



● FREE FOR EDUCATORS

365GIVE CLASSROOM RESOURCE LIBRARY

Teacher's Guide

Ready-to-use, free classroom resources that build the human skills students need to thrive in today's world.



6

Learning module areas, each with four ready-to-use free resources to get started today.

Over 15 years

365give has been working with teachers and students **worldwide**.

Grades 3–8

Flexible for grades 3-8 with diverse learning abilities.

365give.ca

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Measure student growth, celebrate impact, and build a positive school culture all year.

**Small daily actions become habits. Habits become character.
Character helps shape the kind of people our students become.**



Thank you for choosing the 365give Classroom Resource Library. For more than fifteen years, we have partnered with *thousands of educators around the world* to help students discover the power of giving and kindness through simple, meaningful daily action.

As educators, we know that preparing students for the future means more than teaching just academic content.

Today's learners need opportunities to develop the skills that will help them thrive in school, at home, in their future careers, and within their communities.

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

Designed by teachers for teachers, every resource is flexible, practical, and ready to integrate into the learning already happening in your classroom.

Rather than adding another program to your day, the library provides meaningful activities.

Each activity builds and strengthens *communication, collaboration, empathy, leadership, critical thinking, and student well-being* through everyday small action.

The best place to begin is just to start.

Choose the resources that best support your students, your curriculum, and your classroom goals. Whether you use one activity a week or build a daily classroom practice, every small action helps students discover that they have the ability to make a positive difference.

Our resources are grounded in classroom experience, informed by research, and designed to make it easy for teachers to foster the skills that matter most in today's world.

BUILT FOR Teachers

- Free and easy to use
- Flexible for any classroom
- Ready to integrate into existing lessons
- Created by educators

BUILT FOR Students

- Develop future-ready human skills
- Encourage real-world action
- Creates a sense of belonging, empathy, and leadership
- Build confidence through meaningful experiences

BUILT FOR Schools

- Supports existing curriculum
- Encourages positive school culture
- Strengthens student well-being
- Connects learning with community impact



03 THE EVIDENCE Why a Daily Practice Works

Everyday, students practise academic skills through repetition, reflection, and application. *Human skills develop in much the same way.* Research continues to show that when students regularly engage in small acts of giving, gratitude, and service, they become automatic behaviors that benefit entire school communities.

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 wks

was enough: students aged 9–11 who performed three kind acts a week gained significantly more peer acceptance than 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 make new habits stick

Fact:

New habits take on average

66 days to feel automatic.

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 a habit. **Repeated behaviors** that have become **automatic** without even thinking about it.

WHAT THIS MEANS FOR YOUR CLASSROOM

Key research worth noting

- **Small and daily beats big and occasional.**
- **Consistency, not scale, is what turns an action into a habit.**
- **Giving is Voluntary.** Making giving homework makes it a chore vs having meaning, purpose and impact.
- **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

Just as children develop reading, writing, and mathematics through regular practice, *character skills and personal values develop through repeated experiences over time.*

Small daily
actions



become
habits



habits become
every day actions



regular actions shape
who students become

The library is organized into six learning modules that can be used independently or together throughout the school year. *Each section includes four carefully selected resources* that can be completed on their own or as part of a year-long classroom journey.

1

Build Your Daily Practice

Simple daily activities that encourage students to notice opportunities to contribute, appreciate others, and develop positive habits.

2

Ideas & Inspiration

Creative classroom activities that encourage student voice, curiosity, and new ways of making a positive difference.

3

The Ripple Effect

Resources that help students understand how one thoughtful action affects those around them, strengthening relationships, building community, and inspiring others.

4

Track Happiness & Impact

Reflection tools that help students recognize their emotional understanding, personal growth, celebrate progress, and connect their actions with well-being.

5

Introduction to AI for a Better World

Activities that introduce and encourage students to use artificial intelligence safely, ethically, and creatively to improve lives, strengthen communities, and dream big for the future good of our world.

