers.
- Ask children and family members to share their personal experiences with gardening and how it benefits a community and the environment.
- Ask youth volunteers to consider how they might start their own gardens at home.
- Lead a game that helps fulfill the learning objectives. For example, have groups act in skits that illustrate the importance of a maintaining a clean environment.
- Explain the day's schedule and logistical information, including tool use procedures, safety concerns, and where water and sun screen will be available.
- Allow time for questions.

Day Of: Set-up

- Establish locations for placing tools when not in use to reduce any safety risk associated with them.

Volunteer Leaders Instructions

- Lead volunteers through the process of planting and watering.
- Direct the layout of the garden according to plan.
- Make sure volunteers stay well hydrated and use sunscreen.

Flower Pots

Decorate a pot and plant seeds that will grow into beautiful flowers, to give to local nursing homes, senior centers, or shelters.

Materials Needed

- Flower pots (plastic)
- Soil
- Cup for transferring soil
- Seeds: Easy-to-grow varieties include four o'clocks, salvia, balsam, and snapdragons
- Photocopies of seed care instructions (one per pot)
- Decorating Materials - Options could include:
 - Paint markers or permanent markers (markers work if the pot is a light color)
 - Paper mache
 - Cover the exterior of the pot with blank paper using white glue applied thin with a paint brush, and decorate the paper using markers, crayons, or paint.

Volunteer Instructions

- Decorate the pots. Encourage young volunteers to add cheerful pictures, pictures of their favorite hobbies or pass-times, inspiring words, their favorite animals, or simply an appealing design. Messages should focus on the positive, such as inspirational quotes,

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- avoiding statements like "I hope you feel better" and "I'm sorry you're having a hard time."
- According to care instructions on seed package, add the appropriate amount of soil to each pot.
 - Give young volunteers specific instructions on how many seeds to plant and how to plant them, according to care instructions, and allow them to plant the seeds.
 - Write the name of the flower on a craft stick and insert it into the soil.
 - Place each flower pot into a bag for delivery, and include a photocopy of the seed care instructions.

Local Organizations that may be able to accept your donation:

- Brother's Redevelopment, 303-202-6340
- Visiting Nurses Association, 303-698-6387

Community Cleaning Project

A Community Cleaning Project can be organized in cooperation with a local school, city or state park, beach, community center, Boy or Girl Scout campground, local cemetery, or public housing community.

Number of Youth Volunteers: 10 to 100

The Clean Up, Spiff Up project is an opportunity for families to give back to the community by cleaning a public space in order to make it enjoyable for all. This project invites volunteers to beautify a space through cleaning, picking up litter, re-painting benches and fire hydrants, raking leaves, planting flowers and trees, and possibly painting a mural. Youth volunteers will have an opportunity to witness a transformation and learn about the benefits of working together to conquer big projects.

Learning Goals

- To witness what a difference we can make when working together
- To learn about environmental issues and what we can do to help

Materials Needed

- Trash bags
- Gloves
- Masks
- Yard tools (rakes, hedge clippers, edger, weed eater, etc.)
- Optional: Paint for benches, lamp posts, and fire hydrants
- Optional: Paint for a mural
- Optional: Beautification items (trees, flowers, garden items, etc.)
- Optional: Materials for Garbage Grabbers, a project from Family Volunteer Fair #4 in this toolkit

Volunteer Leader Preparation

- Reach out to a local school, city or state park, national park, beach, community center, Boy or Girl Scout campground, cemetery, or public housing community regarding your

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interest in executing this project at their site. Discuss their cleaning or beautification needs visit the site to take a look.

- Work with site representatives to plan the volunteer projects. If possible, gather and incorporate feedback from individuals who make use of the school, park, or center. What changes would you like to make with this volunteer project?
- Ask for a representative from your selected location to speak to an Orientation for your volunteers.
- Reach out to community partners who will help execute this project by loaning tools and materials or by giving monetary donations.

Day Of: Orientation/Warm-Up – Why Does This Matter?

- Share the importance of this project and how it will benefit the community. Explain your (and the community's) vision for the space.
- Discuss the reasons why people litter. Discuss ideas to help people keep the space clean. For example, are there enough trash cans? Is there something your group can do to help those who use the facilities keep it clean?
- Allow site representative to welcome volunteers.
- Ask children and families to share their personal experiences picking up litter or helping the environment, and how it made them feel.
- Ask children to consider the importance of living in a clean environment.
- Ask families to look at the space before the project begins so that they will later be able to see that kind of change a team of volunteers can make. Take "before and after" photographs.
- Lead a short game or group activity about the importance of a clean environment.
- Explain the day's schedule and logistical information, including tool use procedures, safety concerns, and where water and sun screen will be available.
- Allow time for questions.

Day Of: Set-Up

- Include a water station.

Day Of: Carrying Out the Project

- Optional: Lead families in making Garbage Grabbers before beginning the clean-up.

Volunteer Leaders Instructions

- Divide volunteers into groups that will focus on specific tasks or areas of the site.
- Remind volunteers to use gloves (if necessary).
- Set an example by using proper procedures.
- Make sure volunteers are well hydrated.

Local organizations that may be able to accept your donation:

- Boys and Girls Club of Metro Denver, Inc., 303-892-9200
- Denver Parks and Recreation, 303-806-9083
- YMCA of the Rockies – Snow Mountain Ranch, 970-887-2152
- Fairmount Heritage Fund, 303-322-3895

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"Lights Out!" Light-Switch Plates

Volunteers can make one light-switch plate to take home, and one to be donated through a food pantry. Light-switch plates remind us to save electricity, which protects not only our wallets but the environment as well.

Materials Needed

- "Lights Out!" light-switch plate template
- Cardstock (for templates and plates)
- Scissors
- Pencils, markers, crayons

Volunteer Instructions

- Trace the light-switch plate template and cut it out of cardstock.
- Come up with a clever phrase as a reminder to turn off the light when leaving the room, and write it in pencil first. Then, go back and color them in
- Take one light-switch plate home to attach over an existing light-switch plate with tape, and make a second one to donate.

Garbage Grabbers

Make a garbage grabber to help you pick up trash in local neighborhoods and parks.

Materials Needed

- Wire clothes hanger, pliers
- Duct tape
- PVC plastic pipe, roughly 3 feet long and 1 inch in diameter, or instead of PVC pipe, empty paper towel rolls can be taped together to form a pipe.
- Wooden dowels (1/4 inch in diameter, longer than the piece of PVC pipe)
- String
- Rubber bands

Volunteer Instructions

- Untwist the wire hanger to form one big "V" with the points pointing inward, forming the grabber hands.
- Attach the dowel to the straightened hanger with duct tape, allowing the grabber hands to extend six inches beyond the end of the dowel. Insert the dowel, attached to the hanger, into the PVC plastic pipe.
- Add rubber bands or duct tape to each of the hands to make it easier to pick things up.
- Pull on the dowel to make the grabber hands come together.

Local organizations that may be able to accept your donation:

- Boys and Girls Club of Metro Denver, Inc., 303-892-9200
- Denver Parks and Recreation, 303-806-9083
- YMCA of the Rockies – Snow Mountain Ranch, 970-887-2152
- Fairmount Heritage Fund, 303-322-3895

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Environmental Education Posters

Illustrate the importance of recycling, conserving resources, and cutting down on car exhaust. Posters may be displayed in community locations including the public library, a local grocery store, a science museum, or other similar locations.

Materials Needed

- Poster board (small)
- Easy-read information on environmental issues, including causes and possible solutions, including selected facts and statistics that would be effective on posters
- Stencils
- Pencils, markers, crayons
- Old magazines (for pictures of ecosystems, plants, animals, polluters, and solutions)
- Glue
- Paintbrushes for applying glue to collage

Volunteer Leader Instructions

- Set this project up at two stations: One where volunteers can design posters, writing messages in pencil, and one where volunteers can color the messages in and add pictures or collages to illustrate them.

Station 1 (Design) - Have each volunteer:

- Choose an environmental issue and come up with a catchy phrase to articulate the problem and a solution, such as "Help save the planet! Say no to litter!"
- In pencil, trace or draw your message on poster board, along with a fact or statistic to support it. Leave space for illustrations.
- You may choose to take your poster to Station 2 (Color and Illustrations) to complete it, or you may pass it on for another volunteer to complete at Station 2.

Station 2 (Color and Illustration) - Have each volunteer:

- Choose a poster, begun at Station 1, to color and illustrate.
- Use markers or crayons to color in the words.
- Choose a medium for illustrating the poster. You may draw a picture, trace a picture from a stencil, or make a collage illustration using pictures cut from old magazines. If using collage, use paintbrushes to apply the glue.

Local organizations that may accept your donation:

- Children's Museum of Denver, 303-561-0114
- The Wildlife Experience, 720-488-3318
- WOW! Children's Museum, 303-604-2424

Composting Worm Bins

Build a composting worm bin, adapting a plastic container and adding the right ingredients. Composting worm bins allow you to cut down on waste and produce fertile soil for gardening or

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growing produce at home. For additional guidance, visit the New York City Compost Project's website at <http://nyccompost.org/how/wormbin.html>.

Materials Needed

- Re-sealable plastic container, relatively shallow, opaque
- Worms: Up to 1 pound per 1 square foot of container space
- Hammer and nail for poking holes in plastic container
- Leaves, potting soil, or shredded newspaper
- Kitchen scraps –
 - Washed fruit and vegetable scraps
 - Tea bags
 - Coffee grounds
 - Paper napkins
 - Etc.
 - NO: Meat, fish, dairy
 - AVOID an excess of fruit, which may attract flies.
- Water
- Handouts with instructions on maintaining and harvesting the composting worm bin and how to use the compost

Volunteer Leader Instructions

- Add about ten air holes to the plastic bin, in the top and the top of the sides. Do this job away from the children.

Volunteer Instructions

- Add most of the bedding material. If shredded paper has not been prepared, the volunteer should tear up the paper.
- Add the kitchen scraps. Feed the worms a varied diet rather than an excess of fruit, which will attract fruit flies.
- Add the worms.
- Cover the kitchen scraps and worms with the rest of the bedding material.
- Keep the bedding moist by sprinkling or spraying water.
- Take home directions on how to maintain and harvest the composting worm bin and how to use the compost

Local organizations that may be able to accept your donation:

-The GrowHaus, www.thegrowhaus.com

Reusable Canvas Tote Bags

These bags are a way to reduce the waste of paper and plastic grocery bags. Volunteers can take them home to use at the grocery store, or can donate them to the grocery store to be distributed for free to customers.

