GUIDE TO: VIRTUAL VOLUNTEERING

SADD Nation is launching a virtual volunteering initiative, and we want YOU to join us. It’s easy! The hours you build up by volunteering with SADD can be recorded for scholarships, recognitions, and even the President’s Volunteer Service Award! ANYONE can join in the fun, so grab some friends and get volunteering!

Operation Gratitude
Use this time to show thanks and appreciation to first responders, troops, medical personnel, and daily heroes!

Litter Bit Better
Give back to our planet by advocating for greener lifestyles and creating a cleaner community.

Food Drive
Get involved with your local food bank by asking what their biggest needs are and collecting donated items! You can also donate to essential workers.

Senior Citizen Spotlight
Engage the senior citizens in your community by visiting the senior center and spreading some positivity!

SADD Camp: Textless Live More
Plan and host a virtual SADD camp focusing on TLLM! Use the SADD resources to engage your attendees and conduct daily activities.
GUIDE TO VIRTUAL VOLUNTEERING:

OPERATION GRATITUDE

Operation Gratitude works to thank first responders, troops, medical personnel, and daily heroes by sending letters of appreciation.

How can I get involved?

Commit one hour a day to writing cards to these everyday heroes! You can type your letters at https://www.veteransunited.com/operation-gratitude/ or go the old fashioned route.

When the week is complete, mail your cards using the directions found here: https://www.operationgratitude.com/express-your-thanks-virtual/write-letters-virtual/. Be sure not to put your cards in individual envelopes; instead, package them together in one shipping package! Of course, you are always welcome to send your letters to local heroes as well.

I need more information!

To learn more, visit https://www.operationgratitude.com/

Supplies Needed:
- Paper
- Pen
- Large mailing envelope
- OR -
- Computer/Laptop

Toolkit Materials:
- Sample Thank You Letter
GUIDE TO VIRTUAL VOLUNTEERING: LITTER BIT BETTER

Litter Bit Better strives to give back to our planet by advocating for greener lifestyles and creating a cleaner community.

How can I get involved?
Trash Tag: Find an area strewn with litter and take a before picture. Clean the location and take an after picture. Post to social media using #TrashTag & #LitterBitBetter and challenge 3 friends to do the same!

Bird Feeder: Create a DIY bird feeder and/or paint rocks with positive messages for the upcoming nature walk.

Nature Walk: Go on a nature walk and pick up trash along the way. Log what you see at https://www.inaturalist.org/. Don’t forget to post your results using #LitterBitBetter!

Trash Hunt: Organize a community trash scavenger hunt! Use the printable list and encourage youth to participate in making their community a #LitterBitBetter!

I need more information!
To learn more, visit https://www.smallactsbigchange.org/ for more ideas.

Supplies Needed:
- Trash bags
- Gloves
- Paper/Pen
- Bird Feeder from Toolkit
- Rocks
- Painting Supplies

Toolkit Materials:
- DIY Bird Feeder Instructions
- Printable Scavenger Hunt List
GUIDE TO VIRTUAL VOLUNTEERING: SENIOR CITIZEN SPOTLIGHT

The Senior Citizen Spotlight is a great way to engage the senior citizens in your community by visiting the senior center and spreading some positivity!

**How can I get involved?**

Contact your local senior center and ask if there are any volunteer opportunities and/or restrictions.

**Talent Tuesday:** Video yourself singing, playing an instrument, etc., and send it to the senior center to show the residents. Get friends involved and share your talents!

**Art Showcase:** Color and draw some pictures to give to the nursing home residents. When you deliver them, feel free to donate supplies so they can make their own art!

**Parade:** Ask if you can arrange a drive-by parade to take place in the senior center parking lot. Plan your parade and encourage a group of friends to make signs and decorate their cars.

**Supplies Needed:**
- Crayons
- Coloring Sheets/Books
- Craft Supplies
- Car Decorations
- People with Cars

**Toolkit Materials:**
- Sample Senior Center Contact Script
- Parade Brainstorm
- Parade Guide
- Decoration Idea Sheet
GUIDE TO VIRTUAL VOLUNTEERING: 
FOOD DRIVE

Food drives are a great way to get involved with your local food bank by asking what their biggest needs are and collecting donated items!

**How can I get involved?**

Contact your local food bank and address how you can conduct a food drive. Decide on a drop-off location to collect donations!

Encourage community members to donate at your drop-off location.

Create snack packs for essential workers. Deliver them throughout the week to the police station, post office, grocery store workers, etc. You can even leave one in your mailbox for the mailman!

Feel free to get creative with this one!

**Supplies Needed:**
Drop-off Location Box
Bottled Water
Small Snacks

**Toolkit Materials:**
Sample Food Bank Contact Script
Snack Pack Ideas

1440 G Street NW | Washington, DC 20005 | SADD.org
GUIDE TO VIRTUAL VOLUNTEERING:
SADD CAMP TLLM: PLANNING

Plan and host a virtual SADD camp focusing on TLLM! Use the SADD resources to engage your attendees and conduct daily activities.

**How can I get involved?**

This virtual camp will focus on the TextLess Live More (TLLM) Initiative! Your camp sessions with students of all ages will last approximately one hour.

Create and finalize a daily camp agenda. Learn how to market your camp on social media so that people are excited to participate!

Prepare your registration materials. Create a google form for camp attendees to register virtually. Post the link using your new marketing skills!

Make sure the public knows the registration deadline and when the camp will take place.

Don’t forget to advertise and encourage registration in advance so you can prepare!

**I need more information!**

To learn more and get help planning your event, contact Marie McGrath at mmcgrath@sadd.org!

**Supplies Needed:**
- Device w/ Webcam
- Paper/Pen
- Bingo chips (coins, paper clips, etc.)

**Toolkit Materials:**
- Sample Registration Form
- Marketing Tip Sheet
- Sample Camp Agenda

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SADD CAMP TLLM: HOSTING

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**How can I get involved?**

Host a daily 1-hour camp using the training and knowledge you gained while planning. This week in particular will focus on TextLess Live More and digital wellbeing!

Here is a schedule you can use to guide your attendees in these daily courses. Consult the Virtual Volunteering ToolKit for more materials!

- **Monday:** Get Started, Get Living!
- **Tuesday:** Screentime Time
- **Wednesday:** Wellness Wednesday
- **Thursday:** Mindfulness Bingo
- **Friday:** Dear Me...

Be sure to take pictures/screenshots during your camp and upload them using #TLLM and #SADDNation.

Adjust to your group as needed!

**Supplies Needed:**

- Device w/ Webcam
- Paper/Pen
- Bingo chips (coins, paper clips, etc.)

**Toolkit Materials:**

- SADD Camp - TLLM Daily Guide

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