



COMMUNITY ACTION WEEK

DAILY CHALLENGES TO MAKE A DIFFERENCE WITHIN YOURSELF AND TO OTHERS IN YOUR COMMUNITY

Monday, October 26- Gratitude Day

- ✓ Write a letter to someone you are grateful for (EMS, police dept, fire dept, family/friend)
- ✓ Fill Your Bag Exercise- <https://www.maximize-wellness.com/fillyourbaghappy.html>

Tuesday, October 27- Be a Neighbor Day

- ✓ Say "Hello" to every neighbor you see
- ✓ Offer to do a favor for a neighbor (mow their lawn, rake the leaves, pick up groceries)
- ✓ Commit to being a watchful neighbor to reduce crime! Report unlawful behavior! Download the Free Neighbors by Ring app- <https://store.ring.com/neighbors>

Wednesday, October 28- Mindfulness Day

- ✓ Learn about the practice of mindfulness- <https://www.mindful.org/mindfulness-how-to-do-it/>
- ✓ Find a mindful minute to spend and share how you did that with someone
- ✓ Download a mindfulness app- ex. Calm, Headspace, Insight Timer, 10% Happier

Thursday, October 29- Feed a Neighbor Day

- ✓ Donate a box of fresh produce to a local family in need - <https://www.boxcarapp.com/chatham-donation>
- ✓ BOO your neighbor- <https://www.thespruce.com/youve-been-booed-halloween-letter-1251782>

Friday, October 30- Give to Your Community Day

- ✓ Donate pantry items to the CUMC COVID Relief Food Pantry wish list- benefitting local neighbors in need https://www.amazon.com/hz/wishlist/ls/1EUJ3767QVAZR?ref_=wl_share.
- ✓ Community pickup day- put on gloves and clean a local area!

Saturday, October 31- Have a Neighborly Halloween

- ✓ Leave treats out for local kids, wear your mask and keep 6 feet of distance!
- ✓ Participate in the Teal Pumpkin Project- leave out non-food treats for kids with allergies- <https://www.foodallergy.org/our-initiatives/awareness-campaigns/living-teal/teal-pumpkin-project>
- ✓ Be a Light in the Night- Illuminate someone's night by reaching out and saying hello!

Sunday, November 1- Community Movement Day

- ✓ Take a walk/drive to admire our beautiful towns! Support a local business by enjoying something local!
- ✓ Support or participate in the Association for Suicide Prevention Virtual Walk in Chatham Area- <https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=6911>

SMALL ACTIONS ADD UP TO MAKE A BIG DIFFERENCE