

# #Do1Give Day

**Small Acts + Great Love = Big Change**

**Action Guide**

**Schools / Youth Leadership Clubs**

# ABOUT 365give

**Giving is simply love in action**

## WHO WE ARE

We make giving possible for everyone.

**365give started as a personal parenting project between a Mom and her 3-year-old son. It was one mother's way of growing a kind compassionate happy child.**

**Today 365give is a global giving movement that's changing the world one give, one day at a time.**

**We believe it's possible to create a brighter future together one small act of giving at a time.**

**Thousands from all over the world have joined us to make the #Do1Give Day Promise**

**Will You Join Us?**

**#Do1Give Day April 27, 2023**

# 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



**#Do1Give Day was created in 2017 in partnership with youth leaders. Our youth wanted to be the drivers of this initiative to engage and empower all people to create positive change in the world.**

**One day of giving that was so simple everyone could do it.**

**#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.**

**Today it's a global giving event powered by YOU and social media!**

**We spread the love, we spread the good and most of all spread the happiness!**

**#Do1Give Day April 27, 2023**

# WE DID IT TOGETHER

Every small act of giving  
creates a ripple

x3

more  
happiness  
more compassion



155,000

Small Acts of Giving



465,000

The Ripple Effect



80

Countries

**The world has 8 billion people.**

**If each of us promised to #Do1Give.**

**We would change the world together in just one day!**

# WHY INTEGRATE GIVING AT SCHOOL

**Bringing your school community together is more important than ever before!**



**Integrates social-emotional learning**  
**Increases social connection**



**Improved academic success**  
**Increases productivity and creativity**



**Peer acceptance**  
**Confidence**



**Compassion / Empathy**  
**Positive / Growth Mindset**



**Reduces bullying**

**#Do1Give Day April 27, 2023**

IT'S AS  
EASY AS  
1,2,3

# HOW TO #Do1Give

## Step 1

### Make the Promise

Mark the date in your calendar right now and announce it to the entire school.

## Step 2

### Make a Plan

Create student leadership teams to encourage and promote the event. Check out all our ideas and make it fun!

## Step 3

### Count & Share

Let the world know how you choose 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





