

# 20

## ways you can GIVE BACK in 2020 ... without leaving home!

1 Regularly call someone who lives alone and share conversation.



2 Wave to your neighbours.

3 Support a local business and buy a gift voucher.

4 Move the rubbish bins back in for your neighbour after garbage is collected.



5 Post a positive message or good news story on social media.

6 Make a card or drawing and send to someone who is living alone.

7 Bees need water. Put out a shallow bowl of water with some stones in it for the bees to stand on. Bees are essential for a healthy planet.



8 Make a card and send to staff at your local hospital, emergency services or to researchers working on a vaccine expressing appreciation for the work they are doing.

9 Teach someone a new skill that you have.

10 Do a family review and identify ways to make your home more environmentally friendly: <https://www.sustainablelivingguide.com.au/diy-environmental-home-checklist>

11 Make an online donation to a small charity working to improve lives.

12 Make giant posters that say "Thank you" and attach them to your bins & mail box for the garbage collectors and mail deliverers to see.

13 Rescue the insect or spider you find in your home and release it outside.

14 Collect up all your odd socks and send for recycling: <https://manrags.com.au/start-with-socks/#amnesty>



15 Reduce food waste. Plan your weekly menu carefully. Australians discard up to 20% of the food they purchase.



16 Give a hug every day to the people you live with. Hugs release stress & help the brain to think better.

17 Place a teddy bear or a drawing in your window for people to enjoy when they are out walking.



18 Write a note or card to your teacher or OSHC educator telling them what you appreciate about them.

19 Write down 5 things you value about a member of your family & put it on their pillow.

20 Use your voice to be an advocate. Write a letter to politicians asking for them to support the homeless at this time with safe accommodation & meals.

### AND... READY FOR 2021...

21 Make a list of all the things you are going to do to help others in the future when the pandemic is over!