WELCOME TO GIVINGTUESDAY

Your Guide to GivingTuesday: Individuals Edition

One day. Endless ways to give.

GivingTuesday is a global generosity movement that began in 2012. Every year, people around the world come together to give back to their communities.

Whether you have five minutes or a full day, this guide offers simple ways to participate on your own or with friends, neighbours and community groups.

MARK YOUR CALENDAR

Dec 1

2026

Tuesday, December 1, 2026

3 Things to Know About GivingTuesday

1

Everyone can participate.

You don't need money, special skills or a lot of free time to make a difference.

2

Generosity is more than donating.

Give your time, talents, support or care to someone or something that matters to you.

3

One day can inspire a lasting habit.

GivingTuesday is a chance to begin making giving part of everyday life.

How You Can Give

Time

Help a neighbour, volunteer or spend time with someone who needs connection.

Talents

Share your knowledge, skills or creativity to help others.

Support

Encourage someone, help with a challenge or support a cause you believe in.

Care

Take action to help people, animals or the planet.

GIVINGTUESDAY · INDIVIDUALS EDITION

10 Ways to Give on Your Own

No money needed. Choose an action that fits your day.

1 Express Gratitude — PEOPLE

☐ Reach out to someone who has made a difference in your life. Tell them why you appreciate them.

2 Check In With Someone — PEOPLE

☐ Call or message someone who may be feeling lonely or going through a difficult time. Give them your attention.

3 Share Your Skills — COMMUNITY

☐ Offer your knowledge or experience to help someone solve a problem, learn something new or complete a task.

4 Help a Neighbour — COMMUNITY

☐ Offer to carry groceries, help with a small household task or lend a hand where needed.

5 Support Someone's Success — PEOPLE

☐ Write a recommendation, make a helpful introduction or encourage someone working toward a goal.

6 Reduce Waste Today — PLANET

☐ Choose one action that reduces waste, such as reusing something, avoiding disposable packaging or repairing an item.

7 Give Something a Second Life — PLANET

☐ Find an item in good condition that you no longer need and offer it to someone who can use it.

8 Support a Cause — COMMUNITY

☐ Learn about a local nonprofit or community initiative and share its work with someone who may want to get involved.

9 Care for Animals — ANIMALS

☐ Help care for a pet, support a local animal rescue through an approved volunteer opportunity or take an action that protects wildlife.

10 Make Someone Feel Seen — PEOPLE

☐ Offer a genuine compliment, acknowledge someone's effort or thank someone whose work often goes unnoticed.

My 3 GivingTuesday Choices

1. _____ 2. _____ 3. _____

GIVINGTUESDAY · INDIVIDUALS EDITION

10 Ways to Give Together

Invite your friends, neighbours, colleagues or community group to make a difference together.

PLANET

1

Organize a Community Cleanup

Bring a group together to clean up a park, beach, trail or neighbourhood area.

COMMUNITY

2

Host a Giving Drive

Ask a local organization what items it needs, then organize a collection with friends, neighbours or colleagues.

CONNECTION

3

Create a Gratitude Wall

Invite people to share messages recognizing someone who has made a positive difference.

COMMUNITY

4

Organize a Skill-Sharing Gathering

Bring people together to share practical skills, knowledge or creative talents.

COMMUNITY

5

Volunteer Together

Contact a local nonprofit and organize a group volunteer opportunity that supports its current needs.

PEOPLE

6

Start a Neighbourhood Helping Day

Bring neighbours together to offer practical help to people who could use support.

PLANET

7

Host a Repair or Reuse Exchange

Invite people to exchange useful items, repair belongings or share tips for reducing waste.

PEOPLE

8

Create a Community Connection Event

Organize a welcoming gathering that helps neighbours meet, connect and feel included.

COMMUNITY

9

Support a Local Cause

Choose a cause your group cares about and organize a fundraising or awareness activity to support it.

LEADERSHIP

10

Start a 7-Day Giving Challenge

Invite friends, colleagues or community members to complete one meaningful act of giving each day for seven days. Track your collective actions and celebrate your impact.

GROUP ORGANIZER TIP Start with something your group cares about. Keep participation voluntary and accessible, and coordinate with local organizations before planning activities on their behalf.

GIVINGTUESDAY · INDIVIDUALS EDITION

Our GivingTuesday Action Plan

Choose your cause. Make a plan. Take action.

1 My / Our Giving Goal

What do I or we want to accomplish?

2 Who or What Are We Helping?

- [ ] People
- [ ] Animals
- [ ] The Planet
- [ ] Our Community

4 What Do I / We Need?

- [ ] Time
- [ ] Materials
- [ ] Volunteers
- [ ] Permission
- [ ] Community Partners
- [ ] Other Support

3 My / Our Action Plan

What steps will I or we take? Check each one off when it's done.

1. _____ [ ]
2. _____ [ ]
3. _____ [ ]
4. _____ [ ]

5 My / Our GivingTuesday Results

What did I or we accomplish? Who benefited? What did we learn?

6 How Did Giving Make Me / Us Feel?

Circle one, then reflect.

Keep giving after GivingTuesday!

GivingTuesday is just the beginning. Discover more free activities and resources to make giving part of your everyday life at 365give.ca.