



The Make Your Mark on Hunger Campaign

The Make Your Mark on Hunger Campaign challenges kids and teens to fight hunger through volunteer service. Use the exercise below to help participants reflect on what they'll do and how their service made a difference.

What You're Doing

Give everyone a chance to reflect on what they are doing and the impact their project will have by making a time capsule.

Pre-project Reflection

Before the volunteer project, use the questions below to set realistic goals and objectives for your volunteer experience.

- Who are we helping?
- Why are we helping them?
- How are we helping them?
- What are we most excited about?
- What might be tough or challenging about our project?
- What are everyone's jobs during the project? What do we each have to do?

Post-project Reflection Questions

After your volunteer project, use the questions and sentence starters below to support participants in reflecting on the work they did and the difference it made.

- What did you learn from doing this project?
- "This project made me happy because..."
- "I didn't know I was good at..."
- "Next time we volunteer, I'd like to help..."
- How did doing this project make you feel?
- How did the project help people?
- What worked well about the project?

Time Capsule Instructions

- Have each person sit down with a pen and paper to answer the questions below.
- Remind participants that they are writing to themselves in the future.
- Ask them to answer each question in 2-3 sentences.
- You can also have participants add fun facts about themselves, like their current best friend or favorite TV show.
- Put all of the letters in a time capsule which can be opened at the start of the next school year!