



# Family Volunteer Activity List

## CHILDREN

- [Lions Quest](#)
- [Peace Poster Contest](#)
- [UNICEF School-in-a-Box Program](#)
- [International Youth Camp/Youth Exchange](#)
- Book/clothing/school supply/toy school uniform collection
- Hold a drug awareness program
- Visit orphanages
- Plan a sports day/community olympics
- Visit a children's hospital
- Establish a kids health-walk program
- Organize a kite flying contest
- Organize a sand castle contest
- Sponsor a speech or essay contest
- Build a playground for disabled children
- Coordinate a prom dress recycling or donation
- Arrange a dental presentation for a local school
- Volunteer to be a professional speaker at schools
- Partake in an AIDS awareness program
- Organize a talent show
- Lions Camps for Disabled Children
- Establish a Kids' Money Matter Program
- Organize a program for teens to mentor younger children
- Provide computer training
- Read books at a library or organize a story time
- Sponsor a Boy or Girl Scout troop
- After school program

## SENIORS

- Visit a nursing home
- Rake leaves/shovel snow
- Organize a bingo night
- Assist with hearing aids and eye glasses
- Organize wheelchair provision
- Run errands for seniors
- Provide computer training
- Provide transportation to stores & doctor appointments
- Deliver meals to seniors



# Families that volunteer together, grow together.

## ASSIST THE LESS FORTUNATE

- Organize a canned food drive
- Serve meals at a homeless shelter
- Hold a medical or dental camp
- Provide vision screenings
- Read to the visually impaired
- Participate in book recording for the blind and dyslexic
- Lions Guide Dog Programs
- Books on tape for the blind

## HEALTH

- Sponsor vision screenings
- Participate in eyeglass collection ([Sight Night](#))
- Host a [Strides diabetes walk](#)
- Coordinate hearing tests
- Organize a Cancer walk-a-thon or bike-a-thon
- Develop an AIDS awareness campaign
- Sponsor/renovate a camp for the disabled
- Host a blood donation drive
- Donate professional clothing to a transition program
- [Diabetes](#) screenings
- Hold a health education fair
- Donate funds to support research

## COMMUNITY & ENVIRONMENT

- [Organize an ALERT plan](#)
- Clean up shores around lakes, beaches and rivers
- Clean up roadways
- Pick up litter
- Renovate your local park
- Create and deliver welcome kits for new neighbors
- Plant trees or flowers
- Recycle paper, aluminum, cell phones, batteries, phone books, ink/toner cartridges, hearing aids, rubber, plastic
- Start and manage a community compost pile
- Plant a community garden
- Restock a pond or river
- Preserve patriotic traditions
- Arrange a public art exhibit
- Donate books to a local library



## ASSIST OTHER COMMUNITIES

- [Lions Serving Humanity Assistance](#)
- Participate in emergency relief
- Plan a Family Volunteer Vacation
- Adopt a family for the holidays

## INTERNATIONAL

- [Become a host family](#)
- Organize a cultural food festival
- Become an international pen-pal
- Plan an international night
- [Lions International Youth Camp](#)
- Learn a different language
- Sponsor a child from a developing country
- [Attend Lions Day with the United Nations](#)
- [Twin with a club in another country](#)
- Participate in an international [Lions Serving Humanity Project](#)

## COOPERATIVE ALLIANCES

- [AMD \(Age-Related Macular Degeneration\) Alliance International](#)
- [American Diabetes Association](#) (ADA)
- [American Optometric Association](#) (AOA)
- Canadian Association of Optometrists (CAO)
- [Give the Gift of Sight Foundation](#)
- Global Youth Services
- [Habitat for Humanity International](#)
- [Hadley School for the Blind](#)
- [National Diabetes Education Program](#) (NDEP)
- [National Eye Health Education Program](#) (NEHEP)
- [Special Olympics Opening Eyes](#)
- [United Nations Educational, Scientific and Cultural Organization](#)
- [Volunteer Optometric Services to Humanity](#) (VOSH, a division of the AOA)
- [World Health Organization](#) (WHO)



Your FAMILY can  
make a difference

## TIPS FOR PLANNING A FAMILY ACTIVITY:

- **Create a volunteer activity list for your club**— Knowing ahead of time the activities your club is interested in will help in the planning process. Ask family members what types of activities they would like to be interested in. Include activities you currently organize and activities you would like to see done. Determine the club's objectives and explain why the projects are important to the community.
- **Be flexible and try new things** – Do not be afraid to incorporate activities the club has never tried. Learning new things allows you to develop new skills, meet new people and grow as an individual while being seen as a role model for children.
- **Plan ahead** – Most volunteer activities take three months to properly plan. Determine how much time will be needed to complete the project.
- **Keep projects on track** – Set up a schedule for your project. Identify who will be responsible for each job or function.
- **Encourage others to join an activity** – Plan activities for all ages. Include children in the planning. Determine if you will invite community members to participate.
- **Be enthusiastic and have fun!**



By including FAMILIES in your club activities, your club can make life better for others while enriching your own lives. You can MAKE A DIFFERENCE for families in your community and people around the world and create family memories that will LAST A LIFETIME.