



# BE THE CHANGE

## VOLUNTEER AND MAKE A DIFFERENCE



We know teens are dedicated to volunteer hours and right now it is hard to serve those hours due to the Shelter in Place orders. We have compiled some projects that you can work on at home for volunteer service hours. Please contact Cassie McKee for more information at [cmkcee@ymcadallas.org](mailto:cmkcee@ymcadallas.org). All volunteer hours and projects should be submitted to your local YMCA by June 1, 2020.

### **Bedding for homeless out of shopping bags**

White Rock YMCA Teen Night attendees have been working on bedding for the homeless made from shopping bags. Even if you don't crochet, you could do the prework and put bags together to be crocheted. See the following link and do the part you can.

Prep work: <https://www.youtube.com/watch?v=BLEbyR1nh0s>

How to Crochet: <https://www.youtube.com/watch?v=6ybN3lqEUQY>

### **Send uplifting cards or notes to military serving overseas**

You can send your own cards/letter through the following link or drop them off at your local YMCA.  
<https://www.operationgratitude.com/express-your-thanks/write-letters/>

### **Send uplifting cards or note to nursing or retirement communities.**

You can write or draw your own uplifting message for people in retirement homes or communities and either drop off the letters at your local retirement community business office or take them to your local YMCA.

### **Draw or write kind notes to strangers and leave them inside books.**

Got an index card and a pen? Create anonymous messages to make someone smile: "You are beautiful." "You're going to be OK." "In case no one has told you today—you're a good person." Then leave the notes inside random books at a library or store.

### **Make Dog toys out of old tee shirts to donate at a local animal shelter.**

While you are decluttering your rooms, grab those old tee shirts and tennis balls and make some dog toys to donate to your local animal shelter.

[https://www.youtube.com/watch?v=bm7ez7QJ\\_Fs](https://www.youtube.com/watch?v=bm7ez7QJ_Fs)

### **Make Facemasks**

There are several sites to learn to make DIY facemasks, but here are a few to get started.

<https://www.joann.com/make-to-give-response/>

<https://www.youtube.com/watch?v=4FB--BOyTiU>

### **Tutor others with their online learning.**