



Family Activity Guide

People are dependent on other people for survival, emotional wellbeing and a range of other basic needs. Mutual aid is a term for when individuals or entire communities work together to provide that support. Using personal skills and resources to give assistance allows for a pooled network of support.

Talk with your child about how your family could provide support to people in need or the community as a whole. You can start small with the things you are passionate about or go big and develop a mutual aid network in your neighborhood, apartment building, or group of friends. Here are a few ideas to get you going:

Start with what you love

Is your child really into bugs? Support pollinators by potting bee-friendly plants in your backyard. Any messy play lovers in your house? Help your neighbor with garden work this summer. Is there a teen on your couch who is constantly on a gadget? Check in with your neighbors to see if they could use assistance setting up vaccine appointments.

Give thanks

Work with your children to write thank you letters to those who helped out when times were tough. You can thank a delivery driver, a grocery store clerk, a librarian or that neighbor who let you borrow a shovel that one time. Use the coloring page at the end of this guide to get young kids involved.

Plan with your pod

Create a mutual aid pod – a small network of individuals – and start the conversation by discussing hobbies, schedules and needs. Assistance will ebb and flow over time and your pod will have its own unique experience. Some examples of mutual aid pod projects include:

- Community aid fund to support financial hardships
- Snow shoveling, yard work, dog walking or tool sharing programs
- Neighborhood kindness kit creation

For more information about starting a pod, head to <https://bit.ly/3tmiDAG>.



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Books for raising community-minded kids

Help prepare your child to become a community leader by sharing stories. Books have the power to spark an idea that could grow into a passion project.

Titles for ages 0-6

Look Where We Live! by Scot Ritchie
The Bear's Garden by Marcie Colleen
Maybe Something Beautiful by Isabel F. Campoy
The Buddy Bench by Patty Brozo
One Love by Cedella Marley
It Takes a Village by Hillary Rodham Clinton
What is Given From the Heart by Patricia McKissack

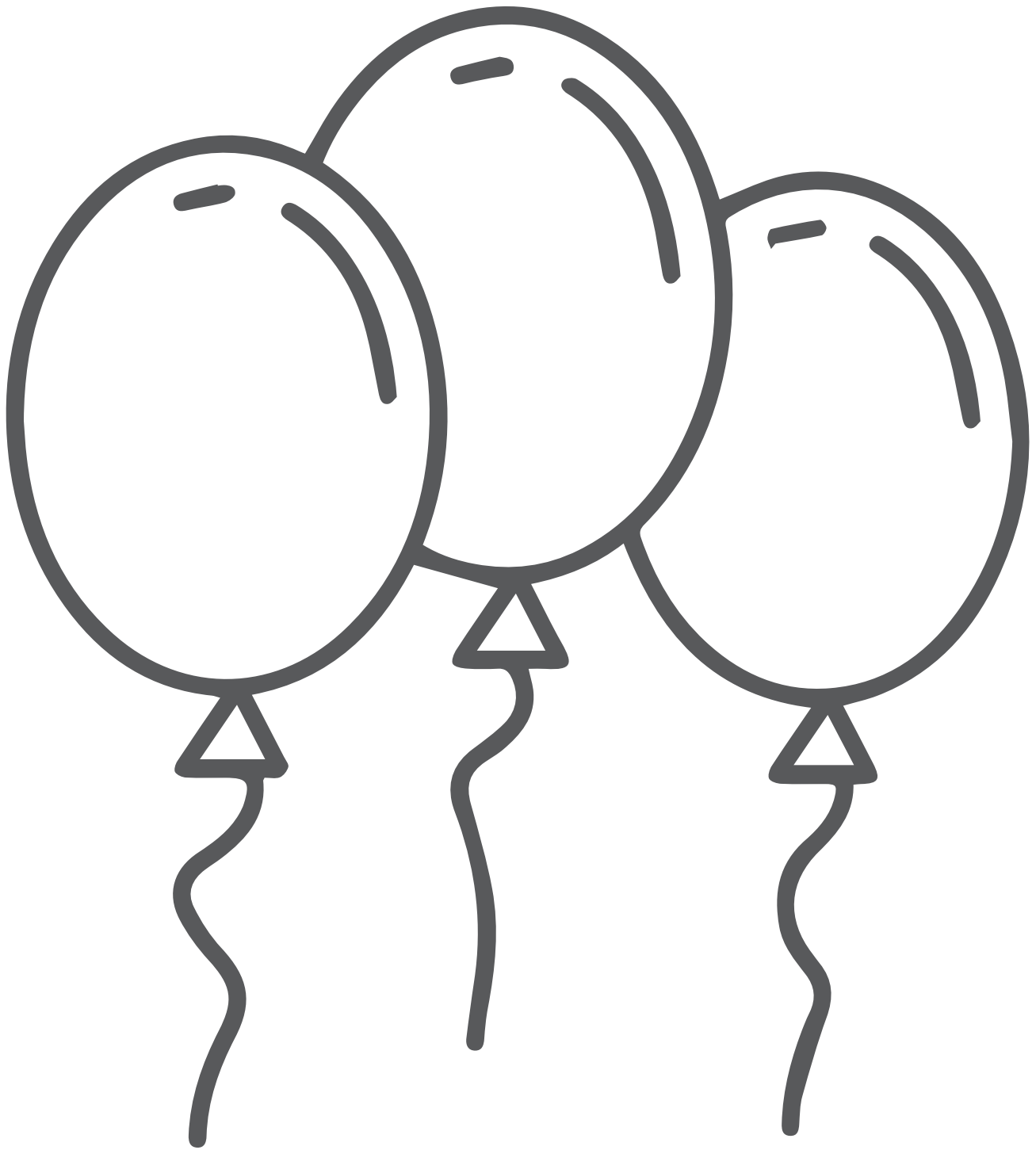
Titles for elementary-age kids

Marley Dias Gets It Done by Marley Dias
Sarai and the Meaning of Awesome by Sarai González
The Epic Fail of Arturo Zamora by Pablo Cartaya
When Stars Are Scattered by Victoria Jamieson and Omar Mohamed
Dictionary for a Better World by Charles Waters and Iren Latham
Home Sweet Neighborhood by Michelle Mulder

Titles for teens

Big, Bold and Beautiful by Kierra Kiki Sheard
Graceling by Kristin Cashore
Weeping Under This Same Moon by Jana Laiz
Hope Nation edited by Rose Brock
I Will Always Write Back by Caitlin Alifirenka
Channel Kindness by The Born This Way Foundation Reporters

Color me!



THANK YOU!



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