GUIDE TO:

VIRTUAL VOLUNTEERING

Throughout summer 2020, SADD Nation is dedicating one hour of each day to virtual volunteering, and we want YOU to join us. Check our social media each day at 1pm EST to get involved in the latest volunteer project.

It’s easy! The hours you build up over the summer by volunteering with SADD Nation 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!

**WEEK 1 - OPERATION GRATITUDE**
Use this time to show thanks and appreciation to first responders, troops, medical personnel, and daily heroes!

**WEEK 2 - LITTER BIT BETTER**
Give back to our planet by advocating for greener lifestyles and creating a cleaner community.

**WEEK 3 - SADD CAMP PLANNING**
During this week, SADD Nation will help you plan a community camp for elementary and middle school aged students!

**WEEK 4 - FOOD DRIVE**
Get involved with your local food bank by asking what their biggest needs are and collecting donated items!

**WEEK 5 - SENIOR CITIZEN SPOTLIGHT**
Engage the senior citizens in your community by visiting the senior center and spreading some positivity!

**WEEK 6 - SADD CAMP TEXTLESS LIVE MORE**
It’s time to host your SADD camp focusing on TLLM! Use the plan you developed during Week 3 to engage your attendees and conduct daily activities.
**GUIDE TO VIRTUAL VOLUNTEERING:**

**OPERATION GRATITUDE**

**WEEK 1: MAY 25th - MAY 29th**

Operation Gratitude works to thank first responders, troops, medical personnel, and daily heroes by sending letters of appreciation. Don’t forget to check SADD Nation’s social media each weekday at 1pm EST to get involved in the latest volunteer project.

**How can I get involved?**

During week 1, commit one hour a day to writing cards to these every day 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.

Check SADD’s social media at 1pm EST daily to join letter writing parties for some extra fun!

**Supplies Needed:**

- Paper
- Pen
- Large mailing envelope
- OR -

**Computer/Laptop**

**Toolkit Materials:**

Sample Thank You Letter

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

LITTER BIT BETTER

WEEK 2: JUNE 1st - JUNE 5th

Litter Bit Better strives to give back to our planet by advocating for greener lifestyles and creating a cleaner community. Don’t forget to check SADD Nation’s social media each weekday at 1pm EST to get involved in the latest volunteer project.

**How can I get involved?**

**Monday & Friday:** 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!

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

**Wednesday:** 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!

**Thursday:** 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, contact Faith Sealscott at fsealscott@sadd.org!

Or, visit https://www.smallactsbigchange.org/ for more ideas.

**Supplies Needed:**

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

**Toolkit Materials:**

DIY Bird Feeder Instructions
Printable Scavenger Hunt List
GUIDE TO VIRTUAL VOLUNTEERING:

SADD CAMP PLANNING

WEEK 3: JUNE 8th - JUNE 12th

During this week, SADD Nation will help you plan a community camp for elementary and middle school aged students! Don’t forget to check SADD Nation’s social media each weekday at 1pm EST to get involved in the latest volunteer project.

How can I get involved?

SADD staff and leaders will teach you how to host a digital SADD Camp in your community. The first week of SADD camp will take place during Week 7 and focus on the TextLess Live More (TLLM) Initiative! Your camp sessions will last approximately one hour.

Monday, Tuesday, & Wednesday: SADD staff will teach you how to conduct fun TLLM activities with your attendees. These trainings will help you implement a successful camp curriculum!

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

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

I need more information!

To learn more, contact Faith Sealscott at fsealscott@sadd.org!

Supplies Needed:

Access to SADD's social media page(s)
Device with Webcam
Paper/Pen
Bingo chips (coins, paper clips, etc.)

Toolkit Materials:

Sample Registration Form
Marketing Tip Sheet
Sample Camp Agenda
GUIDE TO VIRTUAL VOLUNTEERING:

FOOD DRIVE

WEEK 4: JUNE 15th - JUNE 19th

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! Don’t forget to check SADD Nation’s social media each weekday at 1pm EST to get involved in the latest volunteer project.

How can I get involved?

Monday: SADD will guide you through contacting your local food bank and addressing how you can conduct a food drive. Decide on a drop off location to collect donations!

Throughout the week: Encourage community members to donate at your drop-off location!

Wednesday: 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!

End of the week: Be sure all of your items have been delivered.

I need more information!

To learn more, contact Faith Sealscott at fsealscott@sadd.org!!

Supplies Needed:

Drop-off Location Box
Bottled Water
Small Snacks

Toolkit Materials:

Sample Food Bank Contact Script
Snack Pack Ideas
GUIDE TO VIRTUAL VOLUNTEERING:

**SENIOR CITIZEN SPOTLIGHT**

**WEEK 5: JUNE 22nd - JUNE 26th**

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! Don’t forget to check SADD Nation’s social media each weekday at 1pm EST to get involved in the latest volunteer project.

**HOW CAN I GET INVOLVED?**

**Monday:** Contact your local senior center and ask if there are any volunteer opportunities and/or restrictions. Ask if you can arrange a drive by parade to take place on June 26th to celebrate Independence Day (which SADD will help you plan!).

**Tuesday:** Video yourself singing, playing an instrument, etc. and send to the senior center to show the residents. Share your talents!

**Wednesday:** 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!

**Thursday:** Plan your parade! Encourage a group of friends to make signs and decorate their cars for the 4th of July.

**Friday:** Parade Day! Grab your friends and host a drive by parade in the senior center parking lot.

**I NEED MORE INFORMATION!**
To learn more, contact Faith Sealscott at fsealscott@sadd.org!!

**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

144O G Street NW | Washington, DC 20005 | SADD.org
GUIDE TO VIRTUAL VOLUNTEERING:
**SADD CAMP - TextLess Live More**
**WEEK 6: JUNE 29th - JULY 3rd**

It’s time to host your SADD camp focusing on TLLM! Use the plan you developed during Week 3 to engage your attendees & conduct daily activities. Don’t forget to check SADD Nation’s social media each weekday at 1pm EST to get involved in the latest volunteer project.

**How can I get involved?**

Host a daily 1 hour camp using the training and knowledge you gained during the planning week. 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.

**I need more information?**

To learn more, contact Faith Sealscott at fsealscott@sadd.org!

**Supplies Needed:**

- **Week 3 Planning Materials**
- **Device w/ Webcam**
- **Paper/Pen**
- **Bingo chips (coins, paper clips, etc.)**

**Toolkit Materials:**
- SADD Camp - TLLM Daily Guide
- SADD Camp - TLLM Daily Guide

1440 G Street NW | Washington, DC 20005 | SADD.org