

HOW TO BUILD COMMUNITY

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DURING A PANDEMIC WE'RE ALL IN THIS TOGETHER

TAKE A DEEP BREATH AND GIVE THANKS FOR THE NEW DAY
REMEMBER WE ARE PART OF A LARGE, DIVERSE, GLOBAL COMMUNITY
FIND SAFE WAYS TO CHECK ON NEIGHBORS - SING WITH THEM

PRACTICE PHYSICAL DISTANCING

WASH YOUR HANDS ♦ LIMIT TOUCHING YOUR FACE

GO OUTSIDE AND GET MOVING ♦ USE GLOVES TO PICK UP TRASH

WEAR A MASK TO PROTECT OTHERS ♦ GREET FOLKS AS YOU PASS

READ ALOUD TO EACH OTHER AND CHILDREN

TAKE A BREAK FROM THE NEWS

USE TECHNOLOGY TO NOURISH SOCIAL CONNECTIONS

REACH OUT TO OLD FRIENDS ♦ MAKE AMENDS

ORGANIZE FOR LOCAL ELECTIONS, UNIONS AND GRASSROOTS POWER

IMAGINE A SHARED FUTURE FOR PEOPLE, PLANTS AND ANIMALS

REMEMBER TO GRIEVE ♦ MAKE ROOM FOR A NEW NORMAL

PROTECT/ASSIST VULNERABLE PEOPLE ♦ OFFER HELP IF YOU CAN

SHARE TOILET PAPER ♦ ASK FOR SUPPORT WHEN YOU NEED IT

CHERISH AND MAINTAIN REDUCED POLLUTION

SUPPORT LOCAL FARMS AND FOOD PANTRIES

EAT HEALTHY FOOD ♦ BUY FROM LOCAL BUSINESSES

TAP INTO YOUR CREATIVITY - TRY SOMETHING NEW

SEND LETTERS, POSTCARDS AND PACKAGES

MAKE AND SHARE MUSIC ♦ DANCE LIKE THE WORLD IS WATCHING

THANK AND SUPPORT ESSENTIAL WORKERS - HEALTHCARE,
SANITATION, POSTAL, FOOD AND MANY OTHERS

KNOW THAT NO ONE IS SILENT,
THOUGH MANY ARE NOT HEARD
WORK TO CHANGE THIS