Building a Strong Sense of Community

Discussion Guide

Communities, whether urban or rural, are made up of people working together to improve the situation in which they live. Individuals that are involved in their neighborhoods, schools, and businesses may feel a stronger sense of belonging and community connection. **Within a sense of community there is a feeling of belonging, a feeling that residents matter to each other, and that their needs will be met just by being committed to each other and to their community.**

This discussion guide on sense of community is adapted from community conversation materials developed by Everyday Democracy, a national organization that helps communities find ways for all kinds of people to think, talk and work together to solve problems. Created in 1989 by The Paul J. Aicher Foundation, Everyday Democracy has worked with more than 600 communities across the United States on many different public issues. Learn more at [www.everyday-democracy.org](http://www.everyday-democracy.org)

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**Objectives**

Community members will:

* Understand sense of community and social capital and their importance to communities.
* Describe how attitudes can affect sense of community and social capital in a town.
* Plan to increase personal sense of community and social capital within their community.
* Organize and participate in community task forces or action groups to increase sense of community and social capital in their community.

## Session One – Meet Each Other

**Opening**

We can bring new life and ideas to existing efforts in our community by talking together.

**Getting Started**

* Welcome to everyone!
* Please remember to bring your booklet with you to each session.
* Briefly review all five sessions together.
* Please read the Introduction out-loud as a group.
* Facilitators will be responsible for keeping the dialogue going. They will make sure the group stays on track and they will not take sides.
* Sessions usually take up to 2 hours but groups can continue the dialogue longer. You do not have to cover every question in the dialogue guide.
* Create ground rules to help keep the group on track. Suggested ground rules are listed but there may be others the group would like to add.

**Ground Rules**

1. Listen to one another.
2. Treat others with respect. Do not blame, attack, or engage in put-downs.
3. Everyone gets a chance to talk. Share air time.
4. Do not interrupt when another person is speaking.
5. Speak for yourself, not the group.
6. It is okay to disagree. Work toward understanding.
7. Stick to the issue.
8. If you talk about people who are not in the room, please don’t use their names.
9. Some of what we talk about will be very personal. Please do not share outside of the group unless everyone says it is okay.
10. Help the facilitator keep things on track.
11. Other suggestions?

**Why Use a Discussion-to-Action Approach?**

Healthy communities require many individuals working together to make a difference. In a discussion such as this one, we can learn about what others think of the community and how people can get involved to make it an even better place to live and work.

The approach that a discussion-to-action program takes is that small, diverse groups of people will meet a number of times to think, talk and work together to address issues affecting them. The overall goal is to take action on these issues in the community.

This discussion program is set up this way:

1. **Session One: Meet Each Other**
   1. Get to know each other and your connections to your community.
   2. Learn what sense of community and social capital mean.
2. **Session Two: Study the Problem**
   1. Discover various viewpoints of why a community might lack sense of community and social capital.
   2. Connect various viewpoints to your own community.
3. **Session Three: Describe an Ideal Community**
   1. Talk about ways to increase feelings of sense of community and social capital.
   2. List attributes of an ideal community.
4. **Session Four: Plan for Action**
   1. Share ways to individually increase sense of community and social capital.
   2. Identify ways to increase sense of community and social capital as a community effort.
5. **Session Five: Action Forum**
   1. Collect ideas from all dialogue groups.
   2. Sign up to take action on ideas.
   3. Meet with action committee briefly.

**Introduction**

Rural North Dakota communities have experienced a disruption of roots in the past 20 years as shown by a migration of young adults to urban areas leaving an aging population in rural areas. Fewer people are left to sustain the community economically, socially and civically. Challenges are abundant for rural communities as they work to sustain themselves and growth is often seen as impossible.

For many people though, rural communities are seen as the ideal place to live and raise a family. These communities are an essential part of the nation’s landscape and currently home to 21% of the people in the United States. People locate to rural areas because of a preference for a safe, friendly, family-focused routine associated with a small town way of life. These shared values illustrate a strong sense of community and can be promoted as quality of life incentives to bring people back, as well as keep them in North Dakota.

Communities, whether urban or rural, are made up of people working together to improve the situation in which they live. Individuals are involved in their neighborhoods, schools, and businesses and may feel a stronger sense of belonging and community connection. Residents may have a shared sense of identity or *sense of community,* which is aconcept in community work that focuses on the experience of community rather than its actual structure. **Within a sense of community there is a feeling of belonging, a feeling that residents matter to each other, and that their needs will be met just by being committed to each other and to their community.** Sense of community describes overall community support, even though members may not always have personal relationships with each other.

