COMMUNITY CARE THROUGH CREATIVITY

30 Thoughtful, Flexible Prompts

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1. SELF AS COMMUNITY

Inner Care → Outer Impact

1. What does “being cared for” feel like in your body? Show it in color, texture, or shape.
2. Where in your life do you feel most supported right now?
3. What kind of care do you wish was more available to you?
4. Create a “care menu” of things that help you feel grounded.
5. What do you need today that you haven’t said out loud?
6. Draw or collage your “safe space”—real or imagined.

Zine expansion idea: Each page could focus on one type of care (rest, expression, connection, boundaries)

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2. SEEING OTHERS

Empathy + Awareness

7. What does community care look like in action?
8. Illustrate a small act of kindness you’ve witnessed or experienced.
9. What do people often carry that others can’t see?
10. Create a page honoring someone who made you feel seen.
11. What does it mean to “hold space” for someone?
12. Draw hands—what are they giving or receiving?

Creative twist: Use layered vellum or tracing paper to represent “hidden layers”

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3. SMALL ACTS, BIG IMPACT

13. List or illustrate 10 tiny ways to care for others.
14. Create “care coupons” someone could redeem.

15. What is one small thing you can offer your community?
16. Design a “kindness toolkit.”
17. What does showing up consistently look like?
18. Turn a simple phrase into a visual mantra (ex: “I’m here.”)

Interactive idea: Tear-out slips, tabs, or shareable mini cards

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4. COMMUNITY AS ECOSYSTEM

Hive Energy

19. What role do you naturally play in a community?
20. What roles are often overlooked but essential?
21. Draw your “community web”—how are people connected?
22. What does a healthy community feel like?
23. What happens when care is missing? (contrast page)
24. Create a hexagon for each type of support (emotional, physical, creative, etc.)

Perfect for hexagons: Each hex focuses on one role or need → builds a collective “hive”

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5. BOUNDARIES AS CARE

25. How can boundaries be an act of care (for self and others)?
26. What does “safe to say no” look like?
27. Where do you need to protect your energy?
28. Create a visual “yes / no / maybe” map that helps you navigate boundaries. What do you need to feel safe saying yes or saying no? When does a decision need more information and become a “maybe” for now.

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6. IMAGINING BETTER WORLDS

29. What would a truly caring community look like if we built it from scratch?
30. Write or illustrate a “future memory” of a moment where community showed up fully.

Expansion: This works beautifully as a multi-page zine story