

50 Acts of Community Checklist

How engaged in your community are you?

See how many activities you are already doing, and challenge yourself to do a few more.
Check it off when you do it!

Lead

1. Get your name on the ballot for local, provincial or federal elections.
2. Organize a block BBQ celebration.
3. Organize a community table at a restaurant.
4. Serve on the board or stand for office in a local organization.
5. Chair a committee in an active charity or non-profit community service organization.

Act

6. Vote!
7. Be active in your community school, neighbourhood, civic, or community association.
8. Be active in a local service club or fraternal organization.
9. Provide some emotional support or counselling for someone who is showing stress in their life.
10. Teach, coach or tutor someone who wishes to improve their skills.
11. Provide childcare for someone who wishes to perform an **Act of Community**.
12. Volunteer for an organization, political party, etc.
13. Participate in a demonstration or protest.
14. Contact your local council member or municipal official about a local issue.
15. Write a letter to the editor of the newspaper about a local issue.

16. Do some essential paperwork; e.g., pay bills, banking, fill out tax forms for someone who needs assistance.
17. Take some time today for personal development; e.g., meditation, practice a musical instrument.
18. Be active in your union or professional association.

Care

19. Help a friend or neighbour with chores they are having difficulty getting done; e.g., cook a meal, weed the garden, shovel the snow.
20. Help someone get their essential errands done by driving to shopping, medical appointments, etc.
21. Visit a relative.
22. Make a new friend.
23. Nurture an existing friendship/relationship.
24. Check in on a neighbour today.
25. Give an egg to a desperate neighbour who is in the middle of making a recipe and is in need.
26. Participate in a community-wide event; e.g., pick up litter day, earth day.
27. Participate in local events to protect the local environment.
28. Socialize today with family, friends, or neighbours.
29. Go for a walk or a hike in a local conservation area or park.
30. Try a new thing today.
31. Join a recreation organization; e.g., sports club, health club.
32. Join a cultural organization; e.g., book club, theatre group, choir.
33. Join a public interest group; e.g., food security, environment, homelessness.
34. Babysit your neighbour's kids / grandchildren.
35. Sign up at the local volunteer services agency to let organizations know that you are available.
36. Write a letter to a local friend.
37. Listen to someone / be a good listener.
38. Attend synagogue, church, mosque, etc. or participate in a related activity.

- 39. Attend a municipal council meeting.
- 40. Attend a Ward or neighbourhood meeting.
- 41. Attend a local planning meeting or open house.
- 42. Join a Facebook page on a local issue.
- 43. Play a sport – on a team or with an informal group.
- 44. Use your public library.
- 45. Visit an historic site in your community today.
- 46. Attend a cultural event; e.g., festival, art exhibition, dance or theatre performance, concert.

Be Aware

- 47. Hang out on the front porch or over the fence with your neighbours.
- 48. Share flowers from your garden with a neighbour.
- 49. Borrow a cup of sugar for a baking project.
- 50. Meet and greet your letter carrier.

Now add your own new acts of community:

- 51. _____
- 52. _____
- 53. _____
- 54. _____
- 55. _____
- 56. _____