Sense of community can be used as a means for social involvement and participation in the community that may eventually lead to increased *social capital* for that town. **Social capital is all about networks and connections with others as well as the trust between those in the networks.** Social capital describes what can arise from these networks when people do things for each other and add value to the quality of life of individuals in a community.

Social capital takes many different forms. It can be the neighbor down the street who knows all of the children and is willing to help out in an emergency. Social capital can be the local police officer who coaches Little League or a group of volunteers who come together each year to organize a Relay for Life event. In fact, this powerful connector can be the local women’s church group or the families in a local 4-H club. Whenever people come together, building relationships of trust or networking to get things done, social capital is at work improving the community.

**Discussion Questions**

1. Who are you? Where were you born? Where did you grow up?
2. Where do you live now?
3. What is the story of this community? How do you remember this community in earlier days? What is our community like now? Who lives here? What is it like growing up here these days?
4. What do you like about living in this community? What’s going well? What’s not going so well?
5. What does it look like in this community when people are involved and connected with each other (and have social capital)? What does it look like when people are not?
6. Describe a time or instance when you, or someone close to you, felt disconnected from your community, a community organization, event, neighbors, or an individual. What was it like? How did you or others react?
7. Do you feel you have influence in your community? Why or why not?

**Record on Flip Chart Paper**

1. What does “sense of community” mean to you? Think of some examples and list on flip chart paper. What would it be like to live in a community where these examples happened more often?

**In Closing**

Have you ever wished some individual or family was not a part of your community? How would you feel if you knew others felt that way about you or your family? Think of ideas you can do to make people feel good about being a member of your community.

**Reminders for Next Time**

* Bring books
* Look for examples of sense of community or social capital in your community
* Facilitator – bring back flip chart notes

## Session Two – Study the Problem

**Opening**

Before we can figure out how to build our sense of community and social capital, we need to know how a problem can develop in a community and why.

**Discovering the Attitudes in a Community**

Here are some views people have about why a community may lack a sense that people belong, are connected to each other, and matter to each other.

1. Cliques
2. Suspicious of new people
3. Stereotypes/offensive jokes/Racism/bigotry
4. People want to be involved but others do not ask them to be involved
5. No pride in the community
6. No activities for kids/families
7. Feelings of insecurity, not safe
8. No influence in the community
9. No support from friends or family
10. Poor attitudes/negativity /gossip
11. Don’t want to see others succeed
12. Other views?

**Read case study—“Calling it Quits in Rural America”**

**Discussion Questions**

1. Which viewpoints were evident in the Calling it Quits case study? From whose angle?
2. Do any of these viewpoints surprise you that they would even be considered in a community? Why?
3. Which of the 12 viewpoints have you heard or observed in your own community? Can you give examples?
4. Have you observed any people in your community effectively handling any of the viewpoints above? Does anything surprise you?

**Record on Flip Chart Paper**

1. When someone uses a negative viewpoint listed above, what ways could you respond? Facilitator record suggestions on a flipchart.

**In Closing**

How do these viewpoints or attitudes affect sense of community and social capital in a town? For next time think about how we can help change these attitudes if needed?

**Reminders for Next Time**

* Bring books
* Facilitator – bring back flip chart notes

## Session Three- Describe an Ideal Community

**Opening**

In Session One, we learned about sense of community and social capital and what they mean for our communities. In Session Two, we discussed viewpoints on why sense of community and social capital might be lacking in our communities and how our attitudes can affect sense of community and social capital.

In Session Three, we will talk about what we would like our community to be like before working on a plan for the future. If we want to have a positive sense of community and strong social capital in our towns, we need to better understand what these terms mean.

In Session One *sense of community* was defined as: **a feeling of belonging, a feeling that residents matter to each other, and that their needs will be met just by being committed to each other and to their community.** Sense of community can be broken down further into four elements that include:

* **Membership** – a feeling of being part of a community or belonging to a group.
* **Influence** – a two-way give-and-take relationship between the community and residents.
* **Fulfillment of Needs** – the positive reinforcement and rewards a member gets just by being a resident of a community.
* **Shared Emotional Connection** – a sense of shared history and the bonds developed over time through positive relationships with other community members.