Materials Needed

Canvas bags (possible source: Cheaptotes.com, for \$0.99 each)

Pencils

Fabric markers

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Stencils - Environmentally themed (animals, trees, flowers)

Volunteer Leader Instructions

- Communicate with a grocery store about whether they would distribute the finished environmentally friendly tote bags to their customers for free at the registers, or whether volunteers could Set-up a table at the store to hand the bags to customers on their way in.

Volunteer Instructions

- Choose an environmental slogan or message to write on the bag, and pictures to illustrate. Picture ideas can be taken from the stencils.
- Trace, write, or draw the messages and pictures in pencil first, using stencils if desired.
- Use fabric markers to add color.

Terrariums

Learn about ecosystems by building a terrarium. Take it home with you to help teach your friends and family, or donate to a school classroom, library, assisted living facility, or nursing home.

Materials

Clear containers such as glass or plastic jars, cookie jars, fish bowls, or two clear plastic cups (to tape together at the end)

Plants: Plants that grow well in terrariums include Neanthe Bella Palm, Button Fern, Pitcher Plant, Butterwort, miniature African violets, Bird Nest Sansivieria, Irish moss cacti, and herbs.

Activated charcoal, to filter the air (in closed terrariums)

Spaghnum Moss

Soil

Water

Copies of instructions for maintaining a terrarium.

Sand or pebbles

Volunteer Leader Preparation

- Closed terrariums are more difficult to maintain than open terrariums. If you would like to lead family volunteers in making closed terrariums, enlist a Volunteer Leader skilled in terrarium making to help.

Volunteer Instructions

- Layer the terrarium ingredients as follows: (1) Sand or pebbles, (2) Activated charcoal, (3) Spaghnum Moss, (4) Soil, (5) Plants. Arrange the plants in an appealing design.
- Close the terrarium now if it is going to be closed, but do not seal it permanently. You will need to open it occasionally for maintenance.
- Take the terrarium home, along with instructions for maintenance, or donate it to a school classroom, library, assisted living facility, or nursing home.

Family Volunteering Toolkit

Encouraging Native Birds

Compile or build native bird encouragement kits, nest boxes, or bird feeders to be distributed to new home owners by Brother's Redevelopment or to a local bird observatory for environmental education programs. As human habitats encroach upon bird habitats, these activities help make the terrain more hospitable for our feathered friends.

Volunteer Leader Preparation

- Visit www.audubonathome.org/birdstohelp and choose a bird from an Urban, Rural, or Suburban setting that is specific to your region of the country.
- Choose a bird to help projects to complete for that bird, according to the website. If you want to build something out of wood, choose a species of bird that needs an item such as nest boxes built.
- Plan to hold the painting portion of the project in a well-ventilated area.

Materials Needed – General

Photocopies of printed-out information on the bird species being helped, from www.audubonathome.org/birdstohelp, with photos or illustrations

Materials Needed - Bird Encouragement Kits

- Envelopes or paper bags
- Pencils, markers, crayons
- Seeds, bulbs, or saplings of native flowers or trees that will attract a specific native bird species, as specified at www.audubonathome.org/birdstohelp
- Planting and care instructions for the seeds

Volunteer Leader Preparation – Bird Encouragement Kits

Bird Encouragement Kits

Contact your local nature center for help obtaining images of native birds, seed suggestions, and information on the nest site and feeding needs of birds native to your region

Volunteer Instructions - Bird Encouragement Kits

- Decorate the envelope or paper bag with drawings of native birds, labeled with their names.
- Pack the bag with seeds, bulbs, or saplings, as well as instructions.

Materials Needed - Nest Boxes or Bird Feeders

Select a PDF document at www.audubonathome.org/birdstohelp for a list of materials needed for each species of bird, but these may include:

- Plywood or thin planks of wood
- Straight-edge and pencil
- Measuring tape or ruler
- Saw
- Hammer
- Nails
- Sandpaper

Family Volunteering Toolkit

- Paint or stain in the appropriate color to attract the birds, blend in with the natural setting, or inspire people to care for the environment using environmental slogans, depending on the environment in which box or feeder will be placed and which bird species it is for
- Paintbrushes
- Cups to hold paint
- Appropriate cleaning products, including rags, paint thinner, or other necessary items
- Latex gloves for volunteers to wear if paint or stain contains harmful chemicals

Volunteer Leader Preparation - Nest Boxes or Bird Feeders

- Have skilled volunteers work on event preparation by sawing wood to the appropriate size and making marks with pencil to aid family volunteers in piecing the wood together
- Plan to have plenty of Volunteer Leaders skilled in carpentry man the service project station.
- Children should not be near saws and hammers, but should work at a different station.
- Provide a list of necessary safety precautions, and train Volunteer Leaders on them.
These will include:
 - Volunteer Leaders must spot and assist any volunteer using a hammer.
 - Volunteer Leaders must maintain adequate ventilation of the area.
 - Volunteers must wear safety gloves and safety goggles.

Volunteer Instructions - Nest Boxes or Bird Feeders

- Help assemble nest boxes or bird feeders using a hammer and nails or a power drill and screws, as needed.
- Help paint or stain boxes or feeders the appropriate color to attract the birds, blend in with the natural setting, or inspire people to care for the environment using environmental slogans, depending on the environment in which box or feeder will be placed and which bird species it is for.

Local organizations that may be able to accept your donation:

-Brother's Redevelopment, 303-202-6340

-Denver Parks and Recreation, 303-806-9083

Environmental Care Pledges

Add your own ideas to an Environmental Care Pledge, take your pledge, and come up with a list of steps you will take in order to keep it.

Materials Needed

- Copies of the Environmental Care Pledge
- Construction Paper
- Glue
- Pencils, markers, crayons

Volunteer Instructions

- Add an item to a variation of the following pledge and sign the bottom.
- Mount the pledge on colored construction paper using glue.
- Illustrate the pledge around the edges, adding drawings of actions he or she will take to care

Family Volunteering Toolkit

for the environment. Draw in pencil first, and then add color.

- On another sheet of construction paper, writing in pencil first and then retracing in marker, list at least three specific ways in which you will work toward these goals. Answers must be concrete and specify when you will do them, such as "I will pick up trash in my front yard after school tomorrow," or "I will start taking a lunch box to school instead of a paper lunch bag."
- Have volunteers take the Environmental Care Pledge and methods sheet home as a reminder of what they will do for the environment. Suggest that they make extra pledge cards to give to a friend or neighbor to advocate for the environment.

<p>My Environmental Care Pledge</p> <ul style="list-style-type: none">• I will do my best to PICK UP TRASH.• I will do my best to USE WATER WISELY.• I will do my best to USE ENERGY WISE BULBS.• I will do my best to USE PUBLIC TRANSPORTATION OR CARPOOL.• I will do my best to USE A CLOTH GROCERY BAG.• I will do my best to REDUCE, REUSE, and RECYCLE.• I will do my best to PLANT OR BUILD HABITAT.• I will do my best to BUY ORGANIC PRODUCTS.• I will do my best not to USE PESTICIDES.• I will _____ <p style="text-align: center;">Signed:</p> <p style="text-align: center;">_____</p>
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Recycle your Own Paper

Turn old newspapers, paper, and junk mail into new recycled paper. With your new paper, you can write cards to seniors or the troops.

Materials Needed

- Scrap paper, old news papers, and any other kind of paper – shredded
- Wooden picture frames or coat hangers
- Tacks, heavy-duty staples and stapler, or a hammer and nails, for attaching screen to wooden frame
- Window screen, old stockings, or other fabric that will allow water to drain freely without letting paper pulp through
- Liquid starch (to prevent ink from bleeding into the paper)

Volunteer Leader Instructions

- Arrange access to a large space for drying the sheets of new paper, such as several tables in a cafeteria.
- Set-up a project prep volunteer opportunity in advance of the fair so that volunteers can shred the used paper, prepare the paper pulp, and construct the molds.

Family Volunteering Toolkit

- Molds can be constructed by stretching window screen over the top of the frame and stapling it behind with heavy-duty staples or nails. Keep the front of the mold flat so that paper can be flattened against a surface. Children should not be near staple guns or hammers.
- Visit <http://www.pioneerthinking.com/makingpaper.html> for additional guidance.

Volunteer Instructions

- Dip a mold into the paper pulp and shake off the excess until the pulp has formed a thin, even layer on the mold.
- Allow paper to dry halfway.
- Press drying paper face-down onto the felt or flannel squares.
- Being careful to keep the wet paper intact, lift the frame and allow the paper to fall onto the felt or flannel square.
- Optional: Stack the mostly-dry sheets together and press them down to allow excess water to drip away.
- Separate the sheets and allow to dry completely, lying flat

Local organizations that may be able to accept your donation:

- Hospice Care of Boulder and Broomfield, 303-449-7740
- Karis Community, 303-355-5546
- Senior Resource Center, 303- 238-8151
- Senior Support Services, 303-832-1622x202
- Total Longterm Care, 303-894-0144
- Visiting Nurses Association, 303-698-6387
- Wellspring Community, 303-840-2476
- Wellspring Senior Foundation, 303-937-3000

Helping the Sick

Bake Someone Happy or Bring a Happy Meal

Bake Someone Happy or Bring a Happy Meal can be organized in cooperation with a local Ronald McDonald House.

No. of Youth Volunteers: Up to 10

This is an opportunity for families to reach out to children who are chronically ill and their families, specifically the families of kids receiving treatment at the Ronald McDonald House. When children are chronically ill, their families need a lot of support. In addition to the concern and anxiety of having a sick child, parents must deal with doctor's appointments or hospital visits, increased time away from work and family, extra financial burdens and the emotions of their other children. Siblings of a sick child may feel guilty or responsible, scared, sad or angry that their sibling is sick. This service project will help cheer up a sick child or their brothers or sisters by Baking Someone Happy or Bringing a Happy Meal.

Family Volunteering Toolkit

Learning Goals

- To better understand the experience of families battling a child's serious illness or injury
- To empathize with the challenges that they face
- To focus on positive actions that can be taken to help alleviate these families' difficulties

Materials Needed

- Kitchen access
- Cooking implements
- Ingredients
- Tablecloths, decorations, etc.

