

Level One

Talk to your Neighbors



As the city grows throughout the years, it is very important to have great communication within your neighborhood to understand and recognize what is going on through different perspectives of the city. **Talking to your neighbors** can improve social well-being that will greatly benefit everyone because it helps you to know who you are living next to, reduce crime, keep you informed on neighborhood activities and events, and create new friendships! Health and mental wellbeing is higher in people who have regular contact with their neighbors and who have social connections with the people in their local area. Even if it is just to say hello, it can have a big impact on how secure and happy people feel about where they live. Below are different ways to get to know your neighbors better.

1. Look For Opportunities To Say Hello

- Spend a little time outside and when you see your neighbor, walk over and introduce yourself or start a conversation (how the day went, weather, new events, etc).
- Initiate a conversation and show that you're willing to help; your neighbors will be more willing to look to you when they have questions, or when they want someone to talk to. Starting an initial introduction can help your neighbor be more comfortable in asking for help or talking to you.
- Show that you're friendly and open to conversation, and your neighbor will be encouraged to get to know you.

2. Find Ways to Be Kind

- Look for small ways you can be kind to your surrounding neighbors and a friendship will eventually develop. It is never too late to introduce yourself!
- Ideas like baking goods, giving flowers for small occasions or holidays, letting them know about a special sale at a local store, and giving seed packets or small plants to start a garden.
- You can also offer to watch their house, collect mail or water their yard while they are on vacation.
- The idea is to do something thoughtful, not make your neighbor feel obligated to return the gesture.



3. Walk Your Dog

- Whenever you are out for a stroll or walking your dog, say hello and talk to any nearby residents you see along the way. Whether you know them or not, always be kind.
- If they have a dog(s), invite them out to walk with you and get to know them better by walking around the block and make conversation.

4. Or Walk With an Initiative

- Pick a good time to take a walk around the neighborhood.
- While you walk your dog or take a stroll around the neighborhood, make an initiative to do something for the community. For example:
 - Picking up trash
 - Meeting one new person on your walk
 - Reporting graffiti
- With this initiative to do better for the community, it will motivate others to make a difference in their neighborhoods too. It starts with one person!

