

#CoronavirusCommunityChallenge

Helping while #SocialDistancing

"Look for the helpers. You will always find people who are helping."

-Fred Rogers



I bet you are good at something.

You can be a helper!

SUN	MON	TUE	WED	THU	FRI	SAT
Start a text group with your neighbors	Have a good conversation on phone or by text	Call a friend you have not talked to in a while and just listen	Offer to wash a neighbor's car	Teach a class on skype	Do some yard work for a neighbor	Sing or play an instrument for your neighbor
Say "good morning" to anyone who crosses your path.	Leave positive messages on parked cars	Reassure someone and give them comfort	Give blood and/or encourage others to give blood	Leave a small unexpected gift for someone to find	Paint rocks and leave them in your community for people to find	Have groceries delivered to someone's door
Send loving thoughts out to everyone in the world	Video tape reading a children's book and post online	Send positive text messages to 5 people right now	Take out a neighbor's trash to the curb	Write an e-card or e-mail	Let someone go ahead of you in line	Play a game with your family
Take a meal to a neighbor	Purchase cat or dog food and leave it at a neighbor's door	Write a positive poem or story and text it to friends	Pick flowers from your garden and leave them for a neighbor	Leave positive messages on door steps	Write a card to someone	Color a picture and give it to someone
Teach a family member how to cook a special recipe	Show a family member how to do something new on the computer	Do some gardening work for a neighbor without being asked	Offer to clean a room for a family member	Help someone with their school work	Wave or say Hello to every stranger you see	Thank the helpers in your community