

100 ways to create belonging

1. Learn someone's name and use it next time you see them.
2. Go to a local event you've never been to before.
3. Offer to make someone a hot drink.
4. Ask someone for help.
5. Save someone a seat.
6. Share surplus produce from your garden.
7. Tell someone you're glad they're here.
8. Donate blood.
9. Ask someone how they are - and make time for the real answer.
10. Introduce two people you think would enjoy knowing each other.
11. Take your neighbour's bin in when you take yours.
12. Give someone a compliment
13. Remember something someone told you and ask about it later.
14. Support a local maker or small business.
15. Smile.
16. Ask an older person about the life they have lived.
17. Let someone do something kind for you without immediately trying to repay them.
18. Invite someone for a walk.
19. Pick up rubbish on a route you regularly use.
20. Tell someone specifically what you appreciate about them.
21. Become a regular somewhere.
22. Ask the quieter person in the group what they think.
23. Make extra food and share it with someone.
24. Go and watch a local sports team.
25. Send the message you've been meaning to send.
26. Borrow something from a neighbor instead of buying it.
27. Ask someone to teach you something they know how to do.
28. Put your phone away when someone is talking to you.
29. Explore a local reserve, beach, track or park you've never visited.
30. Introduce yourself to someone new.
31. Join a working bee or community clean-up.
32. Share a memory that you treasure about someone.
33. Invite someone along to something you're already doing.
34. Learn how to pronounce someone's name properly.
35. Put something into a community pantry.

36. Ask someone for their opinion or advice.
37. Share something that has made you laugh.
38. Notice when someone hasn't been around and let them know they were missed.
39. Attend a school fair, market, fundraiser, exhibition or community day.
40. Make sure everyone gets introduced when a group gathers.
41. Learn something about the history of where you live.
42. Call someone you usually only text.
43. Offer to feed someone's pet, water their garden or collect their mail while they're away.
44. Ask a child or young person to show you something they're proud of.
45. Say yes to an invitation you would normally talk yourself out of.
46. Thank someone whose work often happens unnoticed.
47. Join your local library.
48. Invite the person you think probably won't come, let them decide!
49. Share a song, book, podcast or story you think someone will enjoy.
50. Learn the Māori name for a local landmark and something of its significance.
51. Tell someone about a time their kindness made a difference to you.
52. Connect with the person who is on their own.
53. Volunteer.
54. Ask someone what they're looking forward to.
55. Use a community pantry when you need it, receiving is participation too.
56. Offer a skill you have to someone or somewhere that could use it.
57. Send someone a photo that reminded you of them.
58. Plant something that other people, birds or insects can enjoy.
59. Introduce yourself to a neighbour you haven't met.
60. Celebrate someone's small win.
61. Go back a second time, belonging often grows through familiarity.
62. Ask someone from a different generation about their experience of life.
63. Offer someone a lift.
64. Find out what your local community centre actually offers.
65. Make eye contact and acknowledge the person serving you.
66. Take those items in the boot of the car to the op shop!
67. Ask someone if they'd like company.
68. Leave a positive review for a local business or organisation you value.
69. Share a little more of yourself in a conversation.
70. Turn up to someone's fundraiser, performance, exhibition, game or event.
71. Make room for someone who is hovering at the edge of a group.

72. Walk a local street you've never walked before.
73. Write someone a card for absolutely no occasion.
74. Ask, "Who are we missing?"
75. Offer something you no longer need through a local sharing group.
76. Tell someone about a quality you see in them.
77. Stay for the cuppa afterwards instead of slipping straight out the door.
78. Join a community garden or help care for a shared space.
79. Check in with someone after an important appointment or big day.
80. Explain the unwritten rules to a new person rather than expecting them to know.
81. Sit somewhere familiar and notice what makes it feel like your place.
82. Ask someone what would be helpful rather than deciding for them.
83. Organise a shared meal where everyone brings something.
84. Give someone credit for their idea.
85. Show a newcomer one of your favourite local places.
86. Ask someone who has lived locally for decades how the area has changed.
87. Let people know when you could use some company.
88. Find out who is already doing something good locally and get behind them.
89. Bring someone into a conversation by telling them what you've been talking about.
90. Leave a message for someone in a library book or similar.
91. Reconnect with someone you've lost touch with.
92. Offer to do one small thing that would lighten someone else's load.
93. Ask someone new to the area what they've discovered.
94. Share something you've grown, baked or made.
95. Take part in a local celebration, gathering or tradition that's new to you.
96. Gather a few people around something you all care about - however small.
97. Be the one who makes the first move instead of waiting to be invited.
98. Look around your table or group and ponder, "Who else could feel at home here?"
99. Be a noticer. Gently observing, listening, seeing what could make a difference.
100. Breathe. 'Liz, you bring breathing in to everything!' Yes I do, it's a big thing! When we are focusing on our breathing with a longer exhale, when we are releasing and calming our nervous system, it makes a big difference to how we are showing up and the ripple effect we have on the world around us. Something the kindest thing for others is to breathe, connect back and show up as to our true self and let the ripple effect do its magic!

Reflections

"Where could I participate?"

"Where could I return to, to build familiarity?"

"What small thing could I do to help someone know they matter?"

