

# 100

# acts of service

as VU celebrates 100 years, join us by engaging in 100 acts of service [#vu100actsofservice](#)



[linked to external volunteer site\\*](#)  
*(click item for specific details)*

- Send a motivational text to a friend who is struggling
- Give a compliment to 5 people
- Intentionally avoid gossip today
- Encourage a professor that they are doing a good job on zoom
- Make breakfast for roommate(s) or family member(s)
- Volunteer to walk a friend/neighbor's dog
- Make a care package or write a letter to a soldier overseas\*
- Volunteer practicing English over zoom with Voice of Refugees
- Have a care pack ready to give to a neighbor experiencing homelessness
- Start the day off with a smile and gratitude
- Call a friend/family member/neighbor to see how they are doing
- Support a small local business
- Start using a reusable water bottle if you haven't already
- Send someone you know a funny joke/meme to cheer them up
- Wish someone a good day
- Instead of birthday presents, donate to a cause that is close to you
- Create handcrafted cards to send to critically ill children\*
- Write positive chalk messages on the sidewalk
- Surprise someone with an unexpected socially-distanced visit
- Support those facing hunger by donating to the OC Rescue Mission\*
- Write down a friend's best qualities and give it to them
- Email/write a note to a professor that has made an impact in your life
- Take time with God and encourage a friend to do the same
- When someone speaks, listen intently
- Learn the name of a facilities worker and say hi to them when you see them
- Ride your bike to work and/or school if you can
- Lend out a good book or movie to friend
- Carry around loose change and put in tip jars
- Make handmade face masks and give out\*
- Give blood or take temperature screenings with the American Red Cross\*
- Make a playlist for a friend who is going through a hard time
- Stick a note in your loved one's lunch box
- Hold the door for someone
- Take a friend out to coffee or lunch and treat them
- Leave a gift (ex. gift card, snack, water, etc.) in mailbox for mail carrier
- Check in with friends and listen to them without interrupting
- Pray for those struggling financially, physically, and mentally from COVID
- Use less plastic today
- Provide therapeutic activities for homeless families\*
- Join VULEAP in a socially distanced beach cleanup (@vuleap for info)
- Park in a far spot in parking lot so others can park closer
- Call or text family member or friend just to say "I love you"
- Leave a nice note on someone's car
- Make dinner for roommates or family
- Offer someone to pass you in line
- Give a tip to the worker that dropped off food to your house
- Volunteer to help Habitat for Humanity to build or repair homes\*
- Say "hi" to someone on campus or around your neighborhood
- Return the lost/isolated grocery cart to the correct cart enclosure
- Create a Welcome Home Basket for recently housed individuals\*
- Make someone laugh
- Text a sibling, parent, or relative a note of thanks just because
- Smile. We shall never know all the good that a simple smile can do" -MT
- Forgive someone who has wronged you
- Check in on someone on a hard day (anniversary of a loss, etc.)
- Put change in vending machine and leave it for the next person
- Donate children/kids/teen books\*
- Help a friend pay for gas
- Write and mail a letter to you friends
- Put together school supplies for local students\*
- Tell a loved one that you love them
- Write positive online reviews for small businesses
- Spend more time with family and friends instead of the phone
- Donate \$5-\$10 to an organization that you admire
- Plant something and take care of it
- Write/send a friend a pun
- Share inspiring quotes with someone
- Plan a socially distanced activity and invite people who may be lonely
- Help a refugee practice English over Zoom with Voice of the Refugees\*
- Donate canned foods to Ronald McDonald House\*
- Pack a box for Operation Christmas Child in November with GEO
- Send an article or something online that reminds you someone
- Recycle for \$ and then donate to organization
- Pay for the person behind you in a Drive-Thru
- Tell someone that you believe in them and that they are doing a good job
- Virtually volunteer to assist with Art & Creativity for Healing\*
- Leave positive comments for employees at local businesses
- Donate clothes or miscellaneous items to local Goodwill
- Assist your family with chores around the house
- Say hi to people you pass by
- Ask a random person if you can help them in any way
- Postmates/ Grubhub/ Doordash food to someone you know
- Keep in touch with your friends who commute
- Mail a "thinking of you" card to someone you've not talked to in a while
- Help clean up messes and dishes that aren't yours
- Make a meal/cookies for your neighbor
- Tell a friend 5 reasons you are thankful for them
- Pen pal with the elderly\*
- Teach someone something new
- Donate your hair to wigs for kids\*
- Text someone an encouraging scripture verse
- Offer to pray for someone who is feeling down and/or discouraged
- Saying please and thank you, even those who are being paid to help you
- If on campus, pick up trash on the ground if you see it
- Send a shoutout to a coworker who's doing a great job
- Give a stranger a nice compliment
- Use only positive, encouraging words today
- Read a book to a family member
- Offer to babysit for free
- Volunteer with your local church