

# Do1Give Day

ACTION GUIDE

Thursday, April 23, 2026



## Together We Can

Individual 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**

Social Spread



**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 in your calendar and tell a friend you're joining Do1Give Day.



### STEP 2 : Make a Plan

Pick one small act of giving you can do that day. 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

## Individual

# BIG IDEAS



### Connect with People

1. Send a fun personal video message (jokes, dancing, singing) to a friend or family member.
2. Make a handmade card and mail it to a friend or family member.



### Share Positivity Online

3. Create a positive uplifting message to share on social media.
4. The Selfie Smile! Send it to friends to brighten their day or post on social media.



### Care for the Planet

5. Pick up garbage! Do it with friends and make it social!
6. Plant seeds in a window or garden to grow flowers or food.



### Give Online

7. Play the Free Rice Game online. Each correct answer donates rice to those in need ([freerice.com](http://freerice.com))
8. Click to Give-it's free and it gives every day. Visit the Hunger Site or Greater Good.

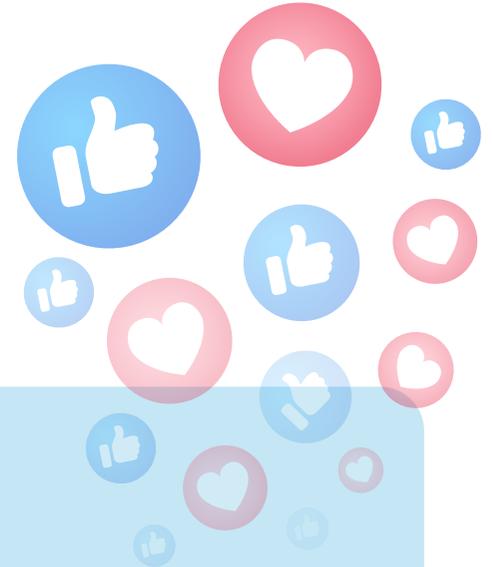


### Help Animals

9. Feed the birds! Make a handmade birdfeeder from pinecones or old plastic bottles.
10. Have a Meatless Monday - it will help the planet and animals.

# SPREAD THE LOVE ON SOCIAL!

Share your 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 personal social media account. Tag a friend (or two!) to join you. (Check out our social tools.)

2

## **Share**

On April 23, 2026, post a picture/video of your 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](http://www.365give.ca)

**Together We Can**