

#SmileBirthdayGiveback

THE SMILE PROJECT BIRTHDAY GIVEBACK PROGRAM



THE
SMILE
PROJECT

the-smile-project.com/birthday

WHAT IS THE SMILE PROJECT BIRTHDAY GIVEBACK PROGRAM?

The Smile Project Birthday Giveback Program is a way to use your birthday for good. Whether you are organizing a fundraiser or volunteering in your community, there are endless ways you can **use your special day to promote kindness** and service.

Birthday Givebacks can happen anytime within your birth month or you can choose to do a project in honor or memory of someone you love.

[Visit The Smile Project website](#) to plan your Birthday Giveback or sign up for someone else's project.



Liz Buechele

FOUNDER

*What if we could take a day that is **all about us** and redirect that into **service of others**?*

WHY SIGN UP FOR A BIRTHDAY GIVEBACK WITH THE SMILE PROJECT

- We will help you plan and organize your Birthday Giveback and promote your project on our website and social media (you'll even have the opportunity to write a guest post on the blog!)
- You will be able to raise awareness and/or funds for a cause of your choice.
- You will connect with a community of people who believe in joy and kindness.



Ready to get started?

[SIGN-UP HERE](#)

HOW DO I PLAN MY BIRTHDAY GIVEBACK?

The most important thing about your birthday giveback is that it's something you are comfortable with and excited about. If you want to raise money for your favorite human rights nonprofit, that's perfect. If you want to encourage folks to donate to a local food bank, that sounds great.

Lead with your passion.

It's also helpful if your project is replicable—meaning someone who reads about your project on The Smile Project website could easily decide to support you from wherever they are.



BIRTHDAY GIVEBACK IDEAS

In Virtual Spaces

- Start a fundraiser or make a donation to a charity of your choice
- Write an email to a favorite teacher or someone who has influenced you
- Raise awareness for a cause that is important to you

At Home

- Bake a tasty treat for neighbors, friends, or colleagues
- Make your home more green by making zero waste swaps or composting
- Send a handwritten thank you note to someone you appreciate

At School or Work

- Leave positive sticky notes with words of affirmation somewhere people will see them
- Take a colleague or classmate out for lunch or coffee
- Give someone a positive recommendation on LinkedIn

In the Community

- Go out to eat and tip generously
- Plant a tree or host a park clean-up
- Host a collection drive for books, glasses, clothing, food, etc. and donate to those in need

Remember, you want **others** to do whatever action you promote!

HOW CAN I HONOR SOMEONE ELSE'S BIRTHDAY



We believe that love never really dies and someone's life can continue to impact us after that have transitioned on. One way we live into their influence is by **continuing their legacy of kindness**. The Birthday Giveback program is also available to those who wish to honor a loved one on that person's birthday.

When choosing to recognize someone through a Birthday Giveback, take a moment to reflect on what was most important to them. That will help you determine how to best honor their memory.

WHAT PEOPLE ARE SAYING



It's an absolute joy to celebrate Liz's birthday with an act of kindness! Liz's light continuously reminds me that this world is filled with kind people, and her birthday allows us all to feel connected in the human experience. Here's to birthday celebrations that celebrate our loved ones by making the world a kinder and more loving place!

– Diana O'Brien

Founder of the Random Acts of Kindtrip

If I could sum up Birthday Givebacks in one word it would be humbling. There is nothing better than seeing how you can use the power of kindness, and your own birthday, to bring joy to others that might need it more than you know. My personal experience with Birthday Givebacks was the 24 hours of kindness for Liz's 24th. Not only did we make the best of those 24 hours, but we also were humbled in the process—I know I was. If you can do one thing on your birthday, make it a kind act that might just change someone's day!

– Mackenzie Basalla

Founder of Westminster College SPARK Club



ABOUT THE SMILE PROJECT

The Smile Project is a nonprofit organization dedicated to spreading Happiness through youth empowerment, intentional acts of kindness, and daily gratitude practices.

Founded in 2011 by then 17-year-old Liz Buechele, The Smile Project began with the recording of a single thought: “Day 1: Happiness is.. those perfect car rides where the radio just plays all the right songs.” [Every single day since, Liz has posted a “Happiness is” on her social media accounts.](#) This simple practice of recording daily joy transformed her life.

The Smile Project has grown to include [SPARK kindness clubs](#) in high schools & colleges, [a robust ambassador program](#), specific kindness projects like [Joy Day](#) and the internationally celebrated [Birthday Givebacks](#), and a 28 state [#SmileProjectRoadTrip](#).

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on your birthday?
[Sign up here.](#)