

100 WAYS TO LIVE UNITED

1. Help teach a younger child to read
2. Tutor a student that needs help learning English or another subject
3. Read books or the newspaper on tape for the visually impaired
4. Mentor a young person
5. Donate books to your local library
6. Help someone apply for a scholarship
7. Teach someone your native language or learn from someone else
8. Visit a museum and tell someone what you learned
9. Take a historical tour of your community
10. Learn about other cultures in your city
11. Start a study group with fellow students
12. Teach someone how to set goals
13. Donate a textbook to a student who can't afford it
14. Organize a school supplies drive
15. Donate an old computer to a school
16. Organize a canned food drive
17. Make quilts or baby clothes for low-income families
18. Host a community baby shower
19. Donate used clothing
20. Bring toys to children at the hospital
21. Give blood
22. Coach a children's sports team
23. Become an organ donor
24. Teach a dance class
25. Get CPR and First Aid Certified



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26. Teach people how to swim
27. Bring someone a hot meal when they're sick
28. Help people search for jobs
29. Help someone edit their resume
30. Start a YouTube series to teach a skill or topic
31. Take a financial literacy course and teach it to a teenager
32. Help a senior file their taxes for free on myfreetaxes.com.
33. Teach someone to use online banking services.
34. Tell someone about 2-1-1.
35. Volunteer through VolunteerWNY
36. Join AmeriCorps
37. Bring others with you when you volunteer
38. Share your expertise
39. Join and contribute to a professional organization
40. Volunteer for Day of Caring
41. Participate in a Business Meets Community
42. Help cook and serve a meal at a homeless shelter
43. Shovel the sidewalk on your street
44. Rake leaves for an elderly neighbor
45. Help push someone's car out of the snow
46. Participate in Family Volunteer Day
47. Create a website that provides a much needed resource
48. Become a volunteer firefighter or EMT
49. Volunteer to remove graffiti in your neighborhood
50. Walk dogs at a local humane society



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51. Contact your local political representative about key issues
52. Vote
53. Attend a city or town council meeting
54. Educate yourself on current issues and share with others
55. Find a problem and solve it
56. Write a letter to the editor about an issue you care about
57. Hold a door open for someone
58. Give up your seat on the bus or train for someone
59. Write a note to a teacher that had a positive effect on you
60. Tell someone that you appreciate them
61. Befriend a new student or neighbor
62. Strike up a conversation with a stranger on your way to work
63. Look for the good in all people
64. Fight negativity with kindness and compassion
65. Compliment someone
66. Promote others who are impacting the community
67. Support your friends
68. Encourage someone to believe in his or herself
69. Help someone get their idea off the ground
70. Smile
71. Make an effort to meet someone new every time you travel
72. Send a letter to a deployed soldier
73. Show someone how to overcome a fear
74. Listen to others
75. Don't drink and drive



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76. Speak out against racism, sexism, bullying, etc. when it happens.
77. Support someone in grief
78. Get to know a new colleague at work.
79. Spend some quality time with the ones you love.
80. Bake cookies and bring them to your local police/fire station
81. Shop at local businesses
82. Clean up trash in your neighborhood
83. Recycle
84. Stop Littering
85. Walk to your destination instead of driving
86. Carpool to work
87. Plant a tree
88. Pitch ideas to city officials to repurpose old buildings
89. Clean up a vacant lot or parking lot
90. Plant flowers in a public area that could use some color
91. Participate in a marathon for your favorite charity
92. Paint a mural
93. Start a neighborhood watch group
94. Photograph interesting things in your city and share them for all to enjoy
95. Pay for the person behind you in line
96. Participate in a United Way Workplace Campaign
97. Welcome a new family to the neighborhood
98. Save your loose change and donate it at the end of the year
99. Stay informed on what's happening in your community
100. Challenge someone to do something on this list