In Session One *social capital* was defined as: **the networks and connections with others as well as the trust between those in the networks.** Social capital can be broken down further into four elements that include:

* **Civic Engagement** –participation and involvement by community members in their community providing opportunities to further a cause or push the ideas of the community to public action.
* **Trust** –a positive, confident interaction with others. Trust is often forged with specific people through common participation in groups, neighborhoods, associations and activities.
* **Civic Responsibility** -feeling a sense of civic duty and responsibility to make the community a better place.
* **Networks and Connections** – groups of individuals that can be counted on for support and backing when needed.

The bottom line is sense of community relates to an individual feeling while social capital relates to the connections between individuals and groups. They are inter-connected but there are distinct differences.

**Exploring Sense of Community and Social Capital in Our Community \***

1. Participants individually fill out each section of the survey.

**Record on Flip Chart Paper**

1. After each section or the survey, group discusses their answers together, and ways to increase each component in their community.

**In Closing**

If you had to write a letter to the editor, what three positive points would you make about your town?

**Reminders for Next Time**

* Bring books
* Facilitator – bring back flip chart notes

\*separate attachment

## Session Four: Plan for Action

**Opening**

We each can individually, and collectively, contribute to the overall vitality of our community.

**Individual Action:**

1. Participants individually review 150 Things You Can Do to Increase Social Capital \*. Circle 10 items they each already do and underline 5 each will commit to in the next 6 months to increase social capital or sense of community in their community.
2. Discuss and share with the group two items each are willing to commit to.
3. Save your 150 Things You Can Do to Increase Social Capital page and look at it periodically to insure you stay committed to the items underlined.

**Community Action:**

1. Review flipcharts from Session 3—How to increase components of sense of community and social capital in your town and 150 Things You Can Do to Increase Social Capital.
2. Which things could the entire community do?
3. Pick two or three ideas that seem useful for your community and discuss:
   1. What would it take to make this happen in our community? Are other communities trying them? How are they working?
   2. What community action could we do to move this idea(s) forward?
   3. What would our next steps be?
   4. What kind of support do we need to take these steps? Who else could we link up with?

**Record on Flip Chart Paper**

1. List the two or three ideas and details on flip chart paper; choose reporter(s) to summarize to entire group in Session Five.

**Closing**

Research suggests a powerful link between a community’s economic prosperity and the degree to which its individuals, institutions and organizations are interconnected. How well are people in your community connected to groups in your community?

**Reminders for Next Time**

* Bring books
* Facilitator – bring back flip chart notes to Action Forum and combine with other groups for overall “big picture”
* Attend Session Five - Action Forum

\*separate attachment

Session Five – Action Forum

**Opening**

An action forum is a large-group meeting at the end of all small group discussions. One facilitator from the community leads the Action Forum. Ideas from each small-group are presented at the action forum. After presenting the ideas, people in the community form action groups or committees. Some community members may join these groups or committees while others may help in other ways. The more people get involved, the more action that can take place!

**Action Forum Agenda**

* Post summaries of each dialogue group around the room. Give time for participants in attendance to walk around the room and see the summaries of each group. Have snacks or refreshments if time and resources allow.
* The facilitator for the day welcomes everyone, talks about the community efforts and thanks those involved.
* A representative from each dialogue group gives a summary report of the key issues and concerns from their group as well as ideas for group or community action.
* Notes are taken as each group reports by a recorder.
* The facilitator identifies common themes for action and they are listed on a flip chart.
* Individuals sign up for action groups they are interested in.
* **Action groups or committees should meet briefly before leaving, select a leader and set a time for the first meeting.**
* Close the meeting by thanking participants and asking wrap up questions below.

**Wrapping Up:**

1. What has surprised you?
2. Has your thinking changed about your sense of community and social capital? If so, how?
3. How will you stay involved in addressing the sense of community in your town?
4. Is there anything you will do differently because of this dialogue?

**Closing and Next Steps**

1. Ask someone to consider writing a report for public officials, leaders, the media, and others on action forum ideas and future committee work.
2. Make a plan for how action efforts will be tracked and tied to further organizing.

**Calling it Quits in Rural America**Case Study

You are a resident of a small town in rural America. Like many of your neighboring towns, your community has decreased in population and businesses over the last several years. Many residents have moved on or passed away. Your local school has experienced declining enrollment several years in a row, and the superintendent expects those numbers to continue declining unless something changes.

