

IT DOESN'T TAKE A LOT OF TIME TO MAKE A BIG DIFFERENCE



## SEEDS OF AWARENESS

### WHY FAMILY VOLUNTEERING?

Family Volunteer Day is a day of service that celebrates the power of families who work together to support their communities and neighborhoods. Volunteering is a great way for kids and adults to make new friends, develop compassion for their neighbors, and even pick up a new skill or two!

### WHAT YOU'LL DO

Identify your fears and insecurities and bury them as seeds in a garden or a planting pot. Watch them grow into beautiful flowers/nurturing food!

### WHAT YOU'LL LEARN

Everyone has things they feel scared or anxious about.

### WHO YOU'LL BE HELPING

- Food bank
- Hungry families/people
- Senior citizens

### WHAT YOU'LL NEED

- A space to plant your garden: a greenhouse, an approved vacant lot, raised garden bed, or flower pots
- Planting soil
- Seeds: tomatoes, pumpkins, beans, bok choy, radishes, carrots, potatoes, basil, rosemary, flowers
- Gardening tools: gloves, small shovels, trowels
- Water and sunshine!

### IDEAS TO CHAT ABOUT

- How do recent events make you feel about the world you live in?
- Why do you think these types of events occur?
- What can we do to make the world a kinder place?

### HOW TO KEEP THE GIVING GOING

Encourage your family members to volunteer together after Family Volunteer Day. Volunteering is a great way to help kids process and deal with difficult events.

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1. Find a location to plant the seeds.
2. Find an organization or group of people to donate the produce or flowers to, whether it's mini herb gardens or a bushel of potatoes. This can be a local food bank or seniors at a local senior center.
3. Gather your family to complete the project.
4. Talk about recent world events in a constructive way. Use these articles to help you have a productive and positive conversation:  
<http://generationon.org/parents/resources/articles>.
5. Have family members write down their feelings on a biodegradable piece of paper and plant it with a seed.
6. Set up a regular schedule for maintenance of the garden or plants, and watch these painful feelings grow into something beautiful.
7. Donate your flowers or produce.

### REFLECTION

1. How did this project make you feel?
2. What did you learn?

