

# 7 12 Days of Neighbouring

I always thought I had good neighbours. It turns out I have the best neighbours in the world.

-Jim Casey

- Connect through Food** - Food can be a great way to communicate and connect. Try bringing over a home-cooked meal to a neighbour, or even baking some (healthy, allergen-free) cookies or other baked goods to share.
- Group Fitness Challenge** - Meet outside once a week for some physically distanced fitness such as 30 minutes of dancing, plyometrics, yoga or even a group walk around the neighbourhood. Take turns leading and make the activity level inclusive for all, including children!
- Use books to bond** - Put out an old shelf or table and start a community library in which people can take a book or leave a book. If you live in a condo or apartment building, place a shelf or box by the common mail area. And if your neighbours are really active readers, you can even start a monthly or quarterly book club (virtually in the winter, outside in the summer).
- Weekly Photo Challenge** - This activity will not only get people's creative juices flowing, but will allow your neighbours to see the beauty and uniqueness of where they live! Create an email group and have your neighbours take photos from the neighbourhood or surrounding area and submit them once a week. The organizer chooses a winner - that winner then becomes the organizer to collect next week's photos. In the spring and summer, find a creative way to display the photos!
- Window Walks** - Create some art to display in your windows or on your front doors for your neighbours to admire when they walk around the neighbourhood. You could even coordinate with your neighbours on themes, a game of "I Spy" or even a scavenger hunt (read more [here](#)).
- Lend a Helping Hand** - Shovel snow, clean off a neighbour's windshield or even offer to do a grocery run. There's lots of ways that we can help those around us who may need it. Consider creating a buddy system in your neighbourhood to make sure you're more vulnerable neighbours are staying safe during these uncertain times. To let neighbours know you're willing and able to help, give them a "connection card" - check out these great examples [here](#).
- Donate to a local organization** - Many local organizations and non-profits have seen an increased need for volunteers or financial donations during the pandemic. Find an organization in your community to support. (My wife and I support Parkdale Food Centre - read about them [here](#)).
- Holiday Cards** - Who doesn't love getting a holiday card? Grab a box of cards and write a note to each of your neighbours. And if you don't know them yet, sign your name and address and promise to come by and say hi, when it's safe to do so.
- Put on a show** - Are you a musician, actor, magician, comedian or storyteller? Do any of your neighbours have a special talent? Work with your neighbours to create a free outdoor talent show series!
- Make a Care Package for a New Neighbour** - If there's a new neighbour on the block, welcome them with a care package. Consider including things like a map of the area, list of your favourite local businesses, your name and contact information.
- Plan a community garden** - It's not the season for planting, but that doesn't mean we can't start thinking about the warmer days ahead. Engage your neighbours now by asking who's interested in starting a community garden, where the garden should be planted, what should be planted and even a schedule of tending the garden.
- Advocate for a Neighbour Day in your city** - There's family day, mothers day and Victoria Day so why not have neighbour day?! During one Saturday in the summer, just like many festivals, the streets should be shut down and every neighbourhood should organize a block party, or whatever theme a particular neighbourhood should choose to have. Read this article on ideas for a Neighbour Day [here](#).