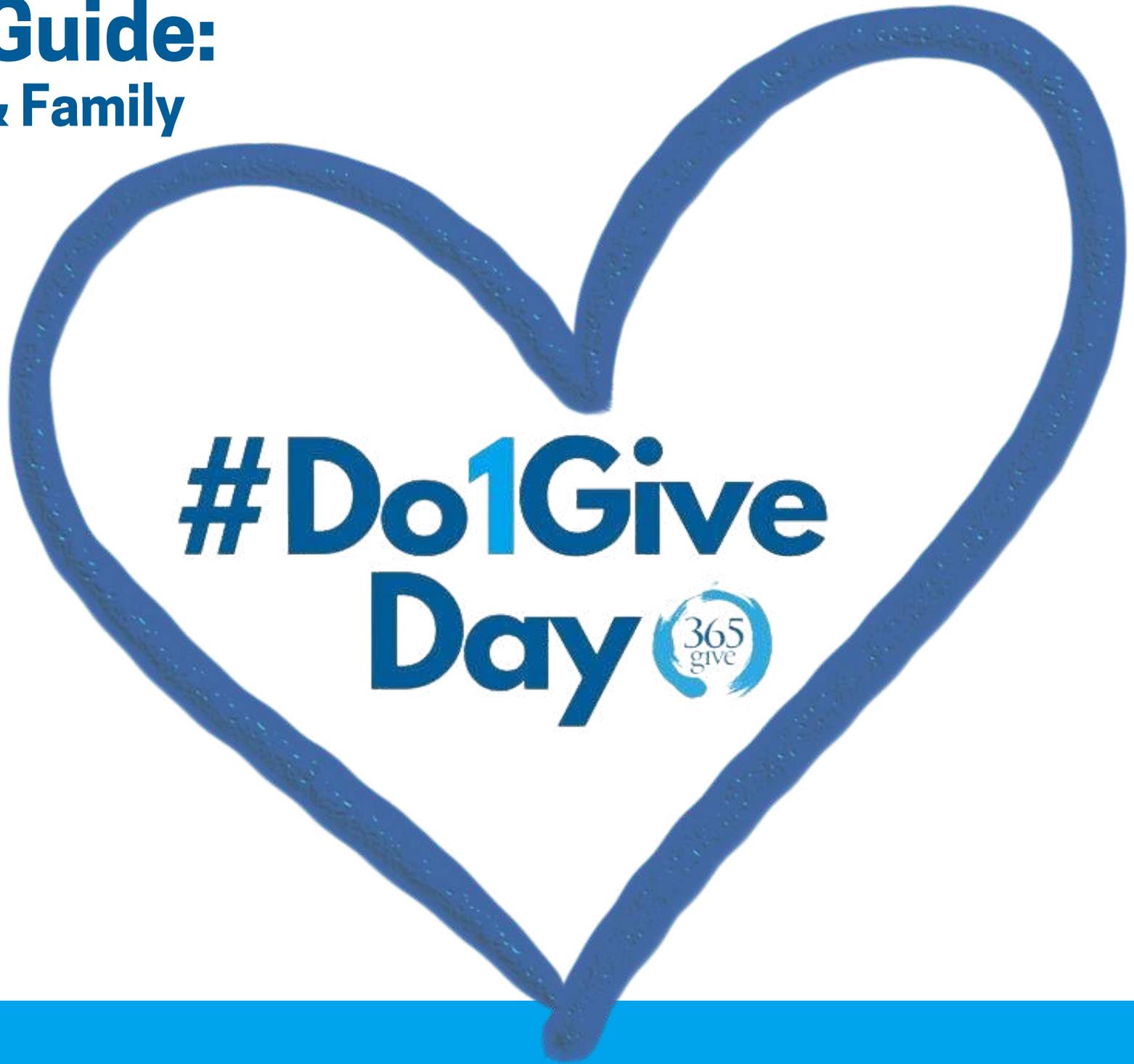


# Action Guide: Individual & Family

**#Do1Give  
Day** 





# ABOUT 365give



## WHO WE ARE

365give started as a personal parenting project between a Mom and her 3-year old son. Their simple idea was to change the world one give one day at a time.

Today 365give is a global giving movement because we make giving possible for everyone.

**Giving is what we all have in common.**

It doesn't matter where you live, your age, your religion, your culture, gender, or socioeconomic background.

**Giving is simply love in action**

Straight from your heart into your hands to make a positive impact on the world around you.

Thousands from all over the world have joined us to make a happier, healthier world together!

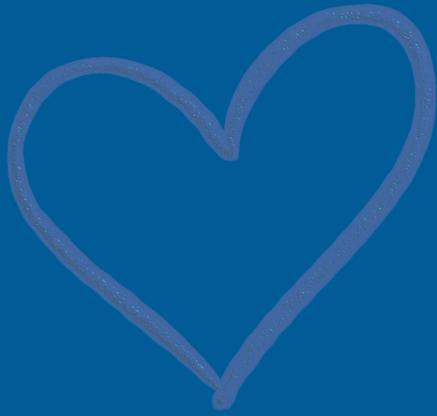


#Do1Give Day April 28, 2022

# WHY GIVE EVERY DAY

The power of giving is just the boost we need every day.  
When we feel **good** - we can spread the **good**!

