



# Resolution Revolution

Join the revolution this New Year and make a resolution that counts.

## Ideas for young people:

- sweep a neighbour's icy path
- cook a family meal
- reading stories to younger brothers, sisters and cousins
- put on a play or panto for friends and family
- collect up old clothes, dvds and toys and take them to the charity shop before Christmas to make room.
- bake a cake for a relative and take it round for tea
- tidy up and clean your room
- clean all the shoes
- plant bulbs in a pot for the spring
- offer to help at the local nature reserve or animal rescue charity
- tidy up your garden
- tidy up your street – pick up litter/plant some bulbs
- help with the school garden
- help set up a school vegetable garden
- help with the school library
- invite a celebrity into school, your favourite author, scientist, musician, politician, artist or actor,
- help a relative or neighbour learn to use a computer
- teach a younger sister, brother or cousin to play your favourite sport or game
- clean the bathroom

## Ideas for adults:

- volunteer at a local literacy scheme
- donate blood
- set up youth sports team / training scheme
- organize a summer street party
- skills for schools – what can you offer? gardening, class support or help with excursions, play a musical instrument, set up a volunteer register so teachers can contact people who want to help
- volunteer and do some mentoring of young people / entrepreneurs / artists / addicts /
- visiting isolated people – in care homes or hospitals, what about your neighbours or relatives or friends
- tend a neglected garden (ask first!) or a patch of council land guerrilla gardening!
- volunteer for medical research

Be the change you want to see in the world – whatever you are interested in supporting old people, radio schemes in hospital, mentoring, protecting wild birds, improving nutrition, human rights, young people's football make the resolution.

Ideas and information [www.resolution-revolution.org.uk](http://www.resolution-revolution.org.uk)