

## **DOVIA Mississippi Presents**

### **Service Ideas for People with Physical Challenges**

- Create a “good news” bulletin board filled with upbeat news about your coworkers and friends (such as pictures of coworkers’ babies or articles about their accomplishments).
- Hold a special class and teach neighbors and members of service clubs basic sign language skills, such as the alphabet and common phrases.
- Organize a group of friends and family to go out and perform acts of kindness, such as cleaning up a schoolyard or park; delivering baskets of goodies to elderly people in the community; visiting a nursing home to provide conversation and company to the residents; and teaching at an adult literacy center.
- Invite community organizations to participate with you and your group in reading to, helping with, and singing to physically challenged children.
- Put up “Kindness Zone” signs and banners at the entrance to your house, place of work, etc., to remind people to practice kindness.
- Set up a free coffee, tea, or hot chocolate station near a heavily commuted area. During warm months, offer water and lemonade. Be sure to have a banner and a smile to encourage people to practice Random Acts of Kindness.
- Approach bookstore owners and publishers about ordering and carrying more books in large print or on tape.
- Hold a canned food drive and give the food to a food bank or shelter. Be sure to include some kindness cards or quotes with the delivery.
- Ask the mayor or city council to build a wheelchair-accessible park or to enforce laws requiring accessible ramps and doorways.
- Sponsor the planting of a Kindness Tree or Kindness Garden. With the help of youth groups, service clubs, or other volunteers, plant the tree or flowers in a public area, like a park or walking trail. Display a kindness plaque for others to read about kindness.
- Write or draw a kind note to relatives, coworkers, and friends, letting them know why they are special.
- Give lectures and attend special events at high schools, colleges, universities, and rehabilitation clinics. Your presence and ideas about kindness will promote tolerance and a sense of community.

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