

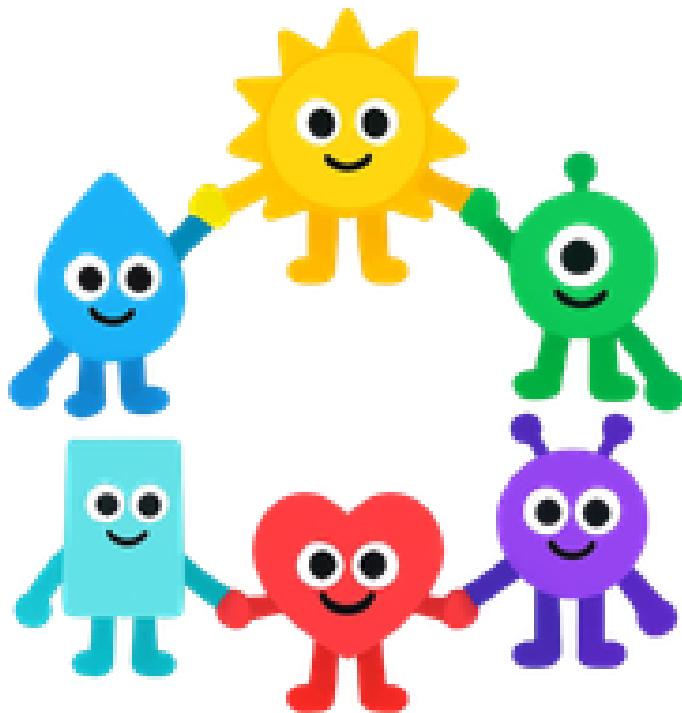


● Free Family Resource · No Sign-Up Required

BUILD YOUR DAILY GIVING PRACTICE

7-Day Giving Challenge

Your family's first step into a daily giving practice.



A giving practice is simple. Everyone at home does one small act of giving each day and notices how it feels. This challenge is 7 days to help your family start, one small act at a time.



How to play

1

Read today's idea.

2

Think of one small way to give.

3

Write it down.

4

Go do it!

5

Come back and colour a heart for how it felt.



1 heart is okay.



5 hearts is super happy!



Turn the page. Day 1 starts now!



WHAT'S NEXT?

Loved this? Keep the practice going with 30 Days of Family Giving.

Find it in Build Your Daily Practice at 365give.ca/families



7-Day Giving Challenge

NAME _____

One small act of giving a day.

Read the day. Talk it over as a family. Write down the one small thing you will do, go do it, then colour in the hearts for how it felt.

1 heart is okay. 5 hearts is super happy!

DAY 1



Words make a difference

Give someone a kind word today. Who at home would love to hear something nice from you? What will you say?

MY ACT OF GIVING TODAY

☐ I DID IT



DAY 2



Say thank you

Lots of people help your family every day, like a mail carrier, a neighbour, or a bus driver. Who helps your family? How will you thank them?

MY ACT OF GIVING TODAY

☐ I DID IT



DAY 3



One small action

Time does not cost anything, but it means a lot to one person. What is one small action you could do for someone that only takes a few minutes?

MY ACT OF GIVING TODAY

☐ I DID IT



DAY 4



Give to the planet

Grab a bag and clean up litter on your street or at a local park. What spot near your home needs a clean up? Who could come with you?

MY ACT OF GIVING TODAY

☐ I DID IT



DAY 5



Care for shared space

Make a space everyone shares a little nicer today. What space does your family use most? How could you help tidy it up?

MY ACT OF GIVING TODAY

☐ I DID IT



DAY 6



Share what you are good at

What is something you are really good at? How could you share it with someone who would enjoy learning it?

MY ACT OF GIVING TODAY

☐ I DID IT



DAY 7



Share the good news!

Your family gave every day this week. Who could you tell about it outside your home? It may inspire someone else to give too!

MY ACT OF GIVING TODAY

☐ I DID IT

