

6 ways to spend your 67 minutes on Mandela Day

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Every year, on the 18th of July, the world comes together to celebrate all the good things Nelson Mandela did for South Africa and the world. Tata Mandela said, “It is in your hands to make of our world a better one for all”, and this is what Mandela day is all about: using our power to touch other people’s lives. Here are 6 little ways you can make a big difference this Mandela Day:

1. **Help out at the SPCA** (Society for the Prevention of Cruelty to Animals). Animals without homes also need love.
2. **Collect blankets and share them with people who need it.** July is a very cold month, so giving blankets to people living on the street or in shelters will help them keep warm this winter.
3. **Read a book** for someone who can’t read – whether it’s a young child or someone who has vision problems, you could make their day.
4. **Donate blood.** It’s easy to do, and your blood could save a life.
5. **Help an elderly person** (grannies and grandpas): you can offer to pick up their medication, or sit and chat with them for an hour.
6. **Write a Your Words article** for B WiseHealth.com. Tell the world about an issue you really care about, what you plan to do and what you did for Mandela Day.

Remember, no matter how small your act of kindness is, Mandela Day is all about making a difference in people’s lives like he did for South Africans.

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