

STARTING  
MAY 25th!



YEAR  
...OF THE...  
VOLUN  
TEER

## 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.



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# 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!

## I NEED MORE INFORMATION!

To learn more, visit <https://www.operationgratitude.com/> or contact Faith Sealscott at [fsealscott@sadd.org](mailto:fsealscott@sadd.org)!

## SUPPLIES NEEDED:

Paper

Pen

Large mailing envelope

- OR -

Computer/Laptop

## TOOLKIT MATERIALS:

Sample Thank You Letter



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## 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](mailto: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



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## 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](mailto: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



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# 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](mailto:fsealscott@sadd.org)!!

### SUPPLIES NEEDED:

Drop-off Location  
Box  
Bottled Water  
Small Snacks

### TOOLKIT MATERIALS:

Sample Food Bank  
Contact Script  
Snack Pack Ideas



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# 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](mailto: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





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# 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](mailto: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