

# SIMPLY CONNECT

Small Acts, Big Impacts

Level of Involvement  
or Time Commitment

 Low




 Intermediate

 High



Week 1




## Connect with Friends & Family

-  Call, text, or write someone important to you.
-  Discuss with a friend what you're thankful for, your goals, what you admire about each other, etc.
-  Attend a worship service, meditation, or temple session with a friend or family member.



Week 2




## Connect with Creation

-  Take a nature walk on a local trail. Do a scavenger hunt or bring a trash bag and collect litter along the way.
-  Send an email to your local representatives or senators in support of land conservation. Use [this script](#) to help!
-  Visit a local community garden or conservation center to learn about what you can do to preserve natural habitats and what happens when we don't take those actions.



Week 3




## Connect with Cultures

-  Visit an international grocery store or restaurant. Look for opportunities to interact with others.
-  Visit an exhibit, museum, monument, performance, religious service, or cultural event with a friend.
-  Volunteer in your community among a population you don't normally spend time with (refugees, immigrants, homeless, elderly, LGBTQ+, etc.)



Week 4




## Connect with Citizenship

-  If you are not registered to vote, register! If you are, verify your information. Encourage others to do the same.
-  Visit city hall or your state capitol building with a friend. Note the local influence on architecture and art.
-  Invite a friend to walk the boundaries of your voting district with you (or a segment if your district is big!).



Week 5




## Connect with Country

-  Send a thank you note to a local volunteer, representative, senator, or veteran.
-  Create art to reflect your feelings regarding Independence Day and share it with others.
-  Volunteer at a local parade or fireworks show. Be open to interactions with co-citizens.



Week 6




## Connect with Ideas & Perspectives

-  Does your neighborhood share news via app, list serv, tweets, or newsletters? Make sure you're subscribed!
-  Have a conversation with someone with a different perspective than you. Aim to find common ground!
-  Check out your local museums, libraries, or churches for community lectures, discussions, and book clubs.



Week 7




## Connect with Women

-  Visit, call, or write to a woman who works in your local government or as a representative.
-  Find a local women-led organization or one that works to empower or protect women. Ask how to get involved.
-  Celebrate the women in your life in a meaningful way of your choosing.



Week 8

## Connect with MWEG

-  Invite a friend to join MWEG or attend an MWEG event.
-  Send a note to your chapter leaders! Thank them or volunteer.
-  Explore the MWEG portal and check out something new, or join the MWEG book group!