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