



Share Your Why: Passport Edition

Volunteering



Plan, Do, and Reflect on an activity that helps people and/or your community. Here are some examples:

- Green up your community
- Help a neighbor with a chore
- Volunteer at local food shelf

Ideas & Activities at
healthylamoillevalley.org/passport



Plan Your Why.

A Volunteer activity that I can do with friends or family is:

When can I do the activity? Day: _____ Time: _____

What needs to happen before I am able to do this activity?



Do Your Why.

The activity I chose: _____



Reflect

What I liked about the activity I chose:

Something I might do differently next time:

Helping someone and/or my community make me feel:

Can we share this activity on our website using your first name, last initial and grade? **YES NO**

Name: _____ **Grade:** _____

Return this completed sheet to a location listed at
healthylamoillevalley.org/passport



A Program of the Lamoille Family Center

**When all 6 activity sheets are completed and turned in,
email passport@healthylamoillevalley.org**