



50 Children & Family Volunteer Project Ideas

Information provided by the Points of Light Foundation &
Volunteer Center National Network,
"Family Volunteering: Read-Set-Go!"

Literacy/Reading

1. Create your own "thinking of you", "get well", or "thank you" cards for a children's hospital, veteran's group, or senior citizens' home.
2. Collect books to be distributed to families who might not otherwise own books.
3. Write letters for or to senior citizens at a community center.
4. Write for or read letters to visually-impaired individuals.
5. Be a homework helper in an after school program.

Environmental/Sprucing Up Your Community

6. Pick up litter on neighborhood streets or parks.
7. Plant fragrant trees and flowers in centers for seniors or the visually impaired.
8. Plant and tend a community garden.
9. Participate in a trail restoration hiking trip to help keep park trails in good condition.
10. Create a butterfly garden for a school, community of faith, park or nonprofit organization.

Opening Your Heart and Home

11. Organize a neighborhood food drive.
12. Play games, make popcorn, and visit residents at local nursing homes.
13. Participate in a Thanksgiving dinner program, shopping for food and cooking the meal.
14. Deliver meals to the homebound.
15. Assemble and deliver care kits at emergency shelters.
16. Bake cookies and give them to an organization for one of their events.
17. Prepare food baskets for needy families for Thanksgiving.
18. Make cards or letters for military personnel overseas.
19. Become a surrogate family for adults who are developmentally disabled and include them in your family activities.

Music/Entertainment/Crafts

20. Perform a puppet show at a local library.
21. Organize a sing-along at the children's hospital.
22. Arrange a youth history hour at a nursing home where older people can talk with children about their lives.
23. Ask a nursing home what entertainment they would like to receive and work with families to organize the event.
24. Teach craft projects at a local homeless shelter, adult daycare, or summer camp.

Advice/Current Affairs

25. Write a letter to your legislator about an issue that is important to your family.
26. Call other friends' families to become family volunteers.
27. Encourage family volunteering in your own classroom or civic activities.

28. Make awareness posters.
29. Help with voter registration campaigns.
30. Fold ribbons for awareness campaigns (breast cancer, AIDS, immunization, etc.)
31. Create family designed flyers for volunteer opportunities.
32. Become a spokesfamily for a cause you care about.

Seniors

33. Maintain yards of older adults.
34. Repair or paint the home of an elderly couple or needy family.
35. Take a homebound elderly friend to lunch or dinner.
36. Visit the Alzheimer's unit of a nursing home.
37. Spend time with senior citizens in rest homes.
38. Cut or buy fresh flowers for a nursing home or care facility.
39. Rake yards for the elderly.
40. Let families share their children with senior citizens through an Adopt a Grandparent program. This could be a one-time visit, a group visit, or an ongoing project.

Drives/Fundraisers

41. Enjoy a fundraising walk for a cause the family cares about.
42. Collect and wrap holiday presents for foster children or needy children.
43. Distribute water at a city festival or event or race.
44. Collect stuffed animals to donate to children in a homeless shelter.
45. Hold a coat or mitten drive.
46. Hold a penny drive and use the proceeds to help support your family's favorite nonprofit organization.

Organization Tasks

47. Label and stuff envelopes for a charity.
48. Make blank name cards to personalize shelter beds.
49. Make decorations for hospital wards.
50. Decorate tray liners for the meal trays at a hospital.

For more ideas of family volunteer projects visit www.familycares.org and www.familyvolunteerday.org

For more information about volunteer opportunities for family, youth and children please contact:

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