Volunteer Leader Preparation

- Reach out to a local Ronald McDonald House regarding your interest in leading this service project. Schedule a day and time for you to serve their meal and baked treats to selected families at the Ronald McDonald House who are awaiting family members' treatment. Schedule a time to lead an orientation for the family volunteers before they meet the families, and ask a representative from the House to speak to the group during it.
- Organize a volunteer group of 10 – 15 people, including kids and parents. Adjust this size as needed based on the Ronald McDonald House's capacity.
- Decide on a menu, including a meal and a baked dessert, and distribute prep tasks to your volunteer group. Keep in mind the appliances available or unavailable to you at the Ronald McDonald House, whether or not you can re-heat warm food, etc. Include the following in the list of prep tasks:
 - Salad/Appetizer
 - Main Course
 - Dessert
 - Decorations
 - Paper plates and cups, plastic utensils, napkins

Day Of: Orientation/ Warm-Up – Why Does This Matter?

- Lead an orientation for the family volunteers, before they meet the families to whom they will be serving the meal.
- Review the need met by the service project and the situation in which the families at the Ronald McDonald House find themselves.
- Ask the kids to raise their hands and answer the following questions.
 - Brainstorm reasons for completing the service project.
 - How do you think this project will make the recipients feel?
- Discuss the tone you hope to set at the meal, which should be positive and cheerful, yet understanding of the families' situation. For example:
 - DO be friendly and introduce yourselves, BUT allow the families to sit together and talk among themselves if they don't seem interested in conversation with the volunteers.
 - If you do speak at length with the families, DO ask how their children are doing. This is better than ignoring the situation that is probably uppermost in their minds. BUT, be sure to follow the families' lead on how much or how little they wish to discuss their children's health.
- Allow time for questions.

Family Volunteering Toolkit

- Welcome by Ronald McDonald House Representative: Ask a representative to welcome the family volunteers and speak to them about the Ronald McDonald House's purpose, mission, and needs.

Day Of: Carrying Out the Project

- Set-up the meal.
- Meet and Greet: When the families being served enter the room, stop everyone for a moment to explain who your volunteers are and thank them for their hard work. Invite the Ronald McDonald House families to introduce themselves to the volunteers as the meal is served, and explain that the volunteers would be interested in learning more about the Ronald McDonald House and the children's needs, if anyone were interested in talking.

Local organizations that may be able to accept your donation:

- Angel Eyes, 303-320-7771
- Brent's Place, 720-343-2800
- Children's Outreach Project, 303-429-0653
- Ronald McDonald House Charities of Denver, 303-832-2667
- Starlight Children's Foundation, 303-691-0700

Fun Fest

Fun Fest can be organized in cooperation with a Ronald McDonald House Charity.

Number of Youth Volunteers: Up to 10

Bring games and activities to families of children receiving treatment for serious illnesses or injuries, to help take their minds off of their family member's illness. The Ronald McDonald House is a place where families can stay when they need to be close to a hospital where one of their children is receiving treatment.

Learning Goals

- To better understand the experience of families battling a child's serious illness or injury
- To empathize with the challenges that they face
- To focus on positive actions that can be taken to help alleviate these families' difficulties

Materials Needed (to be provided by Family Volunteers):

- Tablecloths, decorations, etc.
- Games such as Monopoly, Checkers, Go Fish, Pictionary, Charades, or any game that families may enjoy.

Volunteer Leader Preparation

- Reach out to a local Ronald McDonald House regarding your interest in leading this service project. Schedule a day and time for you to lead a Fun Fest for selected families at the Ronald McDonald House who are awaiting a family member's treatment.

Family Volunteering Toolkit

Schedule a time to lead an orientation for the family volunteers before they meet the families, and ask a representative from the House to speak to the group during it.

- Reach out to families from the community who would like to work with you on this service project. Organize a volunteer group of around 5 youth and their parents or family members. Adjust this size as needed based on the Ronald McDonald House's capacity.
- Coordinate who will bring which games and which decorations. Encourage children in these decisions.

Day Of: Orientation/ Warm-Up – Why Does This Matter?

Lead an orientation for the family volunteers before they meet the families at the Ronald McDonald House.

- Review the need met by the service project and the situation in which the families at the Ronald McDonald House find themselves.
- Ask the kids to raise their hands and answer the following questions.
 - Brainstorm reasons for implementing the service project.
 - How do you think this project will make the recipients feel?
- Discuss the tone you hope to set, which should be positive and cheerful, yet understanding of the families' situation. For example:
 - DO be friendly and introduce yourselves, BUT allow the families to sit together and talk among themselves if they don't seem interested in conversation with the volunteers.
 - If you do speak at length with the families, DO ask how their children are doing. This is better than ignoring the situation that is probably uppermost in their minds. BUT, be sure to follow the families' lead on how much or how little they wish to discuss their children's health.
- Allow time for questions.
- Welcome by Ronald McDonald House Representative: Ask a representative to welcome the family volunteers and speak to them about the Ronald McDonald House's purpose, mission, and needs.

Day Of: Carrying Out the Project

- Set-up: Lead the volunteers into the Fun Fest area so that they can decorate and Set-up.
- Meet and Greet: When the Ronald McDonald House families enter the room, stop everyone for a moment to explain who your volunteers are and thank them for their hard work.
- Have volunteers lead a few rounds of games, joining in themselves when they are not leading.

Local organizations that may be able to accept your donation:

-Ronald McDonald House Charities of Denver, 303-832-2667

Book and CD Drive

Collect gently used books, DVDs, CDs, and computer games to donate to your local children's hospital or Ronald McDonald House. Make sure all items are only gently used or they can be

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new. Optionally, make baskets for children to take home when they leave the hospital, and make a card to go along with the basket.

Materials Needed

Two bins: One collection bin, and one finished bin

Wrapping paper: Seasonal or general. Should not be gender-specific, and should represent diverse religious traditions if near the holidays.

Scissors

Clear tape

Gift-wrapping ribbon

Construction paper or cardstock (for cards)

Pencils, markers, crayons

Volunteer Leader Preparation:

- Ask stores for donations of the items, as well. The extra donations will give volunteers more to package.

Volunteer Instructions

- Drop the donations off in the collection bin, or take them to the packaging station to wrap or package them. If a volunteer did not bring a donation, her or she may wrap or package an item brought by someone else, if there are extras in the collection bin.
- Visit the packaging station. Wrap items using wrapping paper and ribbon or help pack a basket with items, to be donated to an entire family.
- Write a card to go with the items. Write a cheerful message such as "I hope you enjoy these movies," or draw your favorite character from a movie, book, or game you are donating. Messages should focus on the positive, such as inspirational quotes, avoiding messages like "I hope you feel better" and "I'm sorry you're having a hard time."

Local organizations that may be able to accept your donation:

-Angel Eyes, 303-320-7771

-Brent's Place, 720-343-2800

-Children's Outreach Project, 303-429-0653

-Ronald McDonald House Charities of Denver, 303-832-2667

-Starlight Children's Foundation, 303-691-0700

Helping a School

Indoor Recess Kits

Collect all types of games, balls, jump ropes, coloring books, activities, and story books. Pack them into "Indoor Recess Kits." Connect with a school that could use these materials.

Materials Needed

For an Indoor Recess Kit activity book template, courtesy of Boston Cares, email familyvolunteering@handsonnetwork.org. Or, activity books and coloring books can be made

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from photocopies of a book designed in-house. Volunteer Leaders can work on this as an extended event-preparation project.

An assortment of indoor games, jump ropes, coloring books, activity books, and story books
A box, shoebox, or plastic box with a cover

For assembling coloring books and activity books:

- Construction paper
- Staplers and staples
- Pencils, markers, crayons
- Stencils (optional)

Volunteer Leader Preparation

- Have Volunteer Leaders skilled in art or drawing stationed at the table. They should be the ones to draw any big words or phrases on the box or bin, for volunteers to color in, unless volunteers arrive who are particularly skilled in drawing and lettering. They should leave space for volunteers to contribute small illustrations to the box or bin.
- Activity books and coloring books can be made from photocopies of a book designed in-house. Volunteer Leaders can work on this as an extended event-preparation project. Volunteers at the fair can then decorate covers to attach to the books when stapling them together.

Volunteer Instructions

- Help color in the design on the bin or box in which the kit will be packed. Or, volunteers who are skilled artists may volunteer to design a new bin.

Local organizations that may be able to accept your donation:

- Boys and Girls Club of Metro Denver, 303-892-9200
- Community Ministry, 303-935-3428
- Families and Allies Working Together, 303-388-6900
- Families First, 303-745-0327
- Your local school

School-Supply Backpacks

Pack backpacks with needed school supplies for students at under-resourced schools, children in shelters or children in foster care.

Materials Needed

Backpacks

Adhesive foam letters or fabric markers

Notebooks or white-lined paper

Pencils

Rulers

Erasers

Three-ring binders – optional

Construction paper or cardstock for making cards

Inspirational quotes on the subject of academics and doing well in school

Family Volunteering Toolkit

Markers, pencils, crayons (for volunteer use)

Volunteer Instructions

- Pack a backpack with one of each item.
- Place the adhesive foam letters or fabric markers into the backpacks along with everything else. (The recipients will use these to decorate their own backpacks, so volunteers should not decorate the backpacks themselves.)
- Make a card with an inspirational quotation about succeeding in school, and include it in the backpack. Messages should focus on the positive, such as inspirational quotes, avoiding messages like "I hope you feel better" and "I'm sorry you're having a hard time."

Local organizations that may be able to accept your donation:

- Boys and Girls Club of Metro Denver, 303-892-9200
- Community Ministry, 303-935-3428
- Families and Allies Working Together, 303-388-6900
- Families First, 303-745-0327
- Mi Casa Resource Center, 303-573-1302
- P.S.1 Charter School, 303-575-6690
- Your local school

Canvas Mural Painting

Painting a Canvas Mural can be organized in cooperation with a local school or community center.

