



12 DAYS OF GIVING & KINDNESS

December 1 - 12



Tracking Card

DEPARTMENT _____



TEAM CAPTAIN NAME & EMAIL _____

DAY	DATE	SUGGESTED ITEM	POINTS
Monday	December 1	Canned/packageged/instant soup	
		On-campus act of kindness (see examples on p.3)	
Tuesday	December 2	Toiletry Tuesday: shampoo, conditioner, soap	
		On-campus act of kindness	
Wednesday	December 3	Warm Wednesday: hats, scarfs	
		On-campus act of kindness	
Thursday	December 4	Nut butter, jam, chocolate spread	
		On-campus act of kindness	
Friday	December 5	Canned vegetables, beans, fish, meat	
		On-campus act of kindness	
Saturday	December 6	Nurture Yourself (see examples on p.3)	
Sunday	December 7	Nurture Yourself	
Monday	December 8	Breakfast cereal, oatmeal, granola bars, pop tarts	
		On-campus act of kindness	
Tuesday	December 9	Toiletry Tuesday: personal care items	
		On-campus act of kindness	
Wednesday	December 10	Warm Wednesday: mitts, gloves, socks	
		On-campus act of kindness	
Thursday	December 11	Boxed potatoes, rice, other grains	
		On-campus act of kindness	
Friday	December 12	Fresh bread	
		On-campus act of kindness	

We'll scoop up donations every **Wednesday** and **Friday afternoon** to get them to the Food Pantry ASAP!

Total Points: _____

Submit this tracking card to employeeexperience@uwindsor.ca by **December 15** to be entered into a draw!



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Instructions

2

Why participate?

- Participating in the 12 Days of Giving and Kindness campaign is more than a chance to support our students – it's an opportunity to make a meaningful difference together. Giving to others has been shown to increase feelings of purpose, connection, and happiness, and every donation helps ensure that students facing food insecurity feel supported during the holiday season.
- At the same time, the campaign encourages kindness toward others and oneself, reminding us that well-being begins with taking time to rest, recharge, and recognize our own needs. By caring for others and ourselves, we help build a healthier, more compassionate campus for everyone.

How to participate?

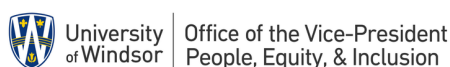
- To help us schedule pick-ups, please register your department. Team participation is encouraged!
- Donation boxes will be picked up on Wednesdays and Fridays – we will come to you!
- Pick a common area that all members can access (it can be a lunchroom, kitchenette, someone's office) where you will put a donation box (any box will work - small box, big box, plastic box, cardboard box, Xerox paper box, bankers box, etc.).
- Select a Team Captain.

Team Captain

- Register your team.
- Download the 12 Days of Giving & Kindness tracking card, which lists a suggested donation item on each weekday and provides space for team members to record other acts of kindness they complete throughout the campaign (see p.3 for examples)
- Print and place the challenge card near the donation box.
- At the end of the challenge, on December 12 tally up your points and submit your tracking card to **employeeexperience@uwindsor.ca** by December 15 to be entered into a draw for one of 3 gift packages:

Team Coffee Break

Sponsored by Office of the Vice-President People, Equity, & Inclusion



1 month membership to Toldo Lancer Centre

Sponsored by the Athletics & Recreational Services



Team Pizza Lunch

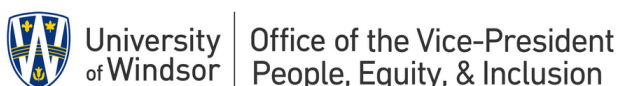
Sponsored by Oven 360



What are the points for and how to count them?

- Points will be used to show the collective impact of our generosity and kindness, with results to be announced in the Campus Life People Newsletter. Tracking points is simple: 1 donated item = 1 point and 1 act of kindness = 1 point.
- We kindly ask that you place at least one item per day into your 12 Days of Giving & Kindness box. If you'd like to contribute more, you're more than welcome to! All donated items will go to UWindsor Campus Food Pantry!
- Acts of kindness can be completed as many times as you wish throughout the campaign, and each act earns 1 point. This helps us celebrate not only the support shown to our students, but also the kindness shared within our UWindsor community, and kindness shown to oneself!

Questions? Contact us at **employeeexperience@uwindsor.ca**





DAYS OF GIVING & KINDNESS



Acts of Kindness

3

On-campus Suggested Acts of Kindness --- Little Actions, Big Impact!

Research in positive psychology has shown that practicing kindness can boost well-being – both for those on the receiving end of the kindness, as well as for those who are giving. In addition to making donations, we encourage you to complete one or more of the activities below to help brighten the holiday season with some extra care and connection.

- **Kindness Matters.** Complete a small random act of kindness for someone on campus – give an authentic compliment, pay for coffee for the person in line behind you, etc.
- **Sticky Note Strengths.** Leave a sticky note on a colleague's door or cubicle that highlights a strength or talent that you see and appreciate in them.
- **Gratitude Letter.** Write a letter of gratitude to a colleague, highlighting the specific things they did (or are doing) that are meaningful to you.
- **Gratitude Visit.** Schedule a gratitude visit with someone who has made a difference in your life – put it in your calendars, prepare your thoughts ahead of time, and lead a heartfelt conversation, telling them about how they have positively impacted you.

Complete these activities as many times as you wish – each act of kindness counts for 1 point.

Off-campus Suggested Acts of Kindness --- Nurture Yourself Weekend - You Matter, Too!

We often find it easier to give kindness to others than to ourselves, but research has shown that there are specific ways of practicing kindness towards oneself that can boost well-being. We encourage you to use your weekends to try out one or more of these activities and to add one point per activity you complete to your team's score sheet:

- **Three Good Things.** End each day by writing out three good things that happened and how you contributed to making them happen!
- **Self-compassion.** If you tend to be hard on yourself, there are skills you can practice to help increase self-compassion. Try one today! Visit: <https://self-compassion.org/self-compassion-practices/>
- **Character strengths.** Complete the VIA Character Strength assessment and spend some time reflecting on ways that you can intentionally incorporate your top strengths day-to-day. Visit here to access the assessment: <https://www.viacharacter.org/>

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