

# GIVING CHALLENGE

When we think of giving, we often think of sharing materials objects with someone. However, giving is so much more than that. Giving can also be about carrying out acts of kindness, small or large such as organizing a food drive, offering to help someone carry their stroller down the stairs or giving blood. Giving with words, time and resources adds to our sense of purpose, connection and well-being. Kindness is contagious, so let's make an impact together this holiday season!

Read on more to learn how to participate in the challenge.



## HOW TO PARTICIPATE?

Simply give your time, words or resources in any or as many ways possible throughout the month of December.

We want to hear how it went! **Send a photo** with a short description and reflections of your giving act(s) to [healthandwellbeing.hr@mcgill.ca](mailto:healthandwellbeing.hr@mcgill.ca) by **January 3rd**.

**\*\*** With your permission, we will include your submission on our website and future communication to inspire others to do the same.

## A FEW GIVING IDEAS...

Volunteer for a campus or community event

Do the dishes for someone

Get involved with a charity

Give a compliment

Collect items for organizations in need

Perform a random act of kindness for a stranger (ex: pay for their coffee)

Make someone a cup of tea

Offer to get groceries for someone

Put a positive note somewhere for someone to find

Tell a friend one reason you are grateful for them

Let someone go ahead of you in line

Offer your skills to someone in need

Give blood

Offer to babysit for busy parents

Hold the elevator



**McGill**