

Service Ideas that you can do from home (CoVid 'friendly')

Think about how you can be helpful to others from a safe distance...

- [VOLUNTEER TORONTO \(A Search Engine to Volunteer in Toronto\)](#) → [Search link](#) (click 'suitable for youth 14-17')
- *Social Distancing* - it is so important at the moment. Create a campaign. Join & promote a current one.
- Tutor peers virtually.
- Offer online lessons to teach a person a skill
- Take a note from teachers that are providing recorded lessons - record some of your own! Direct this towards an audience - young learners? English language learners?
- People (especially the older generation) are trying to combat loneliness. What are some ways you could take action? Call nursing homes? Provide care packages? Send virtual videos/cards?
- Informative and engaging videos about how to prevent the spread of Covid-19 / practicing safe hygiene
- Create videos to help all of the parents and teachers who are home with kids. You could read books, do sing-a-longs, exercise videos, etc.
- #CardsforWuhan #MrTherpod - adapt this same idea and expand into your local community
- Reading vlog/podcast where you do read alouds for young students who are stuck at home in quarantine
- Guide for parents and/or students on how to (insert topic of your choice)
- First responders & medical personnel need messages of support as well as medical supplies in certain areas
- Create a 'balance' video/presentation/shorts for students online to help with setting breaks, stretches, postures, etc. that are short and will help restore some balance to the body during these heavy 'online' times
- Create an [inspiring message](#) to share to foster a global community -

- Create Thank You cards (Creativity) for hospital staff and deliver them to the hospital (possibly with a small gift, flowers, ...)
- Create a website to fundraise for a cause
- Create videos to spread awareness, i.e. about the importance of social distancing and fighting the spread of Covid-19/safe hygiene [Urgent Messages from Italians in Coronavirus Quarantine](#)
- Offer free online lessons for teaching a language or a skill to people who need it [Speaking Hub](#) (online platform that enables Thai high school students to improve their English communication skills as well as learn about social issues and the SDGs)
- Alternatively, create a YouTube channel for language learning lessons or tutoring ESL
- Create an inspiring message to share with the global community: ['Compassion and Action Movement': The Community vs Covid-19](#)
- Create videos to help all of the parents and teachers who are at home with kids. You could read books, do sing-a-longs, exercise videos, etc. (This would also count as Creativity!) [Kid Lit Authors Step Up To Help Educators, Students, and Parents](#)
- Sign up for [Be My Eyes](#) to help people who are blind or have low vision
- Create a healthy meal programme for an elderly neighbor. Cook and deliver their meals to them to make their lives easier. [Invisiblehandsdeliver.org \(Read backstory here\)](#)
- Set up a dog walking service for elderly neighbors
- Think of other ways to support the elderly: calling them, sending virtual videos/cards
- Find a way to show appreciation or thank health care workers who are working very hard and taking big risks during this time. Send messages of support or medical supplies/masks. [We owe a huge thanks to the heroes on the front line of the coronavirus pandemic](#)
- Have family in another country? How can you offer support to them? Here's an example: [Call to Action for Wuhan. Background Story: A Call to Action](#)
- create an instagram profile to share activities to do during isolation (recipes, movies to watch, physical routines) service and activity
- Create audiobooks with pictures and voice recordings and share with junior school

- Create an online club- Dungeons and Dragons? (Creativity and Service)
- Make masks for kids or those in need (Service and Creativity)
- Organize a group to provide food to the hungry in your city
- Set up a garden to provide food to your community
- Recycle old items at home and donate them
- Arrange drop off locations and collect items for animals and human shelters
- Support a local non-profit organization- help with their social media awareness, or their owned media activities.
- Help with people powered research @ <https://www.zooniverse.org/>
- Have family in another country? How can you offer support to them? Here's an example: [Call to Action for Wuhan](#). [Background Story: A Call to Action](#)
- [Daily Bread food bank in Toronto](#)

Resources/Inspiration related to our current global situation

- [Coronavirus: The teenagers making deliveries to the vulnerable \(BBC\)](#)
- [Network of 'shopping angels' to help the elderly get groceries \(CNN\)](#) Give support to the elderly, i.e. care packages, grocery delivery program
- [Canadians started a 'caremongering' campaign](#) "Spread kindness like a virus" by helping people in your community, especially those most vulnerable due to age, health, or financial circumstance, i.e. picking up groceries or going to the pharmacy for an elderly neighbor. Caremongering groups on social media to post about offering to help, or people in search of a specific service/need
- [Songs During Shutdown: Musicians Perform Online Concerts Despite COVID-19](#) Create your own online concerts!
- [How to practice self-care during coronavirus](#) Create a self-care regimen or teach others how to practice it at home, i.e. Create a self-care guide