

Do-Good Games Challenge List

	Challenge Name	Challenge Description	Type	Points	Photo
1	Food Insecurity & Clean Water	Welcome to the Food Insecurity category. To unlock these challenges submit your favorite meal.	Text	0	
2	Pop Art	Using your favorite canned or boxed food item, each person on your team must create an art piece using 3 different colors. Think Andy Warhol's Campbell's soup! Snap a team photo of everyone holding their masterpiece.	Photo	4	
3	Simple Recipe	Look up the most needed non-perishable items from your local food bank and write a delicious recipe using at least 5 of those items. Have a team member share the recipe on their social media and caption it by explaining the importance of how these items go a long way for those in need. Snap a screenshot of the post to complete this challenge.	Photo	4	
4	Grains of Rice	Go to freerice.com and answer 5 trivia questions with your team. Each correct answer generates a grain of rice for the UN World Food Programme. Snap a photo of the website showing you have completed 5 questions.	Photo	3	
5	Less Waste	What is something your team can do to help prevent food waste? List 3 different ideas separated by comments to complete this challenge.	Text	3	
6	Spread the Word	Awareness comes from using your voice. Record a 5-second video of a teammate calling a friend encouraging them to donate food or money to their local food bank or related charitable organization.	Video	4	
7	Urban Farming	Many of the world's hungriest people live in populous areas where urban farms assist with access to food. Research different ways you can re-use or replant different food scraps. Snap a photo of a teammate starting the regrowth process, based on your team's research, using any food scraps they have.	Photo	4	
8	Good Hygiene	One way water gets contaminated in impoverished countries is a lack of resources and education towards hygiene and sanitation. Snap a photo of a teammate demonstrating good hygiene.	Photo	3	
9	Filter For You	Using items you can find and a bit of Googling, have everyone build their own DIY water filter. When everyone is done, snap a photo of everyone's creation!	Photo	4	
10	How Can You Help?	Washing a car uses about 150 gallons of water. By washing less frequently you can cut back your water use. What are 3 other things your team can do to help make a positive impact on the global water crisis?	Text	4	
11	Local Insecurities	Come up with an informative activity or program your organization can facilitate to engage regularly with staff about food and/or water insecurities in your local area. Discuss with your team and snap a photo of your idea.	Photo	3	
12	Our Planet	Let's talk environment. To unlock these challenges submit someone's favorite outdoor activity.	Text	0	
13	Bottles Up!	Many one-use plastic items unfortunately end up in landfills or in our oceans. We can help prevent this by using re-usable items. Snap a photo of everyone in your team holding up a re-usable item they use day to day. There should be at least 3 varieties displayed.	Photo	1	
14	Local Guidelines	Every community has different recycling guidelines. With your team, look up the guidelines for your area. Submit something new someone has discovered about the recycling in their area to complete this challenge.	Text	3	
15	Clear the Air	Write a list of 3 things, separated by commas, your team can do to help improve the air quality of our world.	Text	3	
16	R R & R	There are many one-use items in your house hold that can be re-purposed instead of thrown out. Plastic containers can be turned into bird feeders, magazines into woven baskets, etc. Research ideas and have every teammate repurpose something that would normally be thrown out or recycled. Snap a photo of everyone's completed creations.	Photo	4	
17	Rebrand	This image is the universally known logo to Reduce, Reuse, and Recycle. As a team, decide on a new logo that speaks to your organization and have a teammate draw it. Snap a photo of the collaborative creation.	Photo	3	
18	Go Paper-Less	Going paper-less helps reduce the CO2 emissions and helps keep trees standing. List 3 ways every teammate can transition into living more paper-free.	Text	3	
19	E-Waste	List 2 local places you can go to safely dispose of your electric waste such as batteries, florescent lights, etc.	Text	4	
20	Make it Green	Have your team create a 3 year plan to make your organisation more eco-friendly. Include key messaging, strategies, and next steps. Snap a photo of your plan when to complete this challenge.	Photo	4	

