

Offer to babysit friend's children	Ask a stranger to help you carry a box, bag, or groceries	Speak up when you see someone being treated unfairly	Listen to someone who needs to talk	Find public signs in different languages
Teach someone a new skill or fun trick	Fix something around a neighbor's house	Notice if someone seems anxious and help	Come up with a new solution for social isolation	Create a small piece of art to help yourself
Generate 5 ways to help someone using a potato	Call a relative who lives far away		Hold a door open for someone	Send a note to someone who has inspired you
Make a homemade meal for a local non-profit	Research about an issue you care about	Contact a local politician about an issue you care about	Listen to one of the episodes about Hawaii on our podcast	Help a kid reach something up high
Call an organization and ask how you can help	Look for some clothes or books to donate	Pick up trash in your neighborhood	Learn more about a local organization	Listen to someone else's favorite song