



Grades 6-8

Live with Purpose

- Help an elderly neighbor with yard work.
- Volunteer at your local library.
- Create “Survival Back-Packs” for the homeless with socks, caps, gloves, toothpaste, a toothbrush and other toiletries to be distributed to homeless people in your community.
- Organize a Checkers, board game or card game tournament at your local nursing home. Coordinate with the nursing home staff and plan a fun afternoon for the residents and students alike!
- Write letters to be included in soldier care packages. [Operation Gratitude](#) sends over 250,000 packages to Servicemen and Women, and First Responders annually, the link above provides guidelines for participation in their program.
- Collaborate with teachers, students, administration, and parents to create a food “Back-Pack” pantry at your school for students who may have food insecurities at home. Twenty-two million children receive free or reduced-price meals through the National School Lunch Program and the National School Breakfast Program. For many of these children, school meals may be the only meals they eat during the day.
- Make a “New Student Kit” for students who are new to your school. Create a list of school clubs, a calendar of events, school lunch menus, map of the school, and something with the school mascot to help the student feel like they are welcome.
- Organize a Zoom Meeting between your class at school and local nursing home residents. Discuss what their childhoods were like growing up, what kind of classes they took in school. Did they live in town or in the country, what kinds of chores and activities did they participate in when they were your age. Document their responses and share with other classes in your school. If some of your interviewees have a talent like singing or playing the piano, maybe they could share those talents with the class the next time you Zoom. Once you have met the residents, select a “pin-pal” you can correspond with by letter every few weeks.
- Be a companion to a senior citizen in a local nursing home. Make cards, surprise them with visits around their birthday or sing carols for them around the holidays.
- Organize a coat drive in your school/community that collects new and slightly used coats as part of [ONEWARMCOAT.org](#)
- Use AARP’s [Create the Good Guide](#) to start recycling events in your community.