



# Community Engagement Activity

## Lend a Helping Hand

The impacts of COVID-19 are still present all around us. During these unprecedented times there are lots of ways that you can lend a helping hand. In this activity you will be using your HANDS for larger service to help out, or cheer up, your friends and neighbours



While completing any of these options be safe and follow social distancing guidelines as required.

1. Drop off a care package for someone in need
  - Packages could include non-perishable food items, games, gift cards
2. Donate to your local food bank
3. Donate to your local animal shelter
4. Share a positive message, game, or riddle using sidewalk chalk on your sidewalk
5. Phone or video call someone who may be stuck at home alone

Feel free to take a picture or video demonstrating you lending a helping hand, and send it to [specialevents@bc4h.bc.ca](mailto:specialevents@bc4h.bc.ca) or tag @4HBritishColumbia in your posts on Facebook or Instagram. We'd love to hear from you!