



Concern for Community

Imagine walking past an area of your community in disrepair. Stop in front of it. What could have happened to make it that way?

Responsibility

Takes Care of Property



Mindfulness Principle: Put it in Neutral

Skill Focus: Recognize when an area has been neglected and the causes of the neglect.

- 1
 - Think about the community where you live. What are some of the main areas and buildings that make it up?
 - Who are some of the people who help to maintain these spaces? (Examples include construction workers, people in waste management, and even citizens whose taxes go towards maintaining community spaces.)
 - While many people work hard to maintain community spaces, some areas may still be neglected or in disrepair. Today, we're going to think non-judgmentally about how we can get involved in improving our community.
- 2
 - Close your eyes. Visualize your community starting with your home, moving to the street, then to the school, and then to the library, rec center, malls, restaurants, or shopping centers that you visit.
 - Now, in one of those spaces, think about an area that is in disrepair or in a neglected state. It could be an abandoned building, a broken sidewalk, or an overgrown sports field.
 - Without judging, what are some of the possible reasons why these areas have been neglected? For example, could more help be needed to maintain the area?
 - Now envision that place in disrepair has been fixed and is in brand new condition. The broken sidewalk is now smooth and paved. The potholes are filled in, and graffiti has been cleaned up. How do you feel seeing the neglect fixed in your community?
- 3
 - With a partner, discuss the instances of neglect you've seen. Brainstorm specific ways you could help to overcome the neglect you visualized.
 - By recognizing the causes of neglect in your community, you can become an active member in fighting for a more engaging, safe, and fun environment.