Materials Needed

- Sign cloth or canvas
- Grommets or adhesive Velcro for hanging the mural
- Acrylic paint (in the appropriate colors)
- Cups to hold paint
- Smocks, aprons, or over-sized t-shirts
- Paintbrushes
- Rags or paper towels to clean-up spills
- Mural design on a transparency and an overhead projector - or an artist

Volunteer Leader Instructions

- After choosing the mural design and turning it into A paint-by-number, print it on a transparency.
- Tack the sign cloth up on a wall in a room that's long enough for sufficient projector distance, and project the design onto the sign cloth. Trace the design onto the canvas in pencil or pen - not permanent ink, as it will show through paint - including the numbers corresponding with the colors.
- Label your paint colors with the appropriate numbers.
- When leading the project, review correct painting techniques with youth volunteers, including how to avoid excess paint on brushes and dripping paint onto the mural.
- When delivering the mural to its destination, offer to help hang it, and provide the fastener needed for hanging, be it grommets and string or adhesive Velcro.

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Volunteer Instructions

- Put on a smock, apron or over-sized t-shirt.
- Pick a color of paint and paint the sections labeled with the same number.
- Wash hands to remove the acrylic paint, which comes off with soap and water.

Local organizations that may be able to accept your donation:

- Boys and Girls Club of Metro Denver, 303-892-9200
- P.S.1 Charter School, 303-575-6690
- Your local school

Brain Food Breakfast Bags

Brain-Food Breakfast Bags can be organized in cooperation with a school serving free breakfast.

Number of Youth Volunteers: Depends on size of facility

The Brain-Food Breakfast Bags project is an opportunity to support public schools by providing a variation on a healthy breakfast for students. Students who come to school hungry require nutritious breakfasts from the school to get their brains moving, and for the energy they need to get through the school day. Many schools provide a free or reduced price breakfast daily. The Brain-Food Breakfast Bags project provides welcome variety for one morning. Students receive beautifully decorated breakfast bags with healthy foods and healthy living tips.

Learning Goals

- To understand the hunger problem facing many students and their families
- To learn about nutritional elements essential to a healthy breakfast
- To identify breakfast foods that will meet each specific dietary requirement

Materials Needed

- Large boxes or trays for transport and delivery of the breakfast bags
- Healthy breakfast foods such as fruits, grains, granola bars, whole-grain bagels, hard-boiled eggs, low-fat milk, low-fat yogurt, bottled water, and bottled juice. Provide individually wrapped food items, and keep them in original packaging, for sanitary reasons.
- Refrigerator access with sufficient space, both at packing site and at delivery site
- Paper bags
- Pencils, markers, crayons
- Construction paper or cardstock
- Optional: Small trinkets (suggested: school supplies such as pencils, rulers, and erasers)

Volunteer Leader Preparation

- Do not pack the Brain Food Breakfast Bags at the same school to which you are donating them. Plan to hold the event in a large space such as a cafeteria at another school, a faith-based reception hall, a community center, a food pantry, or another location to which you will be donating.
- Reach out to a local school regarding your interest in leading this service project.

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- Visit the school and meet the school principal or your school contact in order to familiarize yourself with the facility and environment.
- Schedule the event at a school or location other than the one that will be receiving your donations. This is so that the students receiving the breakfasts do not feel uncomfortable.
- Deliver the bags as soon as possible so that the perishable foods will remain fresh.
- Ask for a teacher, PTA-parent, principal or other faculty member from the participating school to speak to volunteers during Orientation on the day of the event.
- Reach out to possible community partners to get food, drink, and monetary donations, and publicize the volunteer event as a time to bring in-kind donations of the requested breakfast items. Advertise this as a breakfast-item food drive, in addition to a Breakfast Bag packing event, on the event flier and in other forms of publicity.
- Plan to organize the service project into the following stations: Bag decorating, bag packing, card making, sealing the bags, and packing the bags for delivery. Assign Volunteer Leaders to lead each of these stations.

Day Of: Orientation/Warm-Up – Why Does This Matter?

- Share the importance of this activity and how it will benefit others.
- Welcome by a teacher, PTA-parent, principal or other faculty member from the participating school
- Ask youth volunteers to share why they think it is important to start the day with a healthy breakfast.
- Ask youth volunteers to name healthy breakfast foods, and then to name unhealthy breakfast foods.
- Lead an educational game that teaches families about the nutritional components of certain healthy breakfast foods.
- Discuss the game plan and the event schedule with youth and family volunteers.
- Allow time for questions.

Volunteer Leaders Instructions

- Staff your station in the service project assembly line.
- Facilitate an even flow of volunteers among the stations by asking volunteers to help wherever they are most needed.
- Help with the service projects when possible, to keep volunteer morale up and help volunteers feel like they are part of a group effort.

Volunteer Instructions

- Visit each station in the Brain-Food Breakfast Bag assembly line.

Local organizations that may be able to accept your donation:

-Boys and Girls Club of Metro Denver, 303-892-9200

-P.S.1 Charter School, 303-575-6690

-Your local school

Family Volunteering Toolkit

Message Quilt

Check with local libraries and schools to see if they have place to hang a large quilt to share the message of peace. Have each volunteer decorate a square to add to this tie-fringe, no-sew quilt to spread the message of peace and service.

Materials Needed

Felt sheets (squares)

Tie-fringe quilt square template (in Appendix D)

Scissors

Pencils

Fabric markers or permanent markers

Letter stencils

Volunteer Leader Instructions

- Be sure each felt square is precisely the same size so that the quilt will fit together evenly.
- Adapt the template as desired to fit the size of your quilt square, making sure to use the same template size for each square.
- Set this project up as two tables: One where volunteers cut fringe into the edges of the squares, and one where each volunteer decorates a square and ties it into the quilt.

Volunteer Instructions - Table One

- Trace the tie-fringe quilt square template into a square of felt.
- Cut the fringe into the square according to the template.

Volunteer Instructions - Table Two

- Choose an inspirational picture or quotation to draw, trace, or write on the square, and run it by a Volunteer Leader for approval.
- Draw his or her choice in pencil first, and then color it in, remembering that drawing and writing on the fringe will not be visible once it is tied.
- Tie the square into the larger quilt, lining each piece of fringe up with the corresponding fringe piece on the adjacent square to tie it

Local organizations that may be able to accept your donation:

-Boys and Girls Club of Metro Denver, 303-892-9200

-P.S.1 Charter School, 303-575-6690

-Your local school

Helping Youth and Families in Need

Family Volunteering Toolkit

Back-to-School & Graduation Drive

The Back-to-School & Graduation Drive can be organized with local non-profit agencies and organizations in order to collect school supplies for youths of all ages including those going to college for the first time.

Number of Family & Youth Volunteers: As many as possible – all ages

Learning Goals

- To understand how youth and families may help other youth and families in need
- To learn how youth and families are able to help.

Materials Needed

- Art supplies: markers, stickers, crayons, scissors, paper for making posters and flyers to advertise the time, date, and place of the event
- Collection boxes

Volunteer Leader Preparation

- Contact local businesses and ask if they would let youth and family volunteers set up a school supply collection outside their business. Contact other organizations such as school district or faith-based organizations and ask if they would be willing to host a school supply drive.
- Contact community school districts and ask for lists of required school supplies for each grade level.
- Obtain adequate storage space for collected school supplies.
- Arrange delivery times to the agencies that have a need for this service.

Day Of: Orientation/Warm-Up – Why Does This Matter?

- Review the need that will be met by the service project.
- If leading the Orientation before the business collection, discuss protocol for collecting the school supplies. Flyers with the wish list of school supplies should be available to hand to customers as they enter the store. Families and youth should be polite and cheerful even if the customer declines to help.
- Ask the youth and families to voice their ideas for implementing this project.
- Ask the volunteers how they believe this project will help serve the need to help provide school supplies to those within the community.
- Introduce the representatives of the agencies to discuss the people that they serve and provide other general information.
- Provide a timeframe and outline of different activities involved within the project.

Volunteer Leaders Instructions – Assign volunteer leaders to counting inventory and organization of different school supplies received.

Local organizations that may be able to accept your donation:

-Florence Crittenton, 303-321-6363

Carpentry Tools and Home Repair Drive

Find local agencies that coordinate volunteer teams to partner with underserved families to improve their own homes and neighborhoods. Help families improve their own home and

Family Volunteering Toolkit

neighborhoods by providing household supplies such as trash bags, paint brushes, latex gloves, and painting supplies. Providing these will help projects build safer environments; cultivate community among residents, neighborhoods, and networks of local resource providers.

Number of Youth and Family Volunteers: As many as possible – all ages

Learning Goals

- To learn about the importance of families needing a safe and healthy home or neighborhood environment
- To learn how families can help and contribute to change in the communities

Supplies Needed

- Art supplies: Markers, stickers, crayons, scissors, paper for making posters and flyers to advertise the time, date and place of the event
- Collection Boxes

Volunteer Leader Preparations

- Contact local hardware stores and ask if they would let family volunteers set up a tool collection inside their stores
- Contact local agencies and ask for their wish lists of items
- If assembling tool boxes, secure a location that has adequate storage space
- Arrange to deliver the items to the agencies if the agency has a need for this service

Day of: Orientation/Warm-Up – Why Does This Matter?

- Review the need that will be met by the service project
- If leading Orientation before a store collection, discuss the protocol for collecting hardware items at local stores. Flyers with the wish list of items should be available to hand to customers as they enter the store. Families should be polite and cheerful even if customers decline to help
- Ask children to raise their hands and brainstorm reasons for implementing this project
- Ask them how they think this project will make families feel
- Review the need that will be met by the service project

Local Organizations that may be able to accept your donation:

- Extreme Community Makeover, 720-235-8847

Helping a Cause

Family Volunteering Toolkit

Walk-A-Thons, Relay Race, or Race

Get Active: Walk-A-Thon, Relay Race or Race can be organized in cooperation with a local school, gym, parks department, hospital, or medical research foundation.

Number of Youth Volunteers: Depends on the size of the facility

Walking is simple and it can be done to benefit a cause important to your community. Organize a walk-a-thon to benefit a health-related cause such as AIDS, diabetes, or cancer research, or the children's play room at a local hospital. This project allows youth to help an important cause while also participating in a healthy activity. Your family can spend a morning or afternoon walking and raising money for sick children or research.

