YTB

Youth-Family TimeBank

- 1. Help. Assist. Give of your time for others your family, neighborhood your world!
- 2. Keep track of your service, experiences, and learning using the YTB

 Passport or the YTB APP
- 3. Earn Credits to claim your reward!

Y Youth-Family T TimeBank



PASSPORT

Contact Us

If you have a physical location, provide brief directional information, such as highways or landmarks:

FC: . A 1.1 . 1



Congratulations!

We hope that this passport can help you plan your Youth-Family TimeBanking journey. Be sure to add people to your community connections page. You will likely meet people along the way who will help and encourage you throughout this process.

The journey of a thousand miles begins with one step! - Lao Tzu

Customize Your Passport

Feel free to mark-up your passport with notes, reminders, doodles, ideas and encouragement! Want to add things that you are grateful for? Jot it all down in the notes section!

Connect to Your Community Plan

Find ideas for TimeBank activities right in your own community.

Earn points! Reach the next level of 10 YTB credits for your YTB card!

Making friends in the community = My Personal Support System

A Couple of Things...

Bucket List (Things I want to do before I'm 22)
1.
2.
Gratitude – Things I'm grateful for this year or recently 1.
2.
Likes – Things I like to do every day or at least weekly 1.
2.
B.O.M.s (Best of Me) – Things I'm proud that I did recently 1.
2.
Help Somewhere – Things I want to work on to improve something somewhere to make life better for others 1.
2
3 Wishes - If I had a magic wand to change something that is difficult for me and/or my family this is what I would ask for 1.
2.

Service Activity & Signatures				
		Activity	Person	
1				
2				
2 3 4				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19		-		
20				

144	People - My YTB Team				
100	Name	Phone	E-mail		
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					



Places I know about in my area - My Community Connections

	Place I Visited	Location	Phone
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

Places	
Month:	Month:
Week1	Week 1
Week 2	Week 2
Week 3	Week 3
Weeks	Weeks
Week 4	Week 4
Week 5	Week 5
Notes	
People:	
Places:	
Things:	

Places			
Month:	Month:		
Week1	Week 1		
Week 2	Week 2		
Week 3	Week 3		
Week 4	Week 4		
Week 5	Week 5		
Notes			
People:			
Places:			
Things:			

Places		
Month:	Month:	
Week1	Week 1	
Week 2	Week 2	
Week 2	Week Z	
Week 3	Week 3	
Week 4	Week 4	
W 15	N/ 15	
Week 5	Week 5	
Notes		
Notes People: Places:		
Places		
Things:		

	Home, CF Team	Neighborhood	Community, Town	County & State
SERVICE	☐ Write team vision poster ☐ Make popcorn 4 CFT mtg ☐ Send a birthday card ☐ Clean closet ☐ Hang pictures ☐ Items to recycle center ☐ Design "Thank You" cards ☐ Participate WFI interview ☐ Prepare family meal ☐ Join Youth Partnership	☐ Take pictures ☐ Assemble bookcase ☐ Hand out flyers ☐ Pick up litter, bottles ☐ Fold chairs ☐ Break down boxes ☐ Deliver a package ☐ Help with homework ☐ Cut grass, shovel snow ☐ Rake leaves	☐ Help at Public Library ☐ Help at Food pantry ☐ Set up chairs for event ☐ Greet @ Community Theater ☐ Help with event web site ☐ Sing at the senior center ☐ Volunteer Fire Department ☐ Organize photo display ☐ Decorate for special event ☐ Participate in Hunger walk	□ Volunteer Food Bank □ Lead a youth group □ Letter to editor □ Vol @ County Fair □ Help w/ clothing drive □ Socks for homeless □ Community Garden □ Youth Conference □ Beach cleanup □ Ring 4 Salvation Army
EXPERIENCE / LEARNING	☐ Gratitude journal 1 month ☐ Attend pottery workshop ☐ Free concert at library ☐ Apply for part-time job ☐ Draft a resume' ☐ Write 5 Haiku poems ☐ Keep a food journal ☐ Build up to 10+ pushups ☐ Learn family history ☐ Make holiday decorations ☐ Create family ritual ☐ Audio record family member ☐ Practice meditation ☐ Practice breathing exercises	□ Learn garden tools □ Learn calligraphy □ Learn ASL □ Exercise goal □ Take music lessons □ Read to someone □ Learn to read maps □ Bicycle 10 miles □ Learn web design □ Try yoga □ Walk dog (pick up!) □ Make list of neighbors □ Learn what 911 is for □ Read the newspaper	☐ Firehouse ☐ Calligraphy ☐ CPR ☐ Swim Class ☐ Learn First Aid ☐ Learn water safety ☐ Take swimming lessons ☐ Try bowling ☐ Visit area parks ☐ Take an archery class ☐ Experience orienteering ☐ Jog half mile, mile or more ☐ Learn coding ☐ Take photography class	☐ Visit a State Park ☐ Veterans Museum ☐ Planetarium ☐ Non-Driver ID ☐ Register to Vote ☐ Vote ☐ Join a book club ☐ State Museum ☐ State Library ☐ College Bookstore ☐ Vietnam Memorial ☐ Visit Aquarium ☐ Non-driver Gov't ID ☐ Learn 21 counties
MY IDEAS				