



● FREE FOR FAMILIES

365GIVE FAMILY RESOURCE LIBRARY

Parent's Guide

Ready-to-use, flexible activities that build life skills through small acts of giving and kindness in everyday family life.



24

ready-to-use family activities.

15 years

working with families and educators worldwide.

Ages 3 and up

Flexible and adaptable for any age, schedule, or family size.

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Measure growth, celebrate impact, and keep the practice going all year.

**What our children learn today shapes who they become tomorrow.
Let's shape a kind, compassionate, happy generation together.**



01 A MESSAGE TO PARENTS Welcome

Thank you for choosing the 365give Family Resource Library. For more than fifteen years we have worked with *thousands of families and educators around the world* to help children discover the power and happiness through simple, meaningful daily giving actions.

As parents, we know that raising children for the new world ahead means more than homework and full schedules.

Children also need chances to build the essential skills that help them thrive at home, at school, in their future work, and in their communities.

The 365give Family Resource Library was created to make that easy.

Every activity is flexible, and ready to integrate into the life already happening at home. The only thing we want to add to your family life is **happiness, connection and meaning**.

The library gives you simple activities that **strengthen communication, empathy, confidence, critical thinking, and well-being** through everyday small positive actions.

The best place to begin is just to start.

Choose the activities that suit your children and your week. Whether you do one a week or build a daily family practice, every small action helps a child discover that they have the ability to make a positive difference.

Our resources are grounded in real family and classroom experience, informed by research, and designed to be printed, used, and enjoyed together.

BUILT FOR Parents

- Free and easy to use
- Flexible for any age or schedule
- Little to no preparation
- Screen-free time together

BUILT FOR Children

- Develop future-ready human skills
- Encourage real-world action
- Foster belonging, empathy, and happiness
- Build confidence through meaningful experiences

BUILT FOR Families

- Strengthens connection at home
- Gives a shared language for compassion and kindness
- Supports homeschool learning
- Connects your family with your community



02 THE EVIDENCE Why a Daily Practice Works

Children practise reading and mathematics through repetition, reflection, and application. *Social and emotional skills develop in the same way.* Research continues to show that when children regularly engage in acts of helping, gratitude, and service, they strengthen the social, emotional, and cognitive skills that support learning and well-being.

11%

percentile-point gain in academic achievement for students in social and emotional learning programs, compared with peers.

Durlak et al., 2011: 213 programs, 270,034 students

4 weeks

was enough: children aged 9–11 who performed three kind acts a week gained significantly more peer acceptance than their classmates.

Layous et al., 2012: 19 classrooms, 415 students

97,406

students followed after their programs ended still showed better social-emotional skills, attitudes, and well-being.

Taylor et al., 2017: 82 programs, follow-ups to 18 years

WHAT MAKES A PRACTICE TAKE HOLD

01 Repetition not a single lesson makes new habits stick

Fact:

New habits take on average **66 days** to feel automatic. 21 days is an old myth.

02 Variety keeps the effect alive

Fact:

The same action loses its spark over time. Having **choice** around how you give and mixing those up keeps the emotional boost alive.

03 Nearly half of what you do is on autopilot

Fact:

43% of what you do every day isn't a decision it's habit. Repeated behaviours that have become automatic without even thinking about it.

WHAT THIS MEANS AT HOME

Three practical notes from the research.

- **Small and daily beats big and occasional.** Consistency, not scale, is what turns an action into a habit.
- **Keep it voluntary.** Giving that becomes an assigned chore loses the meaning and the emotional boost that make children want to do it again.
- **Reflect.** The more we connect giving with positive emotional response the more we want to give. Research shows that giving creates happier people and happy people give more.

Sources. Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D., & Schellinger, K. B. (2011). The impact of enhancing students' social and emotional learning: a meta-analysis of school-based universal interventions. *Child Development*, 82(1), 405–432. · Layous, K., Nelson, S. K., Oberle, E., Schonert-Reichl, K. A., & Lyubomirsky, S. (2012). Kindness counts: prompting prosocial behavior in preadolescents boosts peer acceptance and well-being. *PLOS ONE*, 7(12). · Taylor, R. D., Oberle, E., Durlak, J. A., & Weissberg, R. P. (2017). Promoting positive youth development through school-based social and emotional learning interventions: a meta-analysis of follow-up effects. *Child Development*, 88(4), 1156–1171. · Lally, P., van Jaarsveld, C. H. M., Potts, H. W. W., & Wardle, J. (2010). How are habits formed: modelling habit formation in the real world. *European Journal of Social Psychology*, 40(6), 998–1009. · Sheldon, K. M., Boehm, J. K., & Lyubomirsky, S. (2012). Variety is the spice of happiness: the hedonic adaptation prevention model. In *The Oxford Handbook of Happiness* (pp. 901–914). Oxford University Press. · Graybiel, A. M. (2008). Habits, rituals, and the evaluative brain. *Annual Review of Neuroscience*, 31, 359–387. · Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens. *Journal of Personality and Social Psychology*, 84(2), 377–389.

Building the Practice, One Step at a Time

Building any new habit starts small. Our library helps kids learn how to change and keep positive habits that are good for their life. Each activity helps your family take the next step.

