



82 small acts of resistance you can do today

- 1. Write a letter to the editor of a local newspaper, magazine, or online news source.
- 2. [Contact a local elected official.](#)
- 3. Serve at a soup kitchen.
- 4. Make a new friend.
- 5. Bring food to a homeless shelter.
- 6. Phone someone who is living alone.
- 7. Spend 15 minutes alone in nature.
- 8. [Contact a state elected official.](#)
- 9. Read an op-ed you might disagree with.
- 10. Have coffee with a friend.
- 11. Write a poem.
- 12. Take a photo of something that gives you joy and share it.
- 13. Listen to someone whose life has been adversely impacted by government action.
- 14. Share vegetables from your garden.
- 15. [Read the Bill of Rights.](#)
- 16. Visit a neighbor.
- 17. Read a poem.
- 18. [Contact your U.S. representative.](#)
- 19. Buy someone a cup of coffee.
- 20. Attend your city council meeting.
- 21. [Read the Constitution](#) for 15 minutes every day until you finish.
- 22. Introduce yourself by name to a neighbor you don't know yet.
- 23. Help someone with yard work.
- 24. Invite friends in for dessert.
- 25. Hold the door for the person behind you.
- 26. Smile at someone.
- 27. [Read the Declaration of Independence.](#)
- 28. Let someone go ahead of you in line.
- 29. Share your baking with neighbors or friends.
- 30. Say something encouraging to activists and organizers in your social media feed.
- 31. Short circuit hateful thoughts or words.
- 32. [Learn about microaggressions.](#)
- 33. Read facts about immigration at [Justiceforimmigrants.org.](#)
- 34. [Teach a friend how to find out who represents them in government.](#)
- 35. Take a nap.
- 36. Refuse a plastic bottle of water or soda.
- 37. [Contact your U.S. senator.](#)
- 38. Make a list of six good things you noticed today.
- 39. Read a Psalm.
- 40. Donate to an organization that supports something you care about.

- 41. Dance.
- 42. Check in with a friend who identifies as LGBTQ+.
- 43. Schedule a board game night with friends, family, or neighbors.
- 44. Go to a social event at your place of worship.
- 45. Volunteer as an election judge at your county clerk's office.
- 46. Become a voter registrar and register your neighbors to vote.
- 47. Meditate on one verse of your sacred texts.
- 48. Watch a documentary about something that matters to you.
- 49. Attend a peaceful protest or rally.
- 50. Create art about an issue that matters to you.
- 51. Host a protest poster design event.
- 52. Organize with friends to prepare an op-ed for your local paper.
- 53. Avoid the big box stores and online retailers. Buy local.
- 54. Learn one new social media [fact-checking technique](#).
- 55. Buy less.
- 56. Pray.
- 57. Join a faith community. Participate in services and get active.
- 58. Share your reasons for speaking out with one person you meet today.
- 59. Share your gifts with an organization that matters to you.
- 60. Listen to someone who disagrees with you.
- 61. Donate the price of a coffee to an immigrant-serving community group.
- 62. Send anonymous postcards with cheerful messages to your local elected officials.
- 63. See how many weeks you can go without making an online purchase.
- 64. In a social media space, explain simply and respectfully a justice issue you care about.
- 65. Take a day off from your outrage.
- 66. Watch a comedy.
- 67. Spend an hour with some children.
- 68. Read the newspaper to someone who can't do it for themself.
- 69. Bring a gift of sweets or flowers to someone in a care facility.
- 70. Make a list of 10 things you are grateful for.
- 71. Play your most inspiring protest music on repeat.
- 72. Decorate a T-shirt with the funniest protest slogan you know.
- 73. Invite your favorite hang-out to sponsor a protest-poetry reading night. Help them organize it.
- 74. Donate to public radio or television.
- 75. Write a thank you letter to the immigrant who cleans your office.
- 76. On your next business trip leave a big tip for the housekeeping staff.
- 77. Volunteer in a neighborhood garden.
- 78. Make a pot of soup and share it with a neighbor.
- 79. Attend a neighborhood association meeting.
- 80. Call your mother. Or your sibling. Or a friend.
- 81. Surprise someone with a letter that honors what they mean to you.
- 82. Journal for five minutes.