Learning Goals

- To practice the healthy habit of walking and running.
- To empathize with people struggling with life-threatening illnesses

Materials Needed

- Bottled water
- Granola/energy bars
- Donation buckets
- Sponsor sheets
- Participant timesheets
- Optional: Ask participants to bring personal water bottles

Volunteer Leader Preparation

- Reach out to a local school, parks department, or gym and request to use a track or trail for your project.
- Determine how you would like to raise money. Suggestions: Allow people to drop money in donation buckets at the event, charge admission, or have people "sponsor" walkers and donate on the basis of distance walked or time spent walking (for example, for every lap a child walks, a sponsor will donate \$1).
- Determine where proceeds will be donated.
- Ask for an appropriate representative from a local hospital or organization to speak at your event.
- Find sponsors who will donate money to your cause. Participating families can reach out to co-workers, teachers, and relatives.
- Reach out to local merchants for donations of water and energy bars.

Day Of: Orientation/ Warm-Up – Why Does This Matter?

- Explain the importance of this cause and how much their help matters. Go over the rules for the event and how the day will run.
- Ask youth to share ideas on why helping others is important and how raising money is important to help a cause. Also speak with youth about the importance of staying healthy (brainstorm).
- Introduce your special speaker from the local hospital or organization who will speak about where the money is going and how it will be helpful.
- Allow time for questions.

Family Volunteering Toolkit

Set-up:

- Set-up an information table where you or a volunteer can hand out event fliers and share information about your cause. Also include donation buckets at the table.
- Set-up a water station.
- Designate the start/finish lines.
- Give participants enough time to stretch and warm-up before beginning the event.
- Assign someone who will keep track of time or number of laps walked by participants.

Volunteer Leader Instructions

- Keep walkers energized, hydrated, and in good spirits.

Local organizations that may be able to accept your donation:

- American Diabetes Association, 720-855-1102x7006
- American Lung Association of Colorado, 303-388-4327
- Colon Cancer Alliance
- Lifespark Cancer Resources, 303-425-5670
- Lupus Foundation of Colorado, 303-597-4050
- Mental Health America of Colorado, 720-208-2236
- Rocky Mountain Cancer Center's Foundation, 303-930-7822
- Susan G. Komen for the Cure, 303-744-2088
- The Conflict Center, 303-433-4983
- The Lung Connection, 303-341-0489

Helping Animals

Dog and Cat Beds

Make hammock-style or bed-style dog and cat beds for residents of an animal shelter.

Hammock Style

This project can be divided into two stations to more easily manage activities.

Materials Needed

PVC pipe – enough for the four sides of the bed and four legs

PVC side outlets and caps

Durable, washable fabric such as denim

Scissors

Pens and pencils for marking measurements on fabric

Needle and thread, or sewing machine

Handsaw (for Volunteer Leader use during Prep)

Volunteer Leaders:

- Preparation - Have a skilled volunteer prepare the PVC pipe before the event, sawing it into pieces of the desired length.
- Instructions - Break the dog and cat beds project into two stations: one for sewing the fabric hammock, and one for assembling the frame and putting it all together. This will

Family Volunteering Toolkit

allow volunteers to complete one part or the other, if they choose, rather than spending a long time doing both.

Station 1: Sewing - Volunteer Leader Instructions

- Station Volunteer Leaders with sewing skills and a sewing machine (optional) at this project with instructions and sewing
- Have them lead family volunteers in the measuring, cutting, and sewing of the fabric, allowing family volunteers to do what they can, but finishing the work that they have trouble with.

Station 1 - Sewing: Volunteer Instructions

- Decide whether to make a dog bed or a cat bed.
- Measure and cut the fabric, dog size or cat size.
- Sew a hem on two opposite sides, and sew the edges of the other two sides into horizontal loops.

Station 2 - Building: Volunteer Instructions

- Slide PVC piping into the fabric loops, snap the piping into corner connectors, and attach the rest of the frame, so that the hammock is suspended.
- Optional: If making a bed for a cat, make a cat toy at the "Toys for Cats" project station and tie it securely to the corner of the hammock using strong string, for the cat to play with.

Bed Style – Design courtesy of Boston Cares

Materials Needed

Scissors

Pencils, pens, rulers for measuring, marking

Fabric

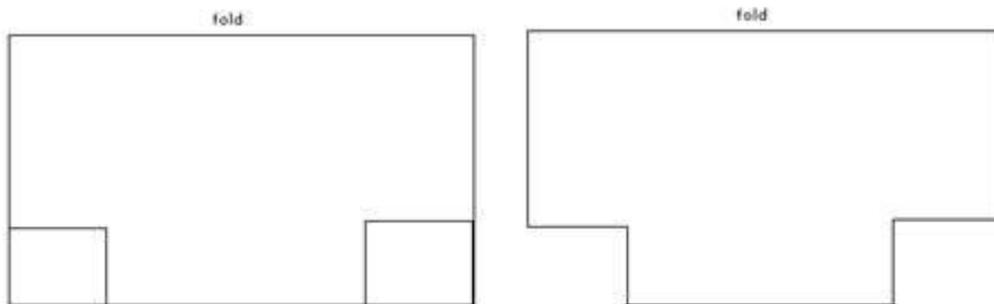
Plastic bags

Volunteer Leader Preparation

Cut fabric to size, approximately 30" x 50" minimum.

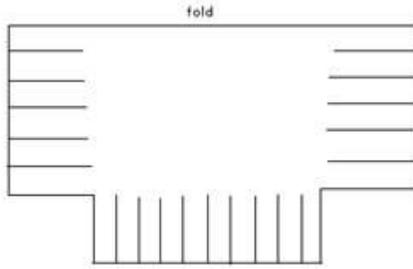
Volunteer Instructions –

- Cut a five-inch square out of each corner.
- Fold the fabric in half so that each missing square is on top of or below another missing square.



- Cut slits into the three open sides, cutting both layers of cloth at once so that the slits will line up. Leave the fold intact, with no slits. Cut the slits five inches long, two inches apart.

Family Volunteering Toolkit



- Double knot strips together with their partners above or below, most of the way around the bed. Do not pull knots tight.
- Stuff bed with 10-15 plastic bags.
- Finish tying strips together, pulling the knots tight so that the cats will not pull the bags out.

Local organizations that may be able to accept your donation:

- Denver Municipal Animal Shelter, 303-698-0076
- Friends of Paha, 303-987-4868
- P.A.W.S. (Pets are Wonderful Support), 303-693-1587
- Rocky Mountain Alley Cat Alliance, 303-202-3516

Dog and Rabbit Treats

Make no-bake treats for dogs and rabbits at an animal shelter.

ALLERGY NOTICE: THIS PROJECT STATION CONTAINS PEANUTS.

Dog Treats – Makes one batch of three dozen

Materials Needed

- 10 bananas
- 5 cups peanut butter
- 2 ½ cups ground peanuts
- 2 ½ cups wheat germ
- Large mixing bowl
- Wooden mixing spoons
- Forks and plates for mashing bananas
- Re-sealable plastic bags, one for each treat
- Cookie sheets or cardboard boxes for freezing the treats

Volunteer Leader Instructions

- Set-up project station near a kitchen or hand-washing station.
- When stirring up first batch, and between batches, allow family volunteers to take turns adding ingredients and stirring. Make batches small so that more batches will be needed, allowing more volunteer participation.
- When volunteers have filled a tray with dog treats, place it in the freezer or cooler.
- Ask shelter to place treats in the freezer for 1 hour before feeding to dogs

Volunteer Instructions

Family Volunteering Toolkit

- Wash hands
- Add an ingredient to the batch of batter, or help stir. Each banana should be mashed with a fork before being added.
- Scoop a spoonful of batter, mold it into a ball, roll it in crushed peanuts, and place it in a re-sealable plastic bag and into the pan or box of finished treats.

Hay Tubes

Materials Needed

- Empty cardboard tubes from bathroom tissue rolls or paper towel rolls
- Hay

Volunteer Leader Instructions

- Rabbits are less common in shelters than dogs or cats. You may need to call several shelters to find an appropriate donation recipient.
- Engage the youngest volunteers with this project, including 6-year-olds and younger siblings who may be present.
- Do not allow volunteers to draw on the tubes in marker, as marker may be harmful to rabbits.

Volunteer Instructions

- Take a fistful of hay, straighten out the strands, and stick it inside a cardboard tube for a rabbit to enjoy. The rabbit will chew on the cardboard and eat the hay.

Veggie Bundles

Materials Needed

- Baby carrots
- Greens such as lettuce and spinach
- Parsley

Volunteer Leader Instructions

- Rabbits are less common in shelters than dogs or cats, so you may need to call several shelters to find an appropriate donation recipient.
- Arrange for refrigeration of the vegetables until immediately before the volunteer fair, and deliver them to the animal shelter as soon as possible after the fair.
- Give specific instructions as to how many Veggie Bundles each volunteer should make, taking the animal's shelter's needs and the number of volunteers into account.

Volunteer Instructions

- Wash hands
- Wrap a baby carrot in greens, and tie several long-stemmed pieces of parsley around the bundle

Local organizations that may be able to accept your donation:

-Denver Municipal Animal Shelter, 303-698-0076

-Friends of Paha, 303-987-4868

-P.A.W.S. (Pets are Wonderful Support), 303-693-1587

Family Volunteering Toolkit

Pet Food Drive

Collect items to meet an animal shelter's needs, such as pet food or toys.

Materials Needed

Collection bin with colorful signage

Poster board

Markers

Posters or handouts with information about the recipient animal shelter, to display or distribute

Volunteer Leader Instructions

- Advertise the collection when publicizing the event, asking families to bring the needed items.
- Set-up the collection bin with a big, colorful sign celebrating the donations.
- Keep a tally of donated items on a poster in a visible location.

Make information available on the recipient animal shelter via poster or handout

Local organizations that may be able to accept your donation:

-Denver Municipal Animal Shelter, 303-698-0076

-Friends of Paha, 303-987-4868

-P.A.W.S. (Pets are Wonderful Support), 303-693-1587

-Rocky Mountain Alley Cat Alliance, 303-202-3516

Toys for Cats

Make toys for cats awaiting adoption. Plan on each volunteer making several cat toys as the project is quick.

Materials Needed

- Infant socks
- Catnip
- Cotton or synthetic stuffing, or cotton balls (up to 5 cotton balls per toy)
- Ribbon or yarn

Volunteer Instructions

- Place a small amount of catnip in the toe of one sock.
- Stuff the sock with cotton balls or stuffing.
- Tie the sock closed using ribbon or yarn - tied tight in a double knot so that the cat will not untie and swallow the ribbon or yarn.