6

Seasonal Resources

Fresh activities connected to awareness days, celebrations, seasons and global events. Come back again and again for new activities through the year.

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

05 PLANNING MADE SIMPLE Designed to Support Your Curriculum

Every 365give resource is designed to complement the learning already taking place in your classroom. You will find the curricular tie-ins under each free activity, with *three curriculum connections* that help you quickly identify where the lesson fits within your teaching.

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.

How to use the codes. Look for the three codes beneath any activity to see at a glance which competency it develops, which subject it fits, and which cross-curricular focus it supports, so you can slot it into the lesson you are already planning. **Designed to Support Your Curriculum.** These codes are based on Canadian public school standards, but the competencies, subjects, and cross-curricular themes they represent apply to any curriculum globally.

06 WHAT YOU CAN EXPECT Benefits for Your Classroom

The Resource Library supports the development of *future-ready learners* while making it easy for educators to integrate meaningful experiences into everyday teaching.

FOR Students

- Build communication and collaboration skills
- Develop empathy, compassion, and kindness
- Strengthen leadership and confidence
- Improve critical and creative thinking
- Foster resilience and emotional well-being
- Build a greater sense of belonging
- Connect learning with real-world action
- Reduce stress while increasing happiness

FOR Teachers

- Ready-to-use classroom resources
- Flexible for any grade or subject
- Supports existing curriculum outcomes
- Minimal preparation required
- Encourages authentic student reflection
- Promotes active student engagement
- Makes meaningful learning easy to integrate
- Builds a calmer, more connected classroom

FOR Schools

- Strengthens positive school culture
- Supports student well-being
- Encourages leadership and citizenship
- Builds stronger classroom communities
- Promotes family and community engagement
- Creates opportunities for meaningful school-wide initiatives
- Reinforces school values in everyday practice
- Gives staff a shared language for kindness and care

Small daily actions create lasting change, for students, classrooms, schools, and communities.



07 MEASURE AND CELEBRATE Track, Reflect & Celebrate

Learning becomes more meaningful when students can reflect on their experiences and celebrate their growth. The **365give Impact Tracker** helps students see the difference they are making while encouraging ongoing reflection, goal setting, and personal growth.

1

Take Action

Complete individual, classroom, or community giving activities.

2

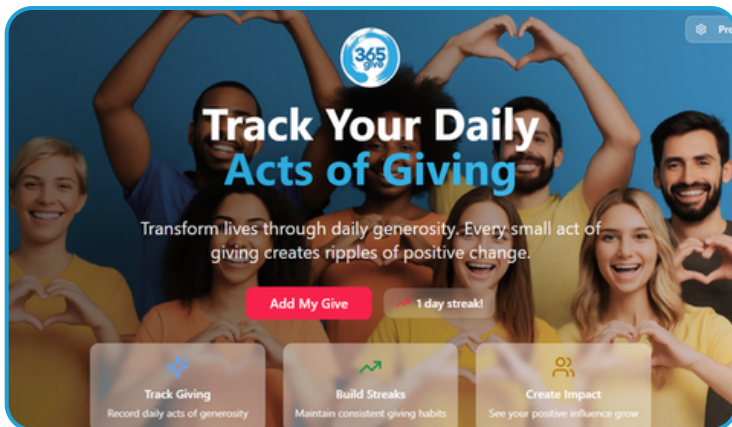
Reflect

Encourage students to consider how their actions affected themselves, others, and their community.

3

Celebrate

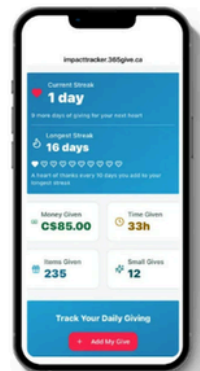
Track acts of giving, volunteer hours, and classroom impact while recognizing the positive difference students are making.



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 classroom where students 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

& The 365give Team

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

365GIVE.CA