Despite these negatives, you and many others in your town have worked hard to keep your town viable and thriving. Five years ago, a decision was made by the local development board to run ads around the country, offering any family two free lots and up to $20,000 toward a home purchase, and businesses were offered free lots and up to $50,000 to relocate to your town. Much of this money was funded privately, through donors who wished to remain anonymous.

Your town’s proposal was advertised, and soon made headlines across the country. Town residents were very excited to see hundreds of inquiries from around the world. Several families from other states made visits to your town, and city residents gave tours and answered many questions. However, only one family, John and Jane Johnson, ended up making the commitment to move. They said the cost and effort to make the move across the country was worth it, because they were tired of crime, traffic and the high cost of living in California. The Johnson family included two school age children, a bonus to the local school.

John and Jane bought a house that was moved to town and put on two lots donated by your city. They bought a third lot, and were later given $15,000 by the city. John had a background working in retail, and Jane was a former accountant. They soon opened an eatery and coffee shop located on main street.

Within weeks of opening their business, the couple petitioned for a restraining order against the long-term owners of another diner. The Johnsons filed court papers alleging the diner owners were verbally abusive to their family, seemed out of control, and threatened damage to the Johnson’s home and property. Both businesses are now closed. The Johnsons eventually found other work, continue to live in the community, but prefer to spend time together and have little to do with the locals. Their house, however, has been on the market for several months.

Since the media picked up on your town’s initial proposal five years ago, they recently came back to do a follow up story. The headline read “California Family Calls it Quits,” and John Johnson was quoted as saying, “It hasn’t been an easy move. No one here seems to really want new people; we’ve experienced a lot of cliquey-ness. I think because I came to town wearing an earring and a ponytail, and didn’t wear overalls or work boots, people thought I was a con artist or was running from the law.” Jane Johnson said, “People here didn’t try to get to know us, they assumed we were unstable and didn’t trust us.”

Jim Wilson, the local mayor, was also quoted as saying “not everybody fits in a small town.”

The Johnsons are planning to move back to California as soon as they can sell their house.

Exploring Sense of Community and Social Capital in Our Community

Take a few minutes to answer the following sample questions. Place your answer to each question in the correct column. There is no scoring for this exercise. This survey is a general tool to explore thoughts and assess your personal sense of community and social capital activities.

|  |  |  |
| --- | --- | --- |
| ***SENSE OF COMMUNITY*** | YES | NO |
| ***Membership*** |  |  |
| 1. I can recognize most of the people who live in my community. |  |  |
| 2. I feel at home in this community. |  |  |
| **WHAT ARE SOME WAYS YOUR COMMUNITY COULD INCREASE FEELINGS OF MEMBERSHIP AMONG RESIDENTS OF THE COMMUNITY?** | | |
| ***Influence*** |  |  |
| 1. I care about what others in my community think of my actions. |  |  |
| 2. I have influence over what this community is like. |  |  |
| 3. If there is a problem in this community, people who live here can get it solved. |  |  |
| **WHAT ARE SOME WAYS YOUR COMMUNITY COULD INCREASE FEELINGS OF INFLUENCE AMONG RESIDENTS OF THE COMMUNITY?** | | |
| ***Reinforcement of Needs*** |  |  |
| 1. I think my community is a good place to live. |  |  |
| 2. People in this community have similar values. |  |  |
|  |  |  |
| **WHAT ARE SOME WAYS YOUR COMMUNITY COULD PROVIDE FOR RESIDENTS TO MAKE THEM FEEL THAT THEIR VALUES ARE APPRECIATED AND NEEDS ARE BEING MET?** | | |
| ***Shared Emotional Connections*** |  |  |
| 1. It is very important to me to live in this community. |  |  |
| 2. People in this community usually get along with each other. |  |  |
| 3. I expect to live in this community for a long time. |  |  |
| **WHAT ARE SOME WAYS YOUR COMMUNITY COULD HELP INCREASE THE SHARED EMOTIONAL CONNECTIONS AMONG RESIDENTS?** | | |
| ***SOCIAL CAPITAL*** | YES | NO |
| ***Civic Engagement*** |  |  |
| 1. I have contacted a local tribal/public official in the last 12 months. |  |  |
| 2. I have donated my time to do volunteer work of any kind in my community in the last 12 months. |  |  |
| 3. I have attended a government or political meetings in the last 12 months. |  |  |
| **What are some ways you could increase your civic engagement within your community?** | | |
| ***Trust*** |  |  |
| 1. I feel safe in my community. |  |  |
| 2. If I took a two-week trip, I could ask a neighbor to watch my home, take in my mail, or water my plants. |  |  |
| 3. Overall, I trust people in my community. |  |  |
| **What are some ways you could increase trust within your COMMUNITY?** | | |
| ***Civic Responsibility*** | YES | NO |
| 1. If I lost my wallet with two hundred dollars in it, people in my community would return the money to me if they found it. |  |  |
| 2. People here care about what the community looks like. |  |  |
| 3. I vote regularly in city, county or other local elections. |  |  |
| **What are some ways you could increase civic responsibility within your community?** | | |
| ***Networks and Connections*** |  |  |
| 1. I have had friends over to my house for an informal visit in the past 12 months. |  |  |
| 2. I have attended a faith-based service or event in the past 12 months. |  |  |
| 3. I have taken part in community events in the past 12 months. |  |  |
| **What are some ways you could increase your networks and connections within your community?** | | |

