

Youth TimeBanking is...



50 ideas for YTB

YTB is ...

- ◆ Youth**DoSomething**Banking
- ◆ Youth**Contribute**Banking
- ◆ Youth**Experience**Banking
- ◆ Youth**Community**Banking
- ◆ Youth**Activity**Banking
- ◆ Youth**Exercise**Banking
- ◆ Youth**Outreach**Banking
- ◆ Youth**Service**Banking
- ◆ Youth**Support**Banking
- ◆ Youth**Family**Banking
- ◆ Youth**Sweat**Banking
- ◆ Youth**Tutor**Banking



1. Write vision on chart
2. Bake cookies for CFT
3. Write a letter
4. Clean your room
5. Make a poster
6. Run an errand
7. Do a favor
8. Learn calligraphy
9. Learn sign language
10. Cut grass
11. Rake leaves
12. Clean up the beach
13. Pick up litter
14. Exercise (regularly)
15. Play scrabble with sibling
16. Mail birthday cards
17. Send thank you notes
18. Design a web page
19. Learn Photoshop
20. Take photography course
21. Record your life story
22. Play an instrument
- 23.
23. Play an instrument
24. Deliver a package
25. Help someone with homework
26. Shovel snow
27. Help at a food bank
28. Keep a gratitude journal
29. Volunteer at library
30. Get government I.D.
31. Visit Vietnam Memorial
32. Visit Twin Lights
33. Bicycle Sandy Hook
34. Ring Salvation Army Bell
35. Cook a meal
36. Plant a bush
37. Work in a community garden
38. Greet at a community theater
39. Repair a computer
40. Assemble a bookcase
41. Hang a picture
42. Write a Haiku poem
43. Send a letter to editor
44. Sing at senior center
45. Create a video
46. Visit a senior center
47. Do 30 push-ups
48. Learn to swim
49. Try yoga
50. Walk a dog

Rules: (*very little!*)

1. ANY CFT can do YTB
2. Youth must *do something*
3. Limit of 1-2 credits/week
4. 10 YTB credits > \$25 gift!
5. Go for another 10 credits.