

#24FORFOSTERCARE

**THE AVERAGE TIME A CHILD SPENDS
IN FOSTER CARE IS 24 MONTHS...
WE CAN DO SOMETHING.
HELPING WITH THIS IS AS EASY AS 1, 2, 3**



24 IDEAS for #24forFosterCare

(Remember to wear BLUE – the official color of National Foster Care Awareness Month)

Workout for 24 minutes or dedicate 24 workouts in May to raising awareness for foster care

Paint for 24 minutes

Run for 24 minutes or 24 miles and invite 24 of your friends to join you

Swim 24 laps or for 24 minutes

Craft for 24 minutes- See our #24forFosterCare themed craft in Tool Box: www.fornomore.org/toolkit24

Collect 24 new or gently used clothing items to donate to a foster closet

Bike ride/Motorcycle ride for 24 miles or 24 minutes

Wash 24 cars or spend 24 minutes washing a car

Photograph 24 beautiful scenes or people

Cook for 24 minutes and donate a meal to a foster family

Zoom with 24 of your friends for 24 minutes to share and discuss foster care statistics and raise awareness

Knit or sew for 24 minutes or knit 24 blankets for children in the foster care system

Host a game night and commit 24 minutes for conversation wrapped around #24forFosterCare

Walk on the beach for 24 minutes

Create a flower arrangement with 24 flowers

Garden for 24 minutes or plant 24 seeds

Dedicate 24 minutes of prayer time

Wear blue for 24 days in May

Post 24 statistics on social media in May about foster care- See Tool Kit: www.fornomore.org/toolkit24

Walk around your neighborhood/block 24 times

Call 24 friends to tell them you care about them and share with them about #24forFosterCare

Jump in the pool or ocean 24 times and create a video inviting others to join #24forFosterCare

Draw or write for 24 minutes as you focus on #24forFosterCare, then post your drawing or writing on social media sharing about #24forFosterCare