

# ■ Low-Cost, Low-Energy Activism Menu

For people with limited time, money, or physical ability — every action counts.

## ■ Show Up Without Showing Up

- ☐ Put a protest sign in your window, balcony, or yard
- ☐ Wear pins, shirts, or hats with slogans
- ☐ Add activism graphics to email signature or Zoom background

## ■ 5–10 Minute Actions

- ☐ Call or email your elected officials (use [5Calls.org](https://5Calls.org) or [CommonCause.org](https://CommonCause.org))
- ☐ Sign a vetted petition
- ☐ Make a \$3–\$5 donation to a grassroots group
- ☐ Share one verified news article on social media

## ■ Online & Remote Protest

- ☐ Post solidarity images with hashtags from trusted campaigns
- ☐ Join a virtual rally or livestream
- ☐ Take part in an email blitz with friends or groups

## ■ Educate & Inform

- ☐ Host a short kitchen-table conversation with neighbors or friends
- ☐ Hand out fact sheets at a café, library, or laundromat
- ☐ Post quick myth-busting facts online

## ■ Accessibility-Friendly Protests

- ☐ Join a car protest with signs in the windows
- ☐ Participate in a coordinated light-up action from your porch or window
- ☐ Write postcards to voters (use [PostcardsToVoters.org](https://PostcardsToVoters.org) or [VoteFwd.org](https://VoteFwd.org))

## ■ Support Protesters

- ☐ Drop off water, snacks, or masks before/after marches
- ☐ Make extra protest signs for others
- ☐ Share bail fund links (find at [CommunityJusticeExchange.org](https://CommunityJusticeExchange.org))

## ■ Behind-the-Scenes Help

- ☐ Volunteer for data entry from home
- ☐ Create protest art, graphics, or memes
- ☐ Do quick research or fact-checking for activist groups

*Remember: Small actions add up. Pick one today. Your voice matters—even from your couch.*