Local organizations that may be able to accept your donation:

-Rocky Mountain Alley Cat Alliance, 303-202-3516

“Adopt Me!” Bandanas for Dogs

Family Volunteering Toolkit

Materials Needed

- Blank bandanas (available at www.orientaltrading.com)
- Pencils
- Fabric markers or permanent markers
- Letter Stencils (optional)

Volunteer Instructions

- Fold a bandana in half to make a triangle.
- Trace or draw a variation of "Adopt Me!" in pencil, using stencils if desired.
- Draw pictures of happy dogs, dogs playing, dogs eating, etc., in pencil.
- Re-trace and color in the letters and drawings.

Local organizations that may be able to accept your donation:

- Denver Municipal Animal Shelter, 303-698-0076
- Friends of Paha, 303-987-4868
- P.A.W.S. (Pets are Wonderful Support), 303-693-1587

Appendix A - Book Talk

To successfully incorporate service learning into your project, consider using Book Talk activities. Selected books can be read before or after the project or suggested to the families as recommended reading.

Homelessness and Hunger

A Shelter in Our Car by Monica Gunning

This story of a girl and her mother who are living in their car as the mother tries to find work and save enough money to rent an apartment. It is a beautifully done story that will awaken awareness and compassion for the plight of the hungry and homeless in our communities.

The Lady in a Box by Ann McGovern

Lizzie and Ben face the dilemma of seeing a homeless woman, Dorrie in the city where they live. The children want to help, despite their mother's caution about talking to strangers. When their mother takes notice of a parade of missing food items, she begins to become involved. She helps us to find out why Dorrie is homeless and the whole family spends a Saturday volunteering at a soup kitchen.

Some Place to Go by Maria Testa

Davey, his brother and mother are living at a shelter and eating at a soup kitchen. Afterschool, Davey goes to the library, supermarket or just walks the streets waiting for the soup kitchen to open. He is hoping that his mother's new job and his older brother's wages will help them move into a new apartment soon.

The Can-Do Thanksgiving by Marion Hess Pomeranc

Dee is eager to contribute to the class Thanksgiving Food Collection, but she would really like to know what happens to her can of peas after she donates it. She places a sticker on the can, and the church that receives Dee's peas, invites the class to prepare and serve dinner to those in need.

Uncle Willie and the Soup Kitchen by Diane DiSalvo-Ryan

Based on the actual volunteer experience of the author, this picture book provides a look into the soup kitchen without an overly sentimental view of the hungry or a dose of pessimism for the reader. With a note about soup kitchens introducing the story, this is informative and new, but not scary.

Troops and Veterans

Night Catch by Brenda Ehrmantraut

While a soldier is half way around the world, he enlists the help of the North Star for a nightly game of catch with his son.

Love, Lizzie Letters to a Military Mom by Lisa Tucker McElroy

Family Volunteering Toolkit

Lizzie stays close to her mom who is serving overseas by writing letters and drawing beautiful pictures.

When Dad's at Sea by Mindy L. Pelton

A little girl makes a paper chain to mark the six months her dad, a pilot, will be away. He tells her to take a circle off each night and when the chain is gone, he will be home again.

While You Are Away by Eileen Spinelli

Three children of different ethnicities have parents serving in the military. Each child anticipates a happy reunion with the parent who is away.

Almost Forever by Maria Testa

A first-grade child speaks of the year her father is drafted to serve as a doctor in Vietnam. She speaks about missing him, reading his letters and her feelings when his letters stop and happily, his homecoming.

Daddy, You're My Hero! and Mommy, You're My Hero! by Michelle Ferguson-Cohen

Both of these board books are written for young children about a parent being deployed. The text is the same in each book except for the parent-- it is either Mom or Dad.

Also check out the website MilitaryFamilyBooks.com for more titles.

The Environment

The Tiny Seed by Eric Carle

A simple description of a flowering plant's life cycle through the seasons.

From Seed to Plant by Allan Fowler

Earth Book for Kids: Activities to Help Heal the Environment by Linda Schwartz

A book written in a simple format how to care for the earth with a number of activities for understanding concepts such as acid rain.

The Greening Book - Being a Friend to the Earth by Ellen Sabin

A book full of hands on activities and ideas on how you can be a friend to our environment.

The Very Hungry Caterpillar by Eric Carle

This book follows a caterpillar as he eats his way through an array of healthy fruits and vegetables.

This Year's Garden, by Cynthia Rylant

This story follows the life of a family for a year as they plant vegetables on their farm.

TREE OF LIFE, The Incredible Biodiversity of Life on Earth by Rochelle Straus

A child-friendly, beautifully illustrated introduction to biodiversity.

Wangari's Trees of Peace by Jeanette Winter

A true story. As a young girl in Kenya, Wangari Maathai is surrounded by a rich, beautiful forest of trees. As she sees the trees being cut down she is afraid that soon all these forests

Family Volunteering Toolkit

will be destroyed. She decides to plant nine seedlings and as they grow, so do her plans...
"People are fighting over water, over food...we plant the seeds of peace."

Kindness

Sam and the Lucky Money by Karen Chinn

It is the Chinese New Year and Sam has "lucky money to spend. Walking through Chinatown with his mom he sees many things he would like. When he comes across a homeless man, his original intentions change.

La Mariposa by Francisco Jimenez

A beautiful story of young Spanish speaking Francisco, who attends a school where only English is allowed to be spoken, Read about his generous gift of his prized drawing of a butterfly to one of the class bullies.

One Smile by Cindy McKinley

A young girl named Katie, takes a walk with her mother and smiles at a man sitting on a bench. Read how her smile travels through the community and comes full circle to her and her mother.

Somebody Loves You, Mr. Hatch by Eileen Spinelli

Mr. Hatch, who lives an ordinary, almost dreary life working in a factory, is transformed the day he receives a candy-filled Valentine, with the message "Somebody Loves You, Mr. Hatch."

The Coat by Connie Korda. Illustrated by Middy Thomas.

An amusing story told from the perspective of a coat that finds new owners by being passed down.

Building Friends and Raising the Roof by Ronald Kidd

These Habitat for Humanity books are wonderful stories about helping others build homes of their own and making friends in the process.

Down Home at Miss Dessa's by Bettye Stroud

Set in the 1940's, this book tells the story of two sisters who help take care of Miss Dessa after she hurts her foot. After a while, the sisters start getting back just as much as they put in and end up making a true friend.

Giving Thanks: A Native American Good Morning Message by Jake Swamp

An ancient Iroquois message of gratitude still used today. It teaches children that we are all connected and that peace and harmony is based on mutual respect.

Senior Citizens

The Goat Lady by Jane Bregoli

All of the houses in town are well kept except the "Goat Lady's" house. Her house is shabby and the yard is full of farm animals. Read how a neighborhood family befriends her and gives their town a new perspective on this generous and "globally" thoughtful senior.

Family Volunteering Toolkit

The Sunshine Home by Eve Bunting

When Timmie and his parents go to visit his grandmother in the nursing home, he can't understand why everyone acts as though nothing is wrong. Through this warm and touching story, the family realizes how much they need and love each other.

Now One Foot, Now the Other by Tommie de Paola

When little Bobby learned to walk, his grandfather was at his side. Now that his grandfather has had a stroke, it is Bobby's turn to walk by his side and encourage him. This poignant story illustrates the power of love between a little boy and his grandfather.

Great-Uncle Alfred Forgets by Ben Schecter

Emily's Great-Uncle Alfred is in the early stages of Alzheimer's disease. When they walk together, she answers his confused questions, like why is it not Christmas in July. But, when Great-Uncle Alfred tells stories about his childhood, he remembers everything.

Granpa's Hammer by Ronald Kidd, Grandpa always used his hammer to make things, like Grandma's kitchen table. But when Grandma died, he retreated from life. It took the love of his granddaughter and visit to a the Lewis', a family that was building their own home with Habitat for Humanity to bring him back to doing the work he loved by helping others. This is a Habitat for Humanity book.

Chronic Illness

Kathy's Hats by Judy Krishner

Kathy, a child who went through chemotherapy, describes the hats she has worn. It is an upbeat story.

What About Me? When Brothers and Sisters Get Sick by Allan Peterkin

This story deals with the complicated feelings a young girl feels about her brother's illness. A book both parents and children will benefit from reading.

Butterfly Kisses and Wishes on Wings: When someone you love has cancer... a hopeful helpful book for kids by Ellen McVicker.

The story is told through the eyes of a child and lends itself to a simple and clear understanding of cancer.

Chemo girl: Saving the World One Treatment at a Time by Christian Richmond

Chemo Girl aims to help children who have been diagnosed with cancer, and makes chemotherapy understandable to children and less scary.

You Can Call Me Willy, A Story for Children About AIDS by Joan Verniero

This book is a good introduction to understanding AIDS. Third grader Wihelmina Jones loves school and baseball but having AIDS means she struggles with issues most children don't. After opposition from adults and with the help her best friend and a coach, she gets to play on the Little League team.

Great-Uncle Alfred Forgets by Ben Schecter

Family Volunteering Toolkit

Emily's Great-Uncle Alfred is in the early stages of Alzheimer's disease. When they walk together, she answers his confused questions, like why is it not Christmas in July. But, when Great-Uncle Alfred tells stories about his childhood, he remembers everything.

Animals

Shelter Dogs by Peg Kehret

Eight true stories of unwanted strays who, when adopted, go on to do heroic feats.

The Goat Lady by Jane Bregoli

All of the houses in town are well kept except the "Goat Lady's" house. Her house is shabby and the yard is full of farm animals. Read how a neighborhood family befriends her and gives their town a new perspective on this generous and "globally" thoughtful senior.

Chimpanzees I Love: Saving Their World And Ours by Jane Goodall

A touching book about a beloved species by Jane Goodall, renowned scientist and writer.

Animals at Play by Marc Bekoff

A delightful way to learn about animals, by learning about how animals play.

Youth Service

Something Beautiful by Sharon Dennis Wyeth

A young girl sees ugliness in her neighborhood. There is "trash in the courtyard and a broken bottle that looks like fallen stars." On her door, someone has scrawled the word "DIE," and a homeless lady "sleeps on the sidewalk, wrapped in plastic." The young girl decides to beautify her neighborhood and make it a better place to live.

