

The logo features the word "Give:" in a large, bold, yellow font. The colon is replaced by a white smiley face. Below it, the phrase "a little bit" is written in a smaller, white, lowercase font.

Give:
a little bit

50 WAYS TO LOVE LIFE AND GIVE BACK

1. If you see someone on the side of the road and you're in a car - **give them a ride!**
2. **Reduce, reduce, reduce** - downsize your cupboards. We've all got something to give away. Just do it.
3. Going to a friend's for tea? If you make a cake or buy some cupcakes, **give one away**. Or, just bake something spontaneously for your neighbour.
4. Libraries, especially in less privileged communities always **need books**. Check your bookcase ... and release a few. For added spice, make a few bookmarks with uplifting images or inspiring quotations and slip them into the books before you give them away.
5. Volunteer to **read** at a local children's library.
6. **Donate some blood** a couple of times a year. OK maybe not the funnest thing to do on your actual birthday, but you can use your mum, dad, or a special friend's birthday instead. Or, go donate blood the day before your birthday - then you'll feel extra special at your party.
7. **Buy local**. Need to grab some groceries or a bag of tomatoes or some onions (whatever!) ... support a vendor, or a smaller store rather than a big chain store or supermarket.
8. Passionate about a particular cause? Mental health, children's rights? Find a documentary that educates and informs, **get some friends together and expand knowledge** about the different challenges that people face.
9. De-forestation, especially in urban areas in a variety of cities from Harare to Cairo, is a huge problem. Commit to **planting a tree or two** on your birthday. Give them names, nurture them - the future is in our hands.
9. Animals, HIV, women's health and safety - the causes out there are many. When your birthday comes around don't just think about making a donation of either money or time, **go out and do it**.
10. Your neighbour, whether young, old, infirm or away on holiday might need your help - **reach out**.

11. Feeling too fat? Feeling too old? Feeling like you need to get off the couch? Use your birthday as the day to **start getting fit**. You'll be doing yourself a big favour as well as setting a good example to your family and friends.
12. Fast. Yip, that's right. You could nominate a day other than your birthday to **cut out beer and cake and donate the money** that you would have spent on treats to a cause you care about.
13. Paying for your groceries at the till. You eye the donation boxes but you avert your gaze. Whoa ... change that, and **give away some coins**.
14. **Play**. Sounds crazy right - if we're asking you to give back. But research, a lot of research, suggests that when we're happier (and we're often happier when we play) we're nice to be with. Get down with good vibes - play, smile and share the love.
15. We're pretty sure that someone sometime recently has done something nice for you. Or maybe your colleague or neighbour has inspired you and they don't even know it. **Make a homemade card**, write a thank you, and (how about this, so retro) put it in the post. It will land and lift the recipients' spirit.
16. Be forward looking. Be compassionate. **Sign up to be an organ donor**.
17. If you're sitting in a cafe or a pub and you see someone who looks depressed or lonely, **pick up their bill on your way out**. You won't be there to see their smile, but imagine it!
18. **Give flowers** to someone who often isn't "seen" - the security guard, janitor, vendor near you.
19. **Pick up litter**: yeah, a bit of a bum rap we know. But start with your verge, or the park that you go to because you'll feel better about the space you're in and that counts for something!
20. Take some **old blankets and newspapers** to an animal shelter or vet in your area.
21. Research volunteer opportunities in your city and **join an organised event** - on your own or with some friends.
22. **Host a giving drive for a cause or organisation you support**. For example friends who come to your birthday party can bring supplies that are needed at your local food bank or children's home.
23. Do you have a skill (bike repair, car mechanics, plumbing, carpentry)? **Donate your skill** to a nearby organisation doing work you believe in.
24. During winter **buy a couple of hot water bottles and give them away** to people who work inhospitable hours, or people who live on the street.
25. Get in touch with a children's home, an orphanage or a senior care home and **offer to show a movie, do a reading or play an instrument and make some music**.
26. **Donate a packet of sanitary towels** to an orphanage or a children's home.

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27. **Reach out to people who care for their elderly parents** by giving them some time off while you entertain or care for their family member.
28. **Offer to visit people** who have to spend long periods in hospitals or frail care units. Take along a magazine and share some readings. Have a conversation.
29. Link up with your local animal shelter or animal protection organisation and go and **play with the animals in care**, or take them out for a walk.
30. Make someone's dream come true - if you can afford it! Buy someone a ticket to a concert, **pay for school fees** or make a contribution to a project someone is trying to get off the ground.
31. **Give a person who lives on the street the same meal** you ate for lunch, or dinner.
32. **Take a bunch of flowers** to all the patients in the ICU at your local hospital. Strangers are friends.
33. **Build a community bird table** and make sure it always has seed and water. If birds taking a bath don't make you smile, then you really are a sad fecker.
34. **Spend 24 hours with your mother or father** doing what THEY want to do. (OMG!)
35. **Turn your living room into an art museum for a week.** Offer coffee and donuts between 4 and 6pm. Invite local "unseen artists" to exhibit.
36. **Pay someone a compliment**, and really mean it!
37. **Buy** the till operator at the checkout in a shop a cool drink.
38. Buy someone **who looks hot a cold drink.**
39. Buy someone **who looks cold a hot drink.**
40. Write the author of one of your favourite books or articles **a thank you note** or email.
41. **Teach someone** one of your skills.

42. **Say hello** to everyone you meet; it's all about connection.
43. **Babysit** for someone so that they can go out and have some fun.
44. **Take your friend's dog for a walk** (unless they love walking their own dog)! Or offer to go with them; talk about life, love and why dogs should rule the world.
45. Go round to your local bar and **buy the staff a round**.
46. **Offer to give a talk** about an inspiring story or idea at a school assembly or class.
47. Creative? **Offer a photo shoot, video editing or sound recording** for a wannabe artist.
48. If you know a friend or family member has a difficult medical appointment coming up, **offer to hold their hand** or take them for some Snickers cheese cake afterwards.
49. **Drop off a bag of fruit** at your local police station. Sweet.
50. Having a bad day? **Change your attitude**, you'll be surprised by what happens!

Hey!
Join in. Got any suggestions for actions?
Help us grow this list.
Email your action tip(s) to: info@allthebirthdays.com

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