

## Random Acts of Kindness Challenge List

	Challenge Name	Challenge Description	Type	Points
1	Start Here	Tips & Tricks	Photo	1
2	Amazon Smile	Set up a teammate's Amazon account to automatically donate to a selected charity each time they make a purchase. Follow the link below to get started. Then upload a screenshot when the quick setup process is complete. <a href="http://smile.amazon.com">http://smile.amazon.com</a>	Photo	40
3	And the Award Goes To...	Use whatever software you have on your computer like Paint, for example, and have a teammate create an image of a trophy for a colleague in another team that they think has a good chance in winning today's activity. Take a screenshot or photo of your teammate's text or email sending the image with an encouraging message.	Photo	60
4	REMINDER	Follow your local public health regulations in regards to Covid-19.	Text	1
5	Babysitter	Have a teammate call a friend or family member who has children and offer to babysit one evening to allow for a parents night out! Write the teammate's name with the agreed on time and date to complete this challenge.	Text	70
6	Be Kind to Your Mind	Have a teammate set a 2 minute timer. Take these two minutes for every team member to sit, close their eyes and clear their mind. Breathe in deeply and sit up straight. Type a message about how this meditation experience was for your team to complete this challenge.	Text	50
7	Be Kind To Yourself	Find a relaxing spot in the area and take a moment to do something for yourselves. Set a timer and have each team member spend 3 minutes doing something that makes them happy. This could be meditating, yoga, dancing, laughing or any other activity. After 3 minutes, take a team photo and describe what each teammate did in the caption space.	Photo	30
8	Big Inspiration	Have a teammate write a large inspirational message for people in their community to read in a sandy area or on a sidewalk using chalk. Snap a photo of a teammate with their message.	Photo	20
9	Cheerleaders	Have your team come up with a motivational chant for another team. Record a video of your cheer and send it to someone on another team. Take a photo of proof that you have sent your video and write out the cheer in your photo description.	Photo	50
10	Childhood Memories	Call a colleague who is not on your team and ask them to tell you about their favorite childhood memory. Then type in person's name and describe the memory they shared in a text response.	Text	40
11	Choose Your Attitude	As a team create a list of the 5 things you look forward to at work each day. Snap a photo of a teammate showing off your list to complete this challenge.	Photo	10
12	Clean Team	Look around your home or work space and lend a helping hand by completing a chore that will help save time for others. Wash dishes? Fold laundry? Take out the trash? Snap a photo of a teammate complete their helpful task.	Photo	40
13	Common Ground	Find three things you have in common with your team (not work related). Snap a team photo listing the three commonalities in the photo description.	Photo	30
14	Competitive Assistance	Let's help each other keep up our fitness! Have two teammates face off to a fitness challenge! Who can do 5 burpees first? Snap a photo at the end of the challenge just as the winner finishes their last burpee.	Photo	40
15	Compliment Circle	Take a moment to give compliments to everyone in your team. Go around in a 'circle' and take turns complimenting everyone. Snap a team photo of a virtual team high five once you finished your compliment circle.	Photo	20
16	Coworker Appreciation	Send a message to your boss or a colleague who is not on your team telling them one specific thing you learned from them and how it's improved your life. Upload a screenshot of your sent message to complete this challenge.	Photo	30
17	Decision Makers	Who on your team has been trying to make a decision, such as what movie to watch or what to make for dinner, weekend plans, etc. Talk with them and help them make their choice. Then snap a photo together.	Photo	30
18	Delivery With a Smile	Have a teammate write a thank you note and post it to somewhere for your mail carrier to see. Take a photo of the note posted on your mailbox, mail slot, or wherever they will see it!	Photo	50
19	Digital Praise	Send someone e-praise for a job well done or for just being an awesome human being. Go to <a href="http://www.baudville.com/epraise">www.baudville.com/epraise</a> and send a free e-card. Upload a screenshot of your sent message.	Photo	10
20	Eco Boost	Does someone on your team have an electric car? If not, call someone you know who has an electric car and record a 5-second video thanking them for making an eco-friendly choice.	Video	30
21	Emoji-nal Connection	Send a friend a text message using only emojis that show smiles, hearts and other uplifting icons. Upload a screenshot of your sent message to complete this challenge.	Photo	20
22	End Hunger Game	FreeRice.com donates rice throughout the world to help end world hunger each time a trivia question is correctly answered on their website. Answer questions on FreeRice.com until you have earned 500 grains of rice to donate and upload a screenshot of your charitable contribution.	Photo	50