Uncle Willie and the Soup Kitchen by Diane DiSalvo-Ryan

Based on the actual volunteer experience of the author, this picture book provides a look into the soup kitchen without an overly sentimental view of the hungry or a dose of pessimism for the reader. With a note about soup kitchens introducing the story, this is informative and new, but not scary.

Health

Food Rules! By Bill Haduch

"A single chocolate chip gives you enough energy to walk about 150 feet." This is one of the many kid-friendly facts in Food Rules! From the hypothalamus, (the part of the brain which tells you to eat) through the "Tunnel of Food" (your digestive tract), Bill Haduch plainly tells us everything we need to know about how we eat, the food we eat, and what we need to eat. Food Rules! is loaded with jokes, poems, fun facts and great illustrations by Rick Stromoski.

Anna's Choice by Catherine Carter

Young Anna is overweight and self-conscious. With the help of a good friend and her family, she changes her eating habits and begins to exercise. These changes transform her into a healthy and happier person.

Appendix B - Reflection

After your volunteer project, it is important for families to reflect on their experiences. Choose one of the Reflection Activities from the list below.

Reflection Activities

Through reflection, your family can appreciate the difference you are making, discuss any challenges you are encountering and learn from your experience.

Reflection can include sharing observations, reactions, feelings and activities about the volunteer experience. There are many different ways reflection can happen including writing, discussing, drawing, and acting. Below you will find some Reflection Activity suggestions.

- **Magic Wand** – This activity uses the concept of a magic wand to help children talk about and reflect on their volunteer experience. Divide the family volunteers into small groups of 5 or 10 and have each group sit in a circle. Tell everyone that you have just found a magic wand that allows you to grant wishes, and pose the questions, “If you could grant a wish to one person, who would it be, and what do you think he or she would wish for?” and “How do you think what we did today will make someone feel, and how do you think that is similar to granting a wish?”
- **Family Pictionary** – Divide the family volunteers into small groups of 5 to 7 people. Have everyone take turns drawing something about their volunteer experience and how they felt about it. While each person is drawing, have everyone else try to guess what the picture represents. After each picture is drawn, the artist should talk about the picture and what it means in relation to the project.
- **Book Talk** – Read a storybook from the Book Talk section within Additional Service-Learning Resources (above), and lead the kids and families in discussing how the story relates to their volunteer experience.
- **Reflection Questions** – Choose some of the following discussion questions to get youth volunteers and their parents thinking, and have participants take turns answering around the circle.
 - What did we do today, and what did we learn about?
 - How did you feel this morning before you did the project, and how do you feel now?
 - What was your favorite moment? Why?
 - Who did you work with, and how did they respond to you?
 - What happened when ...
 - What was your biggest challenge? How did you handle it?
 - Has your opinion changed about this issue?
 - Would you like to do the project again?
 - Would you do anything differently next time?
 - What are you most proud of that you did today?
 - What will you do to teach others what you learned today?

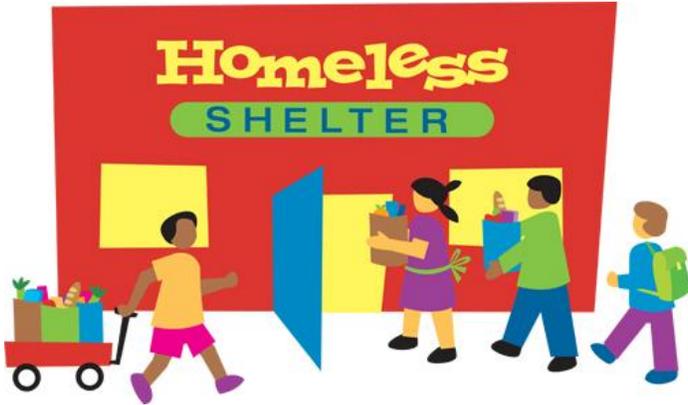
Family Volunteering Toolkit

- Reflection Tree – Have participants write their reactions to the service projects on leaves of cardstock or construction paper, to stick to a “Reflection Tree.” The tree can be cut out of large construction paper and taped to the wall, painted on large paper, or adapted from a bare tree branch “planted” in a pot.
- Reflection Form – Distribute the “Reflection Form/Participant Survey” from Appendix B for children and families to fill out. This is an opportunity for them to think about what they have accomplished. Collect the forms to read feedback on the family volunteer opportunity.

Appendix C – Fact Sheets for Kids

Fact Sheets for Kids help children understand related community issues. For more fact sheets, go to www.HandsOnNetwork.org/FamilyVolunteering/ServiceLearning.

Homelessness



Meet Laura

Laura's dad had a drug problem and was mean to her mother. To keep the family safe, her mother left their apartment with Laura and her two brothers. They took only what they could carry and had to stay in an emergency shelter. For several weeks, they slept in a big hall with hundreds of other people. Laura's mom found a small room in a welfare hotel for \$15 a night. It had two double beds but no kitchen. Laura's mom walked a mile and a half each day to her job at a nursing home. Laura and her brother took turns going to school so one of them could stay and watch their little brother, Derek. The social worker found out and arranged for daycare for Derek. Laura missed her friends and only had two outfits for school and one pair of shoes. They had no refrigerator in the room or a way to cook food. It was embarrassing to have to eat the "free" meals at school because her mother was too poor to pay. But it was worse to constantly feel hungry and try to concentrate. Laura felt so sad and hopeless.

Why Are People Homeless?

Poverty — Poor people are often not able to pay for housing, food, childcare, health care, and education.

Housing — A lack of affordable housing and housing assistance programs.

Other Factors — Lack of affordable health care, domestic violence, mental illness, addiction disorders and job loss.

Fact

So many of the comforts that many children take for granted are luxuries to homeless people.

Homeless Families

- Almost half of the homeless are families. (Homelessness Counts 2007)
- Single moms in their twenties head up most homeless families. (Rog & Buckner 2007)
- Homeless children are: ashamed, depressed, sometimes struggle in school and often feel hopeless. socially, emotionally and academically.

How can you help?

- Be kind to kids that are homeless
- Make Good-Eat Bags and plan an activity to do at a family shelter
- Hold a NEW clothing, book, birthday or holiday gift drive

Appendix C – Fact Sheets for Kids – Troops and Veterans



Wilson School Kids Care Club

Thank you to all the Kids Care Clubs who send cards and goodies for our soldiers. The amount of items that have come in are incredible! We send items to our own dads and moms as well as to reserve units.

About 1/3 of the kids in the Wilson Elementary School Kids Care Club have at least one parent who is deployed. Some are on their 4th or 5th deployment!

How can you help?

- Make Good-Eats Bags
- Send Good-Eats Care Packages
- Visit a Veteran

United States Armed Forces

U.S. Army
U.S. Marine Corps
U.S. Navy
U.S. Air Force
U.S. Coast Guard

Where are our troops?

Over 300,000 troops are deployed throughout the world on land and at sea. Operations range from the war in Iraq to peace keeping and humanitarian efforts.

In Asia and the Middle East, troops are stationed in: Iraq, Kuwait, Saudi Arabia, Qatar, Bahrain, Oman, The United Arab Emirates, Afghanistan

What is a Veteran?

A person who has served in the armed forces-the person does not have to have served during war time.

Honoring Our Veterans

Memorial Day — a day for remembering and honoring those who died serving their country.

Veteran's Day — a day to thank and honor those who served in the military.



Appendix C – Fact Sheets for Kids – Healthy Eating



Meet Jenny Lee...

Jenny Lee is from Maine. Growing up she loved to help her grandparents in their garden, planting vegetable seeds in the spring, watching them grow into healthy plants, and harvesting the produce throughout the summer and fall. One of her favorite garden activities was pulling carrots out of the ground. Jenny Lee thought there was nothing better than crunching into a carrot fresh out of the garden!

As a child, Jenny Lee knew it was fun to grow and eat fresh foods. As a mother, she understands how important healthy eating is for growing bodies and minds.

Now Jenny Lee is a nutritionist. That means she teaches people what healthy foods are and why it's so important to eat them.

Here's what she has to say...

Gardening at Home

Growing your own veggies is fun and easy. You need a small, section of your yard or planting containers in an area that gets at least 5 hours of sun daily.

You can buy seeds and plant them indoors, in empty yogurt containers filled with potting soil, or purchase seedlings from a local nursery or farm.

Herbs, cucumbers, tomatoes, beans and peas are all great choices for first time growers!

What is Healthy Eating?

Healthy eating means balanced eating -- eating foods that provide us with the vitamins, minerals, protein, fiber, and energy we need to keep our bodies healthy and strong. That includes fresh fruits and vegetables, whole grains like whole wheat breads, rice and oatmeal, and lean proteins like chicken, turkey, fish, eggs, beans and low-fat dairy. Drink 100% fruit juices. Drinking plenty of water is also important as it keeps our body hydrated.

Sodas, chips, cookies, candy, and other “junk” foods don't provide our bodies with nutrients, lasting energy, or brain power. These types of foods are not healthy and should only be eaten once in a while.



This fact sheet was created by Jen Spaide, a member and founder of the first Kids Care Club. She is now a mom and a nutritionist.

How do I Eat Healthy?

Make sure you are eating fresh fruits or veggies, a whole grain, and a lean protein at every meal.

Start with a nutritious breakfast to ensure that your body gets the energy it needs to start moving and your brain has power to learn. Try eggs with whole wheat toast and fruit, or yogurt with berries and a muffin.

Eat snacks that will keep your body and brain pumped up with nutrients. The wrong kind will make you tired and cranky. Choose fresh fruits or cut up veggies, yogurt, trail mix, or granola bars.

Eat the Rainbow! To get all the vitamins and minerals your body needs, eat a colorful diet every day. There are five color categories of produce: Blue/Purple, Green, White/Brown, Red, and Yellow/Orange.

How to Help Others
Share this fact sheet with family and friends.

Bring a rainbow basket of fruits and veggies to a soup kitchen.

Distribute Eat Wise - Exercise!™ Breakfast Boxes or Baskets.

Appendix C – Fact Sheets for Kids – The Environment

Saving the Environment!

