

Community Service Project Ideas

We know that you have been talking about your community service project within the lessons. We encourage you to choose a project to help your local community. Here are a few ideas:

Adopt a Girls on the Run Site

“Almost 70% of girls receive a scholarship to participate in the program. By raising money you are helping girls, just like you, to be a part of a team!”

- Decide how you are going to raise money. Bake sale? Jog-a-thon? Pledge cards? Car Wash?
- Spread the word: make flyers, announcements with details.
- Girls can ask to pass out flyers at the end of one of their classes
- Host event.
- Make the donation: <http://girlsontherunrockies.org/give/>.

Pick Up Trash Around School

- Bring trash bags/ plastic grocery bags and gloves.
- Pick up trash.
- Throw trash away!

Write Thank You Cards for School Staff

- Have the girls write thank you cards for the staff that has made a positive impact on them at the school. This always makes a teacher’s day!
- Distribute thank you cards to the staff.

Gratitude Rocks

- Have everyone on the team find a rock or two to decorate.
- Brainstorm what messages would be good to include (“You’re beautiful!” “You are strong!” etc)
- On project day, the team will decorate their rocks with inspirational or encouraging messages
- Each team member will decide where to hide her gratitude rock. It can be hidden around the school, closer to her home, at a park, etc.

Write Letters of Encouragement to local organizations

- Help the girls choose an organization that they would like to support. Examples are the local fire station, children’s hospital, shelter volunteers, etc.
- Have the girls create and write cards to their chosen organization, including notes of gratitude or encouragement.
- Distribute thank you cards to the chosen organization.

Lesson Prep:

- **Lesson 10 & 12:**
Girls will decide *who* they want to help and come up with ideas on *how* to help.
- **Lesson 20:**
PROJECT DAY!

SHARE YOUR PROJECTS WITH US!

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