

Do1Give Day

ACTION GUIDE

Thursday, April 23, 2026



Together We Can

Family Edition



**Together
We Can**

WHO WE ARE

365give is on a mission to make giving possible for everyone.

We envision a world where giving is a way of life 365 days a year.

The results will benefit us all.

- Happier healthier people
- More peace
- A compassionate world

A more connected and united place for all people.

365give started with a 3-year-old so we know it's that simple. Today our community has made a HUGE impact across the globe.

We know change is possible when we do this together.

Together We Can
One small act of giving at time

WHAT IS Do1Give Day

Do1Give Day started in 2017 with youth leaders who wanted to drive real change. Their idea was simple:

A one day where everyone could come together and do one small act of giving and spread it around the world.

That's the heart of 365give: everyone has the power to do just one small act of good. Small actions add up and when we do them together, the impact grows fast.

Today, Do1Give Day is a global giving event powered by YOU and social media.

We spread love, we spread good, and we spread a whole lot of happiness.



Together We Can



WHY GIVE?

The power of giving is just the boost we need every day.

- Boosts happiness and love
 - Increases social connection
 - Increases physical health
 - Reduces stress
 - Increases well-being
 - Supports Emotional Health

Together We Can Change the World



281,000

Small Acts
of Giving



80

Countries
Involved



843,000

Spread on
Social Media



100%

Happier for
Joining

The Ripple Effect
the 3X multiplier



more compassion



more happiness



more love

HOW TO Do1Give Day

As easy as 1, 2, 3

STEP 1 : Make the Promise

Mark the date on your family calendar and tell another family you're joining Do1Give Day.



STEP 2 : Make a Plan

Pick one small act of giving you can do together as a family. Keep it simple and make it fun!



STEP 3 : Count & Share

Share a photo or video on social media and tag the organization.



#Do1GiveDay
@365give.ca

Together We Can

Do1Give Day

Family

BIG IDEAS



Grow the Gratitude

Print the “Grow the Gratitude Challenge” worksheet and fill the Do1Give Day Big Heart with small gratitude hearts. Gratitude grows happiness and it spreads.



Do1Give Day Bingo

Print Do1Give Day Bingo and start giving. Use the ideas or add your own. Complete a row (or the whole sheet) and share a photo on social.



Love Rocks

Paint rocks with positive messages or images and leave them on a neighbour’s doorstep.



Cleanup for Good

Do a family clean-out of clothes, toys, and books. Donate what you no longer need to people who do.



Video Message

Make a fun video for a friend or family member with jokes, dancing, singing, even a magic trick to brighten their day.

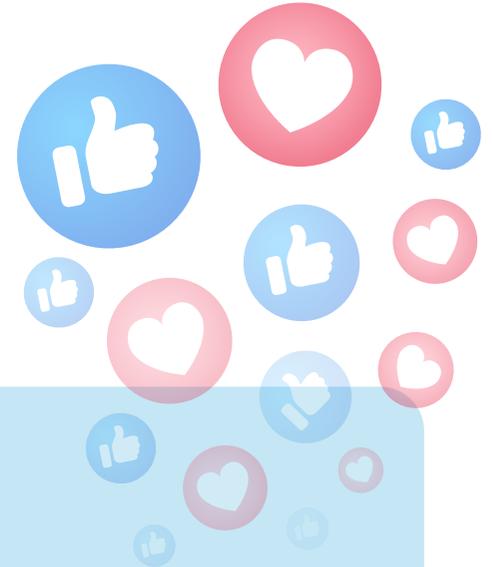


Happy Little Moment Cards

Make handmade cards with kind messages and leave them for someone to find or mail one to a friend or family member.

SPREAD THE LOVE ON SOCIAL!

Share your family's small act of giving online to inspire others and join the global Do1Give Day movement.



1

Make the #Do1Give Day Promise

Make the #Do1Give Day promise on your family's social media account (or a parent/guardian account). Tag another family to join you. (Check out our social tools.)

2

Share

On April 23, 2026, post a picture/video of your family's small act of giving. Use the hashtags #Do1Give #365give

3

Ripple

Help spread the love! Tag friends and family to keep the giving going.





WE ARE CHEERING YOU ON!

Reach out to us for support and
inspiration any time!

www.365give.ca

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