Small daily
actions



become
habits



habits become
character



character shapes
who children become

The library is organized into six learning areas that can be used on their own or together across the year. Each area includes **four ready-to-use activities** that work as a single afternoon or as part of a year-long family practice.

We will update and refresh seasonally so keep coming back for new activities!

Build Your Daily Practice

1

Simple daily activities that help children notice chances to contribute, appreciate others, and build positive habits.

Ideas & Inspiration

2

Creative activities that encourage a child's own voice, curiosity, and new ways of making a positive difference.

The Ripple Effect

3

Activities that show how one thoughtful action affects the people around us, strengthening relationships and inspiring others.

Track Happiness & Impact

4

Reflection tools that help children recognize their growth, celebrate progress, and connect their actions with well-being.

AI for Social Good

5

Activities that introduce artificial intelligence safely and ethically, and use it to help people, animals, and the planet.

Seasonal Resources

6

Fresh activities tied to awareness days, celebrations, and global events. Come back through the year for new ones.

The goal is to create meaningful chances for children to practise the skills that matter most, **one small action at a time.**

04 PLANNING MADE SIMPLE For Homeschool Families

If you teach at home, every activity in this library doubles as a school based lesson. Each one carries *three curriculum tie-ins* so you can see at a glance which competency it builds, which subject it fits, and which cross-curricular focus it supports.

1

Anchor the week

Pick one activity as your Monday anchor. Read it together, then let it run across the week as the practice your other lessons return to.

2

Teach into it

Use the codes below to attach the writing, reading, math, or science you already planned. A ripple map becomes a writing lesson; a giving calendar becomes counting and graphing.

3

Keep the evidence

Finished sheets, journals, and tracker totals make a portfolio record of learning and service you can show at review time.

Core Competency

6 CODES

COM Communication

CRT Creative Thinking

CTH Critical Thinking

PCI Positive Personal & Cultural Identity

PAR Personal Awareness & Responsibility

SOC Social Responsibility

Subject Area

8 CODES

ELA English Language Arts

MTH Mathematics

SCI Science

SST Social Studies

ART Arts Education

PHE Physical & Health Education

ADS Applied Design, Skills & Technologies

CAR Career Education

Cross-Curricular Focus

7 CODES

SEL Social-Emotional Learning

WLB Well-Being

GLO Global Citizenship

SUS Sustainability

IND Indigenous Perspectives & Ways of Knowing*

FIN Financial Literacy

DIG Digital Literacy & AI Literacy

*Where applicable, this includes local Indigenous perspectives, principles, and ways of knowing within your regional curriculum.

Not homeschooling? The codes still tell you what a page is building in your child, and they give you something specific to share with their teacher when an activity goes over well at home.

05 MEASURE AND CELEBRATE Track, Reflect & Celebrate

Giving means more when children can look back on it and see what changed. The **365give Impact Tracker** is free, and it helps your family see the difference you are making while encouraging reflection, goal setting, and personal growth.

1

Take Action

Do the activity, on your own, as a family, or with your community.

2

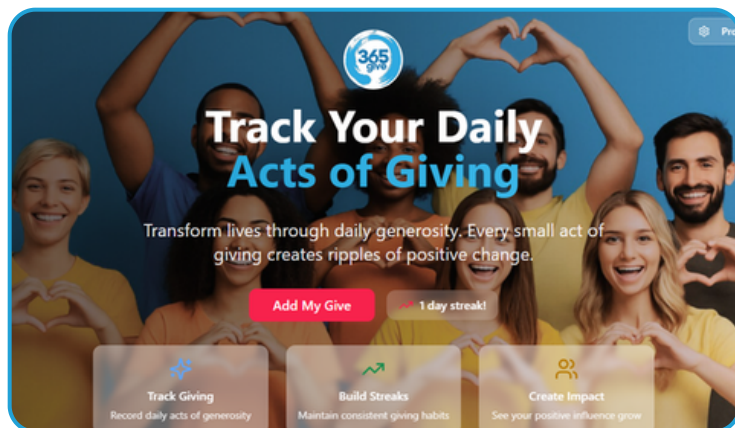
Reflect

Talk about how it affected your child, the person they helped, and your neighbourhood.

3

Celebrate

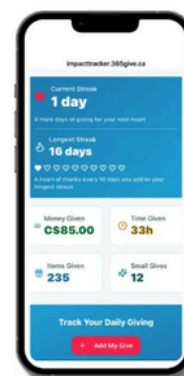
Track acts of giving, volunteer hours, and streaks, and recognize the difference your family is making.



free. easy. powerful.

The Impact Tracker makes it simple to track your small acts of giving every day.

See your progress and feel the power of positive change.



Thank You

Every child can make a positive difference. We all can, because we know: we have been watching and tracking the positive impact the 365give programs have been making for 15 years.

Our children just need to be given the opportunity to lead with their hearts. They will surprise you when we give them the agency to choose how they want to make a positive impact on our world.

Most of all, thank you for taking the time and care to create a home where children discover that **their actions matter, their choices have impact**, and they each have the power to help build a happier, kinder, and more connected world.

Chantal Trudeau
Chair, Board of Directors, and the 365give Team

Together, we can change the world... one give, one day at a time.

365GIVE.CA