



Top 8 ways you can do social action even in quarantine:

1. Make calls to residents at your local retirement home!

Though you can't visit them directly, seniors will definitely appreciate a little company over a phone call! If you aren't sure what to talk about or want some prompts, you can look at a script [here!](#)

2. Go grocery shopping for others!

It is absolutely KEY that everyone stay as healthy as possible. By giving a helping hand, you are ensuring that anyone who is at risk will be able to stay at home and still get the necessities they need.

3. Tutor online for kids who need help with their schoolwork!

Since we need to social distance ourselves, it can be incredibly hard for kids to get the help they need with their homework. Set up a time to meet with them online to help them with their work so that they understand their material and continue to learn.

4. Pick up trash in your neighborhood!

There is no doubt that you are bored staying in your house 24/7. Take a walk around the neighborhood with a small trash bag and pick up any garbage or recycling that you find! Dogs really like this too!



5. Foster animals from nearby adoption shelters!

Have you been wanting to get a pet lately? Well since you're at home now, it can be a lot easier to take good care of a pet. Get in touch with a local shelter to see if you can foster animals.

6. Go through your old clothes!

Go through your clothes and set aside a bag to donate. You obviously shouldn't donate anything now, but once the virus has passed, wash your old clothes and donate them to your local thrift store.

7. Zoom your family!

Especially if you have relatives that live far away, it'll be super fun to call them and virtually see them. It's also hilarious when they are old and don't understand how technology works.

8. Donate!

This pandemic is obviously the hardest for people who are unstable financially, don't have housing and/or jobs, or are food insecure. Whether it's a food bank or a hospital, donating will always go a long way.