**What to Do: 150 Things You can Do To Build Social Capital**  
  
Social capital is built through hundreds of little and big actions we take every day. Try some of these or try your own. You know what to do. Build connections to people. Build trust with others. Get involved.

1. Organize a social gathering to welcome a new neighbor.
2. Attend town meetings.
3. Register to vote and vote.
4. Support local merchants.
5. Volunteer your special skills to an organization.
6. Donate blood (with a friend!).
7. Start a community garden.
8. Mentor someone of a different ethnic or religious group.
9. Surprise a new neighbor by making a favorite dinner -- and include the recipe.
10. Tape record your parents' earliest recollections and share them with your children.
11. Plan a vacation with friends or family.
12. Avoid gossip.
13. Help fix someone's flat tire.
14. Organize or participate in a sports league.
15. Join a gardening club.
16. Attend home parties when invited.
17. Become an organ donor or blood marrow donor.
18. Attend your children's athletic contests, plays and recitals.
19. Get to know your children's teachers.
20. Join the local Elks, Kiwanis, or Knights of Columbus.
21. Get involved with 4-H or Cub/Boy/Girl Scouts.
22. Start a monthly tea group.
23. Speak at or play host to a monthly brown-bag lunch series at your local library.
24. Sing in a choir.
25. Get to know the clerks and salespeople at your local stores.
26. Attend PTA meetings.
27. Audition for community theater or volunteer to usher.
28. Give your park a weatherproof chess/checkers board.
29. Play cards with friends or neighbors.
30. Give to your local food bank.
31. Walk or bike to support a cause and meet others.
32. Employers: Encourage volunteer/community groups to hold meetings on your site.
33. Volunteer in your child's classroom or chaperone a field trip.
34. Join or start a baby-sitting cooperative.
35. Attend school plays.
36. Answer surveys when asked.
37. Businesses: Invite local government officials to speak at your workplace.
38. Attend Memorial Day parades and express appreciation for others.
39. Form a local outdoor activity group.
40. Participate in political campaigns.
41. Attend a local budget committee meeting.
42. Form a computer group for local senior citizens.
43. Help coach Little League or other youth sports -- even if you don't have a kid playing.
44. Help run the snack bar at the Little League field.
45. Form a tool-lending library with neighbors and share ladders, snow blowers, etc.
46. Start a lunch gathering or a discussion group with co-workers.
47. Offer to rake a neighbor's yard or shovel his/her walk
48. Start or join a carpool.
49. Employers: Give employees time (e.g., 3 days per year to work on civic projects).
50. Plan a "Walking Tour" of a local historic area.
51. Eat breakfast at a local gathering spot on Saturdays.
52. Have family dinners and read to your children.
53. Run for public office.
54. Stop and make sure the person on the side of the highway is OK.
55. Have a block party or a holiday open house.
56. Start a fix-it group of friends willing to help each other clean, paint, garden, etc.
57. Offer to serve on a town committee.
58. Join the volunteer fire department.
59. Go to church ... or temple ... or walk outside with your children -- talk to them about why it's important.
60. If you grow tomatoes, plant extra for an lonely elder neighbor -- better yet, ask him/her to teach you and others how to can the extras.
61. Ask a single diner to share your table for lunch.
62. Stand at a major intersection holding a sign for your favorite candidate.
63. Persuade a local restaurant to have a designated "meet people" table.
64. Have a potluck supper before your town meeting.
65. Take dance lessons with a friend.
66. Say "thanks" to public servants -- police, firefighters, town clerk, etc.
67. Fight to keep essential local services in the downtown area -- your post office, police station, school, etc.
68. Join a nonprofit board of directors.
69. Gather a group to clean up a local park or cemetery.
70. When somebody says "government stinks," suggest they help fix it.
71. Turn off the TV and talk with friends or family.
72. Have a neighborhood barbecue.
73. Bake cookies for new neighbors or work colleagues.
74. Plant tree seedlings along your street with neighbors and rotate care for them.