- ✓ **Increases Feelings of Happiness and Love**
- ✓ **Increases Social Connection**
- ✓ **Increases Physical Health**
- ✓ **Increases Well-being**
- ✓ **Improves Mental Health**
- ✓ **Reduces Stress**



# WHAT IS #Do1Give Day



## WHAT IS #Do1Give DAY

**#Do1Give Day** was created in 2017 in partnership with youth leaders. Youth wanted to be the drivers of this initiative to engage and empower students of all ages to create positive change in the world. A one-day giving event that was simple and easy for everyone.

**#Do1Give Day** works on the simple 365give premise that everyone has the power to give in small ways creating a large impact as a collective community.

It has now turned into a worldwide global giving day powered by student leaders and the power of social media to do a whole lot of good in the world.

It's one day we can all come together and give in a way that works for you! We spread the love, spread the good and most of all spread the happiness!



#Do1Give Day April 28, 2022

# WHAT WE HAVE ACCOMPLISHED TOGETHER

Every small act of giving creates a ripple x 3.



- ✓ **155,000** Small Acts of Giving
- ✓ **465,000** The Ripple Effect
- ✓ **80** Countries

The world is filled with **7 billion people**.

Imagine if each of us promised to #Do1Give.

Just one small act of giving to bring a bit of love into the world.

Imagine the impact, imagine the change we would make together!



**IT'S AS  
EASY AS  
1,2,3**

# HOW TO #Do1Give

**Step  
1**

## **Make the #Do1Give Day Promise**

Mark the date in your calendar right now. Promise yourself and the world you are in!

**Step  
2**

## **Make a Plan**

Talk to your friends and family about #Do1Give Day. Do it together to create more impact!

**Step  
3**

## **Count & Share**

Let the world know how you how you chose to give! Take a picture, make a video share on social media and tag us! We add it all to the total!

**#Do1Give Day April 28, 2022**





**#Do1Give** Day  
Action Plan Ideas  
Families



# #Do1Give Day Ideas: Families

## 1) Grow the Gratitude:

Print our #Do1Give Day "Grow the Gratitude Challenge" worksheet. How many small gratitude hearts can you fill in and add to your #Do1Give Day Big Heart. Gratitude grows happiness for each of us and when we are happy it spreads to everyone around us.

## 2) #Do1Give Day Bingo:

Check out #Do1Give Day Bingo! Print the sheet in our resources and start giving. There are lots of ideas and a few blank spots to choose your own! Check off an entire row or fill in the entire sheet! Take a picture and share it on social!

## 3) Clean Up for Good:

Cleaning up doesn't have to be a chore when you know you will be giving what you no longer need to those who do! Include the whole family! Go through your clothes, toys, and books to see what you no longer need and get them into the hands of those who do.

## 4) Video Messages

Staying connected to family and friends is more important than ever before. Create fun video messages with jokes, dancing singing even magic tricks to brighten someone's day.

## 5) Happy Little Moment Cards

Check out our friend Anna Sophie at Happy Little Moment (@Happy\_Little\_Moment) Make handmade cards and leave them in random places people will find them or mail them to a friend or family member.

## 6) Love Rocks

Paint rocks with positive images or messages and leave them on your neighbour's doorstep.



**#Do1Give Day**  
**Action Plan Ideas**  
**Individuals**



# 10 Easy #Do1Give Day Ideas: Individuals

1. Send a fun personal video message (jokes, dancing, singing) to a friend or family member.
2. Feed the birds! Make a handmade birdfeeder from pinecones or old plastic bottles.
3. Make a handmade card and mail it to a friend or family member.
4. Create a positive uplifting message to share on social media.
5. Play the Free Rice Game online. Each correct answer donates rice to those in need ([freerice.com](http://freerice.com))
6. Pick up garbage! Do it with friends and make it social!
7. Click to Give - it's free and it gives every day. Visit the [Hunger Site](#) or [Greater Good](#).
8. Have a Meatless Monday - it will help the planet and animals.
9. The Selfie Smile! Send it to friends to brighten their day or post on social media.
10. Plant seeds in a window or garden to grow flowers or food.



# Social Media Campaign



**LET'S MAKE GIVING GO VIRAL!**

# SOCIAL MEDIA FOR SOCIAL GOOD

*Social Media has the power to inspire others and show the world you are stepping up to be part of the positive change in the world! LET'S MAKE GIVING GO VIRAL!*

1

## **Make the #Do1Give Day Promise:**

Make the #Do1Give Day promise and share on social media tagging friends and family to make the promise with you. (check out our social tools)

2

## **SHARE:**

On April 28, 2022, post a picture/video of your small act of giving or use our social media "heart" to spread the love. Use the hashtags #Do1Give #365give

3

## **RIPPLE:**

Help spread the love! Tag friends and family to inspire them to give a little love too.



## **YOU CAN FOLLOW ALONG ON:**



@365give.ca  
@do1giveday



@365give



@365give



@365give

# WE ARE CHEERING YOU ON!

Reach out to us  
for support and  
inspiration any  
time!



[www.365give.ca](http://www.365give.ca)

[Changetheworld@365give.ca](mailto:Changetheworld@365give.ca)