# Action Plan Ideas Elementary Schools



# #Do1Give Day

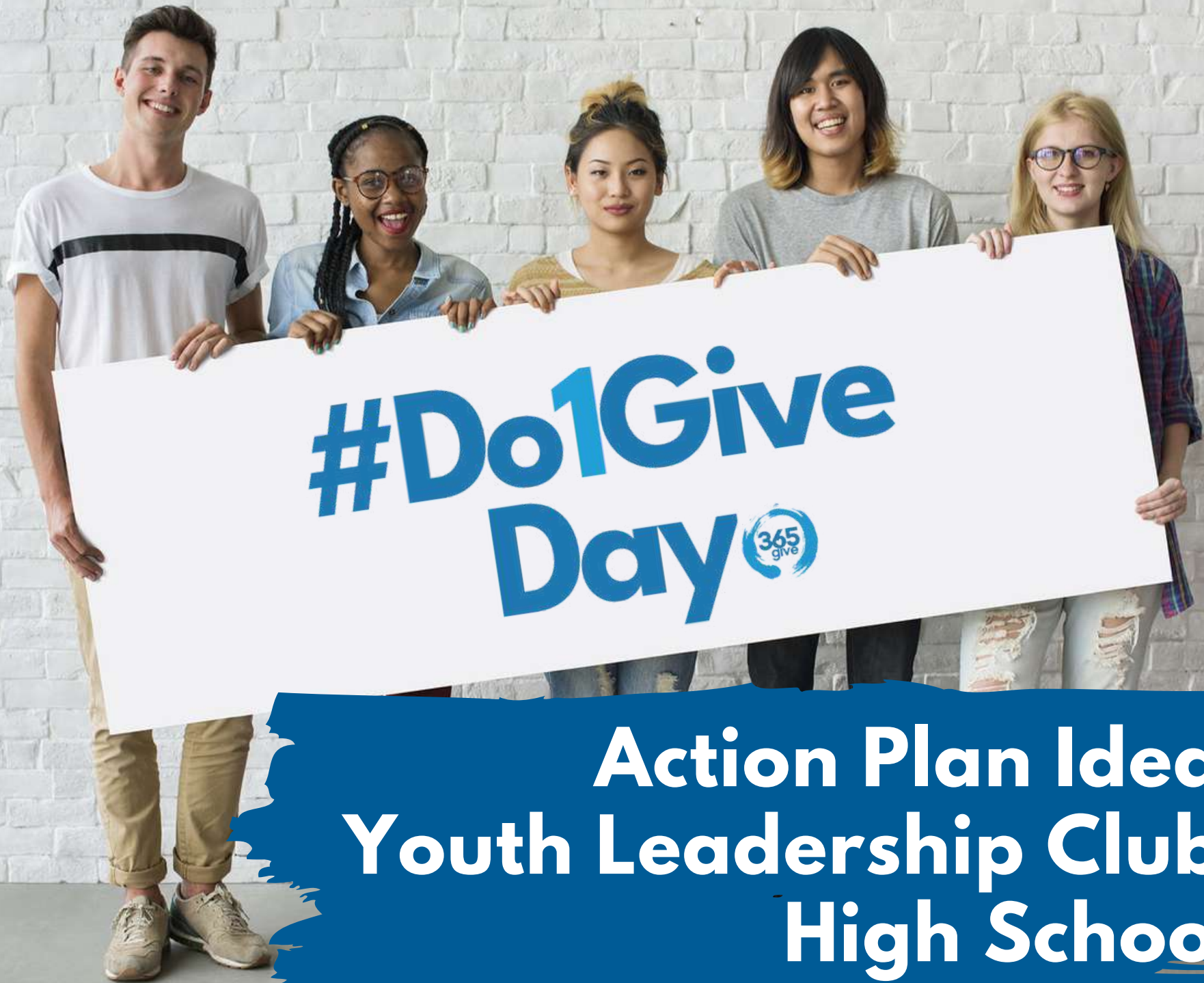
## Elementary School



### **BIG ideas for students individually, as a class or an entire school!**

- **Gratitude Challenge:** Download and print the challenge for each student. Have everyone fill The Big Gratitude Heart with love!
- **Happy Little Moment Cards:** Download the #Do1Give Day cards or make your own to share and spread around the school or the community.
- **The Free Rice Game** ([freerice.com](http://freerice.com)) This game donates rice to the hungry with every vocabulary question answered correctly. Play as individuals or as a class. (for grades 5 and up)
- **Plant Seeds:** Every student plants a seed at school to transplant to their home or school garden once it begins to grow.
- **Book Swap:** Have each student bring in two books they are done with to swap with other students in the classroom.
- **Animal Rescue:** Ask every student to bring in a donation for a local animal rescue shelter.
- **Sock Drive:** Have every student in the school bring in socks to donate to a local homeless shelter. Set a BIG Goal!
- **Giving Bingo!** Download our #Do1Give Day Bingo sheet. Fill in your own ideas or use ours. How many small acts of giving can the students complete?





**Action Plan Ideas  
Youth Leadership Clubs  
High School**

# #Do1Give Day

## Youth Leadership Clubs

**BIG**  
ideas



**#Do1Give Day is a great opportunity for students to become leaders, fulfill volunteer hours and create social connections in school and in the community.**

- 1. #Do1Give Day Club:** Start a school club inviting lots of students to join! Make plans to role out #Do1Give Day at your school with small giving activities that will encourage everyone.
- 2. Happy Moment Cards:** Create a social area set up tables with lots of chairs with paper and markers. Ask students to make handmade cards to give to friends or family with positive messages and hearts to spread the love.
- 3. Feed a Community Need:** Plan a food drive, a sock drive, an animal rescue drive at school and ask everyone to bring one item to support the need in your community.
- 4. Free Rice Game** ([freerice.com](http://freerice.com)). This is a great one for remote learning schools. Send an email to every student asking them to play the Free Rice game for 5 minutes. Add up how much rice your school has donated.
- 5. Community Garbage Clean-Up** Plan a community clean-up during lunch breaks or after school.





# Social Media Campaign

A diverse group of young people, including men and women of various ethnicities, are gathered around a tablet. They are all smiling and making peace signs with their hands. The background is slightly blurred, suggesting an outdoor setting. The overall mood is positive and energetic.

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

# SPREAD THE LOVE ON SOCIAL!

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 on the school's social media accounts. Tag other schools in your district to join. (check out our social tools)

2

## SHARE:

On April 28, 2022, post a picture/video of your small act of giving in your school. Use the hashtags #Do1Give #365give

3

## RIPPLE:

Help spread the love! Tag your school district and other schools to spread the love!

## YOU CAN FOLLOW ALONG ON:



@365give.ca  
@do1giveda



@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)