75. Volunteer at the library.
76. Form or join a bowling team.
77. Return a lost wallet or appointment book.
78. Use public transportation and start talking with those you regularly see.
79. Ask neighbors for help and reciprocate.
80. Go to a local folk or crafts festival.
81. Call an old friend.
82. Sign up for a class and meet your classmates.
83. Accept or extend an invitation.
84. Talk to your kids or parents about their day.
85. Say hello to strangers.
86. Log off and go to the park.
87. Ask a new person to join a group for a dinner or an evening.
88. Play host to a potluck meal or participate in them.
89. Volunteer to drive someone.
90. Say hello when you spot an acquaintance in a store.
91. Play host to a movie night.
92. Exercise together or take walks with friends or family.
93. Assist with or create your town or neighborhood's newsletter.
94. Organize a neighborhood pick-up -- with lawn games afterward.
95. Collect oral histories from older town residents.
96. Join a book club discussion or get the group to discuss local issues.
97. Volunteer to deliver Meals on Wheels in your neighborhood.
98. Start a children's story hour at your local library.
99. Be real. Be humble. Acknowledge others' self-worth.
100. Tell friends and family about social capital and why it matters.
101. Greet people.
102. Cut back on television.
103. Join in to help carry something heavy.
104. Plan a reunion of family, friends or those with whom you had a special connection.
105. Take in the programs at your local library.
106. Read the local news faithfully.
107. Buy a grill and invite others over for a meal.
108. Fix it even if you didn't break it.
109. Pick it up even if you didn't drop it.
110. Attend a public meeting.
111. Go with friends or colleagues to a ball game (and root, root, root for the home team!).
112. Help scrape ice off a neighbor's car, put chains on the tires or shovel it out.
113. Hire young people for odd jobs.
114. Start a tradition.
115. Share your snow blower.
116. Help jump-start someone's car.
117. Join a project that includes people from all walks of life.
118. Sit on your stoop.
119. Be nice when you drive.
120. Make gifts of time.
121. Buy a big hot tub.
122. Volunteer at your local neighborhood school.
123. Offer to help out at your local recycling center.
124. Send a "thank you" letter to the editor about a person or event that helped build community.
125. Raise funds for a new town clock or new town library.
126. When inspired, write personal notes to friends and neighbors.
127. Attend gallery openings.
128. Organize a townwide yard sale.
129. Invite friends or colleagues to help with a home renovation or home building project.
130. Join or start a local mall-walking group and have coffee together afterward.
131. Build a neighborhood playground.
132. Become a story-reader or baby-rocker at a local childcare center or neighborhood pre-school.
133. Contra dance or two-step.
134. Help kids on your street construct a lemonade stand.
135. Open the door for someone who has his or her hands full.
136. Say hi to those in elevators.
137. Invite friends to go snowshoeing, hiking or cross-country skiing.
138. Offer to watch your neighbor's home or apartment while the person is away.
139. Organize a fitness/health group with your friends or co-workers.
140. Hang out at the town dump and chat with your neighbors as your sort through your trash at the recycling center.
141. Take a pottery class with your children or parent(s).
142. See if your neighbor needs anything when you run to the store.
143. Ask to see a friend's family photos.
144. Join groups (e.g., arts, sports, religion) likely to lead to making new friends that bridge across race/ethnicity, social class or other social cleavages
145. Attend or start a free summer music series at a local park.
146. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
147. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
148. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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150. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Note: Expanded from original list of “100 Things You Can Do to Build Social Capital” (Saguaro Seminar: Civic Engagement in America project at Harvard’s John F. Kennedy School of Governmen).*

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