



WHAT TO DO: THINGS YOU CAN DO TO BUILD SOCIAL CAPITAL

Social capital is built through hundreds of little and big actions we take every day. Here is a list of 50 ideas, drawn from suggestions made by many people and groups at <http://www.bettertogether.org>.

Try some of the following actions or create your own. You know what to do.

Build connections to people. Build trust with others. Get involved.

1. Organize a social gathering to welcome a new neighbors
2. Attend public meetings
3. Register to vote and vote
4. Volunteer your special skills to an organization
5. Donate blood (with a friend!)
6. Avoid gossip
7. Help fix someone's flat tire
8. Go to home parties when invited
9. Start a monthly tea group or book club
10. Get to know the clerks and salespeople at your local stores
11. Give to your local food bank
12. Volunteer in your child's classroom or chaperone a field trip
13. Answer surveys when asked
14. Businesses: invite local government officials to speak at your workplace
15. Express appreciation for others
16. Form a local outdoor activity group
17. Offer to rake a neighbor's yard or shovel his/her walk
18. Have family dinners and read to your children
19. Run for public office
20. Host a neighborhood party or a holiday open house
21. Offer to serve on a town committee
22. Persuade a local restaurant to have a designated "meet people" table
23. Say "thanks" to public servants – police, firefighters
24. Join a nonprofit board of directors
25. When somebody says "government stinks," suggest they help fix it
26. Return a lost wallet or appointment book
27. Use public transportation and start talking with those you regularly see
28. Ask neighbors for help and reciprocate
29. Accept or extend an invitation
30. Ask a new person to join a group for a dinner or an evening out
31. Say hello when you spot an acquaintance in a store
32. Collect oral histories from older town residents
33. Be real. Be humble. Acknowledge others' self-worth
34. Tell friends and family about social capital and why it matters
35. Greet people/say hello to strangers
36. Cut back on television
37. Join in to help carry something heavy
38. Read the local news faithfully
39. Fix it even if you didn't break it
40. Pick it up even if you didn't drop it
41. Help scrape ice off a neighbor's car, put chains on the tires or shovel it out
42. Start a tradition
43. Join a project that includes people from all walks of life
44. Be nice when you drive
45. Volunteer in your community
46. Send a "thank you" letter to the Editor about a person or event that helped build community
47. Open the door for someone who has their hands full
48. Say hi to those in elevators
49. Offer to watch your neighbor's home or apartment while they are away
50. Invite friends to go snowshoeing, hiking/biking, or cross-country skiing