

MONTANA DISTRICT



KEY CLUB

SUMMER 2022

DIVISION 6

PROJECTS - SELF-CARE

FINDING WAYS TO HELP EACH OTHER OVER THE SUMMER

- Summer opportunities
- Project ideas
- Acts of simple kindness
- Self-care

www.mtkeyclub.org



SUMMER OPPORTUNITIES



International convention:

registration for I-Con closes on June 3rd for in-person and June 15th for virtual. Register [here](#) if you are interested!

Volunteering!:

- Local food bank
- Homeless shelter
- Library
- Animal shelter
- Hospital
- Activist organizations or groups
- Retirement or nursing home

VolunteerMatch link [here](#)!



PROJECT IDEAS

Service projects ideas:

- Make blankets, cards, or art kits for patients at a hospital
- Paint a community mural (with permission!)
- Organize an awareness walk
- Build a Little Free Library
- Do a trash cleanup in your neighborhood, park, public spaces, etc.
- Plant trees, plants, flowers
- Organize a community blood drive, book drive, or clothing drive
- Host a neighborhood bake sale to support a cause
- Start or work in a community garden
- Make hygiene kits for the homeless
- Host a free mindfulness, meditation, music, dance, yoga, art, or other class



Service projects can be fun opportunities to help out others as well as have connect and spend time with friends, family, and community members!



ACTS OF SIMPLE KINDNESS

Here are a few ways you can spread kindness over the summer:

- Leave an encouraging letter on a bench for someone to find
- Make cookies for your neighbors
- Tell someone how much you appreciate them
- Give out compliments to strangers
- Donate old or unused clothes and items to Goodwill, the Salvation Army, etc.
- Volunteer at a homeless shelter, food bank, animal shelter, etc.
- Offer to help someone with yardwork
- Support local and small businesses
- Help carry someone's groceries
- Offer to drive a friend or family member somewhere
- Donate your hair when you get it cut (minimum lengths range between 8-12 inches depending on the organization you donate it to)
- Donate your old books to the library, or Little Free Library



According to Dartmouth, being involved in an act of kindness produces oxytocin, which increases self-esteem and positivity as well as decrease blood pressure, improving our health! Kindness benefits both the giving and receiving party!



SELF-CARE

Ways to give yourself the care you deserve!:

- Get enough sleep! The CDC recommends teens to get between 8-10 hours of sleep per day.
- Practice mindfulness. It is important to be connected with yourself and your body. [Here](#) is some more information on mindfulness and [here](#) is a recommended guided breathing meditation. Find something relaxing!
- Exercise! Whether that be going on a walk with your dog or doing a workout, being active can help improve both your mental and physical wellbeing!
- Treat yourself with the same kindness that you would give a friend. After all, you are the person that you spend the most time with.
- Get support when you need it and don't be afraid to ask for help!
- Spend quality time with friends and family. This can help reduce stress and boost your self esteem!



[Yoga with Adriene](#)
[Healthy snacks!](#)
[Mental Health America](#)
[Self care Ted Talk](#)