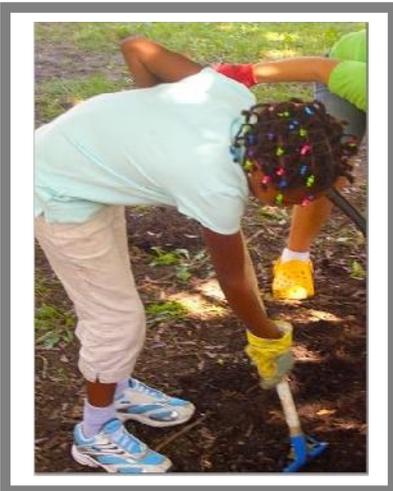
Concerned Students Make Environment-Friendly Changes

Meet LAURA - Laura has decided to *walk or ride her bike* instead of asking her mom for a ride when she wants to go to the neighborhood park or library. Plus walking or riding a bike is *healthy!*

Meet JOHN - John *plants trees* with his dad in their yard. They both support the local project in their neighborhood to plant trees and clean a neglected park.

Meet ALLISON - Allison helps her parents with *recycling* cans and bottles. She is saving the money she earns to donate to their community environmental action group.

Meet KYLE - Kyle asked his parents to change all the light bulbs in their house to CFL bulbs to save electricity and money! He also reminds them to *turn off* lights, televisions, and computers.



What is the environment?

The environment is the world around us. The air we breathe, water we drink, plants we eat, and wildlife we watch are all a part of it. Our environment is very fragile. Dirty air, water, and food can make people sick and kill wildlife. It is important to protect our environment in order to live happy and healthy lives. Everyone can lend a helping hand to keep things clean!

Problems and Solutions

Keeping the environment clean is a challenge! But, when we work together, we can overcome challenges and accomplish a lot. Here are some problems and possible solutions for keeping our environment clean. Remember that you personally can help keep the environment clean, especially if you work with others.

Global Warming

Problem: When people burn fossil fuels such as coal, oil, and gas it creates harmful smoke. Fossil fuels are burned to create electricity, warm our homes, and drive our cars. This contributes to the *greenhouse effect*, which is the process of Earth collecting heat from the sun and not returning it to outer space. When the environment gets too warm it can change the weather, kill plants and animals, and melt the ice caps.

Solution: You can help by turning off lights you are not using, taking shorter showers, and recycling. Since our cars also produce harmful smoke, you can help by walking, or taking public transportation.

Deforestation

Problem: Deforestation is the process of trees in the forest being cut down. Entire forests are wiped out by logging companies. The logs are used to create things such as paper, furniture, and homes. Forests produce fresh air and serve as homes for plants and wildlife.

Solution: An easy step to solving deforestation is to recycle paper. The more paper we recycle, the fewer trees are cut down. Planting trees in your neighborhood is also helpful.

Garbage and Litter

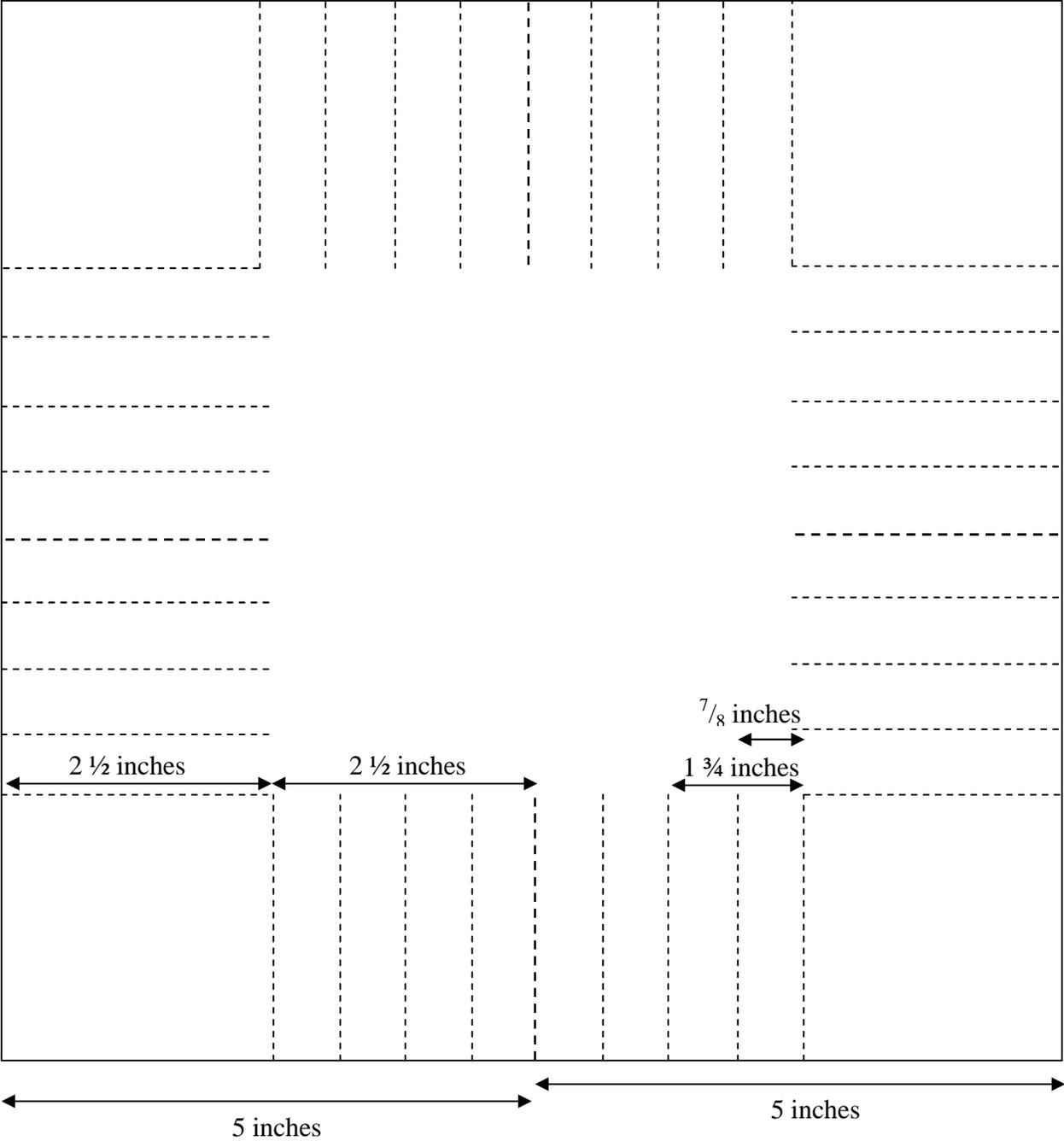
Problem: Littering happens when people throw their garbage on the ground instead of putting it in a trash can. Litter pollutes rivers, hurts plants, and kills wildlife. Too much garbage can also hurt our environment because dumps and *landfills* fill up too quickly.

Solution: Recycling and putting garbage in proper garbage cans helps keep our environment clean and healthy. When we recycle it puts less garbage in our dumps and landfills. *Use a trash can!*

How Can You Help?

- Tell family and friends to switch to CFL bulbs
- Join with other families to clean a local park, cemetery or beach
- Organize a can and bottle recycling drive and donate proceeds to a local environmental organization or nature center
- Use reusable grocery bags

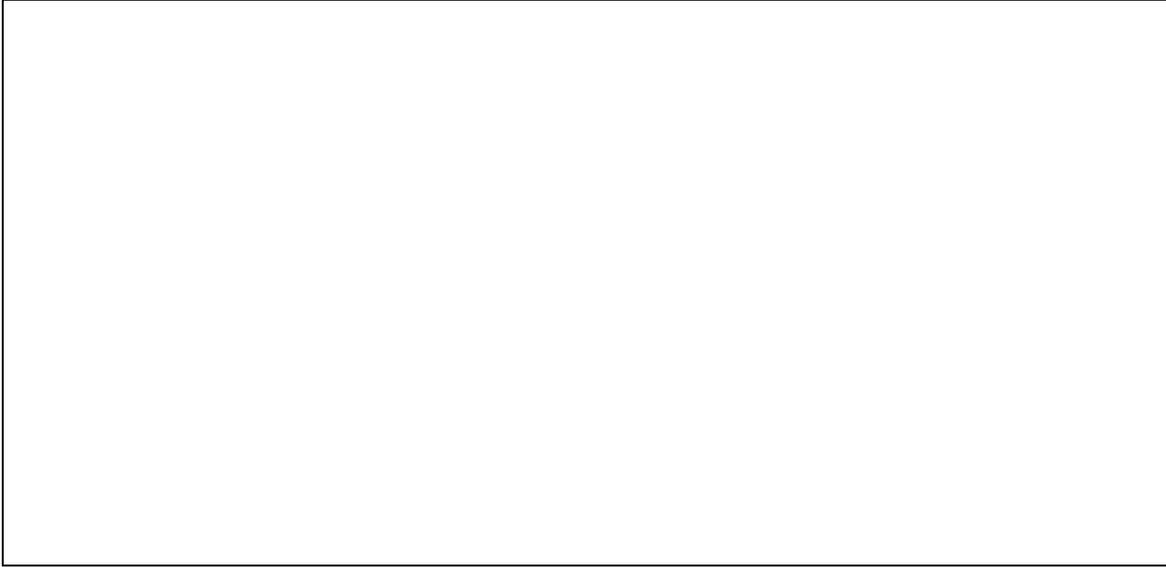
Appendix F - Template for Tie-Fringe Quilt Square



Appendix G - A Senior Citizen's Story

Senior Citizen's Name: _____ My Name: _____

- Below, draw a picture of the story that you hear.



What happened?

Why did it happen?

Who was part of the story?

Does the story have a moral? (A moral is a lesson that a story teaches.)
If so, what?

Additional Resources

Books

Friedman, J. (2003). *The Busy Family's Guide to Volunteering*.

Price, S. C. (2001). *The Giving Family: Raising Our Children to Help Others*.

Vogt, S. (2002). *Raising Kids Who Make a Difference*.

Weisman, C. (2006). *Raising Charitable Children*.

Websites

Doing Good Together (www.doinggoodtogether.org)

FamilyCares (www.familycares.org)

The Volunteer Family (www.volunteerfamily.com)

HandsOn Network (www.handsonnetwork.org)

