# Community Participation That Reflects Prosocial Behavior

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| Activity | Done in past year | Interested in Doing |
| 1. Volunteer at a local school or library |  |  |
| 1. Donate blood to a local Red Cross |  |  |
| 1. Send cards or letters to soldiers overseas |  |  |
| 1. Help with a local race for a charity organization |  |  |
| 1. Provide service in a local church, synagogue, or place of worship |  |  |
| 1. Help at a polling station during elections |  |  |
| 1. Provide rides for family or friends who do not have a car |  |  |
| 1. Visit or read to people living in assisted living facilities |  |  |
| 1. Volunteer to help with Special Olympics |  |  |
| 1. Make baby blankets to donate to hospitals or homeless shelters |  |  |
| 1. Coach a youth sports team |  |  |
| 1. Give free music lessons |  |  |
| 1. Teach computer skills to the elderly |  |  |
| 1. Mow a neighbor’s lawn or shovel the snow from their walk |  |  |
| 1. Volunteer at a local food bank |  |  |
| 1. Take care of animals at a local animal shelter |  |  |
| 1. Clean up a local park or roadside |  |  |
| 1. Donate old clothing or household items |  |  |
| 1. Become CPR certified |  |  |
| 1. Volunteer as a crossing guard for a local elementary school |  |  |
| 1. Plant flowers in bare public areas |  |  |
| 1. Organize a campaign to raise money for someone in need |  |  |
| 1. Join one of the many service organizations |  |  |
| 1. Write a letter to your local political leaders regarding a policy or issue |  |  |
| 1. Join a neighborhood service activity or advocacy effort |  |  |

Social Roles That Can Have Value Include the Following:

1. Parent
2. Caregiver
3. Volunteer
4. Spouse
5. Neighbor
6. Teammate
7. Organization Member
8. Activist