

Physical Distancing Service Projects

- Pick up garbage while on a walk with family
 - Bring a garbage bag with you
 - Wear gloves
- Kindness rocks
- Make a card/draw a picture for (ensure you are following all protocols while delivering) –
 - a neighbor
 - senior residence
 - grocery store worker
 - pharmacists
 - frontline workers in your community (doctors, nurses, etc.)
- Thank a paramedic - <https://thankaparamedic.com/>
- Post a thank you online - <https://www.thank-you.ca/>
- Shovel a neighbours driveway/sidewalk
- Play tic tac toe through the window with a neighbor/senior residence
 - Use painters' tape if you have it to make the board
 - Use dry erase markers
- Make encouraging posters to put in your window/on a fence/community mailbox/community bulletin board for people to see
- Create a chalk work of art on the sidewalk/your driveway
- Offer to walk someone's dog for them
- Write a letter and mail it to someone
- Call a friend/relative just to let the know you are thinking about them
- Mow a neighbours lawn/weed flower beds

