



Helping PEOPLE, COMMUNITIES and the PLANET

# MOBILIZE YOUR FAMILY ACTION KIT

BECAUSE  
CHANGE  
STARTS  
WITH  
YOU!

INSPIRE YOUR FAMILY TO BECOME A “FAMILY FOR CHANGE”,  
AND VOLUNTEER IN YOUR COMMUNITY. Join a local clean-up effort,  
volunteer at an animal shelter, donate your time to a soup kitchen, or  
find another volunteer opportunity in your area – the choice is yours.  
Get together to make a difference. **VOLUNTEER!**



When can you Mobilize Your Family?  
Join Friends for Change & GenerationOn for  
**FAMILY VOLUNTEER DAY ON NOVEMBER 19<sup>TH</sup>**  
Take action together.  
There's power in numbers, starting with one!

## WHY VOLUNTEER AS A FAMILY?

- To become a “Family for Change” in your community
- To practice kindness & giving back together
- To celebrate your family's skills as you work on things you care about
- To make awesome memories while making a difference
- To get in the spirit of giving and have fun



# 5

## STEPS TO PLAN A FAMILY VOLUNTEER DAY

1

### FIND A CAUSE YOUR FAMILY CAN GET INTO

Do you love to help animals, feed the hungry, help the environment, or lend a hand to veterans? Find out what your family cares about!

2

### FIGURE OUT WHAT YOUR FAMILY LIKES TO DO

What do you like and what are you good at? Sports, arts & crafts, cooking, gardening, computers—any of these interests (or more) can help people in your community with the right project.

3

### PICK ACTIVITIES FOR ALL AGES

What are your family members' ages? Even little kids can give! Choose a project that involves EVERYONE.

5

### DECIDE WHAT YOU WANT TO GET OUT OF IT

As a family, what do you want to get from volunteering? Have fun together, meet new friends, and help people, communities and the planet!

4

### PLAN FOR YOUR FAMILY'S SCHEDULE

Do you have a crazy calendar? Before you volunteer, ask yourself:

- How packed is your family's schedule?
- How long can your family focus on a project? Even an hour of volunteering helps, so pick a project that fits your calendar!



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## FOR FAMILY VOLUNTEER DAY PROJECT IDEAS, CHECK OUT:

<http://www.generationon.org/parents/family-volunteer-day>



## BEFORE & AFTER CHECKLIST:



**DO YOUR RESEARCH-** Make sure to check out the organization you'll be supporting. Is it kid friendly? What are their hours? Do you need to bring anything?



**CHECK IN -** As a family, talk about why this project is important. Let everyone share their ideas.



**VISUALIZE VOLUNTEERING-** Ask yourselves, "What will this be like? What are we excited about? What are we nervous about?" Make sure everyone understands their duties, and gets pumped to be a volunteer extraordinaire!



**REVIEW -** After the project is done, take time to look back on your efforts. Whether it's in the car on the way home, or during dinner, celebrate your family for all they do by saying, "THANK YOU!"

