

@AUORATEENS

Ways to Give Back or Show Support



CHALK UP SOME HOPE

Write messages of positivity and gratitude on your driveway with sidewalk chalk for passersby, waste management teams and mail carriers.

DELIVERY THANK YOU'S

Leave a basket of treats, bottled water or hand sanitizer (whatever you have on hand) on your porch for mail carriers and delivery people. Add a little note of gratitude to let them know you appreciate their hard work.

CREATE SOME WINDOW ART

Create posters of positive messages to post in your windows to brighten the neighbourhood.

SUPPORT SMALL BUSINESSES

Support local and independent restaurants if you feel comfortable, through online orders and contactless delivery. Speak with the adults in your home about how this can be done safely and within the comfort of your family.

While practicing social distancing and self isolation, it can be difficult to make a positive impact to those around you. Sometimes it is the small things that count more than one may think. Check out these ideas of small, but powerful things you can do, from the safety of your home, to spread kindness and appreciation in your community.

CHECK IN WITH FAMILY

Check in with friends, family members and neighbours though phone calls, emails and video chats.

DONATE TO FOOD BANKS

Donate (safely) to local food bank, if you can. Talk to the adults in your home about how you can safely do this and if it is an option for your family.

COMPLIMENT TRAIN

Start a compliment train on social media. Make a positive post about a friend or family member, tag them, and tell them to make their own positive post about someone else. Pass it along to brighten someone's day!

NEIGHBOURHOOD BEAR HUNTS

Place teddy bears in some of the windows in your home for local children going on "bear hunts".