

Changemaker 2023

Activity Name	Description	Number of spots	Where to sign up
Sandwich making for the Mustard Seed	We will be making 100 bag lunches for individuals in need! Donate \$5(or more), if able, to purchase ingredients!	20	Room 160
Awareness Campaign	Pride week planning	36	Room 120
Hair Care Project	The MMM BSA has been working on this project throughout the year. Join this project to help gather donations and to assist with putting packages together.	20	Main Foyer
Sharing Shelf (Books)	Do you like to read? Would you like to share your love of reading with others? Help create a sharing shelf for used books. Make one for MMM or another school.	30	Main Foyer
Little Free Library Building	Help design and construct Little Free Libraries to be placed out of MMM and in our community.	18	Construction Lab
Fight Fast Fashion	Clothing Swap: Bring gently used or new clothing items including shoes and accessories (no undergarments) and swap it out with other donations! Any items left behind will be donated to a local charity.	50	Room 133
Bring on the Jazz	Travel to a local senior's residence to play Jazz music	13	Music Room
The Joy of Conversation	Travel to a local senior's residence to engage in conversation to brighten someone's day, and maybe your own.	30	Main Foyer
Canadian Blood Services	Travel to give Blood donations at Canadian Blood Services and campaign. Must be at least 17 years of age.	20	Learning Commons
Tree Planting	Travel to a space in the city and plant trees.	15	204

Ronald McDonald House	The Ronald McDonald House Comfort Cart is a volunteer-led initiative that serves snacks, beverages, and comfort items to sick kids while they are in the hospital. In this session, we will be decorating the brown lunch bags with drawings and words of encouragement for kids who are getting medical treatment.	36	Room 208
Art Walk	Travel to a local senior’s residence and create sidewalk chalk art walk. All chalk is provided	21	Art Room
Donation sorting	Travel to the Edmonton Mustard Seed Community Support Center: Volunteers will be helping to sort donations for the Community Support Center.	20	Room 139
All tangled up	Knit/Crochet: blankets, socks. scarves for those in need - babies in NICU, homeless, families in need (students need to bring yarn, hooks, needles)	40	Learning Commons
Why Volunteer?	A look at what volunteering does to support your mental health while giving you experiences to support employability and career/workplace portfolios. Learn about specific volunteer opportunities at BCBigs and sign up to become a volunteer.	40	Room 219
Get Kickin’	Coach and play in soccer drills with an elementary class from AJM	40	Room 121
Healthy Neighborhood	Terwillegar Neighborhood Maintenance/Trash pickup and find lost PE equipment down by the pond	40	Gym Office
Make our Space	Help bring a little tender love and care to our outdoor spaces at MMM	50	Room 124
Ecology share	Walk to AJM to share the gift of science as you mentor Grade 3 students on Ecology. Be prepared to be outside	15	Room 217
Lanscaping	Brighten up the front of the school by helping with some light landscaping. No equipment or expertise needed.	20	Room 141
Building Banners	Pride flag banner making. Raise awareness by creating and displaying your own pride flag banner.	35	Room 226
BBQ Setup and take down	Assist with the setup and take down for the school BBQ	30	180