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21	Stay Informed	Research any local environmental news that is happening in your area. Staying informed is a great way to do your part in the community. Snap a screenshot of a local article and caption it with how this story impacts your team.	Photo	4	
22	Cut Backs	Cutting back on water use is a great way of reducing water diversion and reduces energy costs for water treatment. Identify ways that you unintentionally waste water and discuss with your team what you can do to start minimizing your water use. Submit an idea that was discussed to complete this challenge.	Text	2	
23	Health and Wellness	We can't forget about Health and Wellness! To unlock these challenges submit one thing that makes a teammate happy.	Text	0	
24	Human's Best Friends	Companionship with pets reduces stress, anxiety and brings joy to owners and families. Snap a team photo and include everyone's furry or not so furry pets.	Photo	2	
25	Pack A Lunch	Thankfully, there are several food programs that feed children in school who may not have access to nutritious meals. Write up a 5 day school lunch menu for a child with the following guidelines: <ul style="list-style-type: none"> - Multiple food groups - Healthy foods - Variety from day-to-day - Costs less than \$15.00 for the week Snap a photo of your menu with the cost per day to complete this challenge.	Photo	3	
26	Self-Care	When times get busy it's easy to forget about taking care of ourselves. Have everyone on your team write down one self-care goal they are working towards. Take a team photo of everyone with their goal.	Photo	2	
27	Supporting Staff	What can your organization do to help support the mental health of staff. Discuss with your team and create a poster focusing on 3 key messages. Snap a photo of your well thought out poster to complete this challenge.	Photo	3	
28	Let's Get Physical	Physical activity strengthens your physical and mental state. Discuss with your team how everyone has been or will be striving to maintain their physical well being. Snap a team photo of everyone demonstrating their methods.	Photo	1	
29	Wellness Campaign	Come up with a wellness campaign or contest that is inclusive to everyone and can be facilitated by your organization. Your campaign must have a name, a roll out plan, and a reasonable incentive. Snap a photo of what your team has come up with.	Photo	4	
30	Local Support	What is your community doing to help with health and wellness in your area? Have everyone on your team look up local programs or initiatives and snap a screen shot of a teammate sharing a great program/initiative on their social media. Sharing is caring!	Photo	3	
31	Social Health	Social wellness is something we need to keep top of mind. Have everyone on your team reach out to a friend or family member with a text message or quick phone call to let them know they are thinking of them. Snap a thumbs up team photo once everyone has made contact.	Photo	2	
32	Take a Breathe	Focusing on your breathe is a great way to relieve stress, can reduce anxiety, and treat symptoms of depression. There are many different breathing techniques. Have your team research how to perform the Zhuangqi and Kumbhaka Pranayamas breathing techniques. Try each technique for 60 seconds. How did that make everyone feel? Discuss and submit a response to complete this challenge.	Text	2	
33	Sit and Fit	We sit at our desks for up to 7 hours a day, 5 days a week. Being static for such long periods can have a negative impact on our bodies and minds. Have your team create an infographic poster that includes 5 exercises that can be done at your desk to help promote health and wellness at your organization. Snap a photo of the poster.	Photo	4	
34	Community Local	To unlock the Community Local challenges enter the name of your favorite local shop.	Text	0	
35	Welcome to the Family	Has anyone in your team rescued an animal from a local shelter or animal rescue organization? Snap a photo of your teammate and caption the photo with the pet's name.	Photo	3	
36	Sharing for the Shelter	Help an animal find a home by having a teammate share a pet post from a local animal shelter on their social media. Snap a screenshot of the post to complete this challenge.	Photo	4	
37	Community Sustainability	The United Nations has top goals for global sustainability. What would your team's top 5 goals be to try and live a more sustainable lifestyle in your own community? Snap a photo of your list.	Photo	2	

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38	Local Planning	Discuss with your team what would be the top 5 biggest issues your communities face. Homelessness? Poverty? etc. Create a 5 year plan your organization can do to help with these local issues. Be sure to name your plan, include timelines, strategies, resources and initiatives. Snap a photo of the plan to complete this challenge.	Photo	4	
39	5 Stars for Local Foodies	Have everyone on your team write a positive review about a local restaurant they enjoy in their area online. Snap a photo of one.	Photo	3	
40	Shop Local	There are dozens of reasons why it is so important to support local businesses in your community. Have a teammate promote a small local business on their social media and snap a photo of the post to complete this challenge.	Photo	3	
41	Be Kind	The best way to help everyone in your community is to simply be kind. Have a teammate post a sign in their window for all to see sending a positive message. Snap a photo of it to complete this challenge.	Photo	4	
42	Sharing is Caring	Women's shelters are always in need of feminine hygiene products, supplies for babies, and consumables. Have a teammate create a post on their social media listing out 4 different helpful donation items to encourage their followers to donate. Snap a photo of your teammates post to complete this challenge.	Photo	4	
43	Donation Distance	Have everyone research where the closest clothing donation location is to them. Add up the total miles it would take your team to make someone a little warmer this year.	Text	4	
44	Made In...	Have everyone on your team find something they own that was made locally or in the country they reside. Snap a photo of everyone showing their item!	Photo	2	