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23	REMINDER	Challenges can be completed in any order. The more difficult the challenge, the more points rewarded.	Text	1
24	Fab Cab	Have you given a positive review for your latest Uber or Lyft Driver? Snap a screen shot or photo of a teammate leaving a positive review for a cab service they used.	Photo	30
25	Flash Dance	Come up with team choreography to the chorus from "Try a Little Kindness" by Glen Campbell. Everyone in your team must take part and it must be synchronized. Record 5 seconds of your dance and upload it to complete this challenge.	Video	70
26	Food for a Friend	You may not be able to have dinner with a far away friend but you can send them your favorite dinner recipe! Send a friend one of your favorite dinner recipes. Take a picture of the recipe to complete this challenge.	Photo	40
27	Food for Thought	Have a teammate look up a local foodbank or charitable grocery store and look into volunteering. Send an email enquiring how to go about volunteering or fill out an online application. Take a photo of the email or online application to earn your points.	Photo	50
28	Foodie Favor	Find a little local restaurant or food truck online and offer to help them generate business by encouraging friends and family to purchase food from them by sharing their website on a teammate's social media profile. Snap a photo of the post.	Photo	50
29	For the Animals	Have a teammate set up a Facebook fundraiser on their account for an organization that helps animals. Set up your fundraising goal for 100\$ and write your post about performing acts of kindness. Snap a screen shot of your post!	Photo	50
30	For the Ladies	Have a teammate put together a women's hygiene kit using extra unopened toiletry items they can find. The rest of the team will need to look up a local women's shelter where the kit can be dropped off as a donation. Snap a photo of your teammate and their kit and caption the photo with the name of the shelter they will be dropping it off to.	Photo	70
31	Free Smiles	Spread some happiness by giving away free smiles by taking a team photo with big giant smiles. Have a teammate who uses Instagram add the photo to their story for all to see and tag @outbackteams. Snap a screen shot of your story to complete this challenge.	Photo	50
32	Friendly Snack	Have a teammate make a quick snack and put it on their counter or in their fridge with a note gifting the snack to someone else at home or in the office. Snap a photo of the tasty treat and friendly note.	Photo	70
33	Gift Card Generosity	Who on your team has a gift card in their wallet or online that has some money left on it? Snap a photo of that teammate emailing it or preparing a letter to send it to a deserving person. Caption the photo with who they are sending it to.	Photo	60
34	Gifts for Grams and Gramps	Contact a local nursing home and ask what would be helpful for your team to donate. Maybe puzzles? Cards? Stationary? Then have everyone on your team find some donation items from around your home or office to donate. Snap a team photo of everyone with their donations and write the name of the home in your caption. Be sure to drop off your donations!	Photo	40
35	Good Deal	Look up some coupons for a local store. Email them to a friend to share your thrifty find. Snap a photo of the email to complete this challenge.	Photo	60
36	Good Vibes	When you sing an uplifting song, you are literally creating good vibrations in the air! Have a teammate sing a popular song with a positive message on stage, in front of your team as loudly and proudly as they can. Record a 5-second video of the good vibes!	Video	70
37	Happily Ever After	Who in your team has been with their partner the longest? Have them right down their top tip for a happy relationship and snap a photo of them with their message.	Photo	10
38	Happy Birthday to You	Call someone who has a birthday this month and record a 5-second video of your team singing "Happy Birthday" to them over speaker phone.	Video	60
39	Health Help	Create a list of 3 free local health services in the area and create a social media post sharing those services for a teammate's followers to see. Snap a photo of the post services to complete this challenge. You never know who may find this post helpful!	Photo	40
40	Hi Mom and Dad	Have a teammate send a selfie to their parents letting them know they are thinking of them. Snap a screenshot of the message with the photo to complete this challenge.	Photo	40
41	Hip Hop Honors	Who at your company (but not on your team) is an inspiration to your team? Write a rap or rhyme of at least 4 lines and record a 5-second video of at least 2 teammates performing it.	Video	40
42	Hometown Heroes	Look up the address of your local fire or police station and have every team member write a letter of appreciate for the work they do and snap a team photo everyone holding their letters. Now wrap those letters up and mail them.	Photo	50
43	Hopeful Handwork	Find a piece of paper or newspaper and look up a video on how to fold an origami swan which represents hope and healing. Then tell your team who you will be giving your swan to and snap a team photo with everyone holding their swans. Write the names of those who will be receiving the swans in the photo description.	Photo	50
44	Inspiration Strikes	Find an inspirational story online and share it to a teammate's social media feed. Upload a screenshot of the post as proof.	Photo	10
45	It's the Small Things	As a team, create a list of at least 5 ways you can improve your workplace through kind gestures and small acts. Snap a photo of a teammate showing off your list.	Photo	10

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46	Karma Chameleons	Convince someone in your house hold or office to do one of the good deeds your team has already done in a previous challenge. Snap a photo of them performing it and write the name of that challenge in the photo description.	Photo	60
47	Kindness of a Stranger	Who in your team can describe a time someone performed an act of kindness for them and the impact it made on them. Write the person's name and describe the act of kindness in the text response.	Text	50
48	Kindness Stone	Have a teammate step outside and find a smooth stone and use markers or pens to decorate it with a positive slogan or image. Snap a photo of the decorated stone placed somewhere where someone can find it.	Photo	60
49	Laughter Makes the World Go Round	Call someone on speaker phone who is not on your team and make them laugh by telling them an uplifting story or silly joke. Record a 5-second video capturing their laughter.	Video	30
50	Lend an Ear	Ask someone from another team by calling them on speaker phone to tell what they're most grateful for today. Describe what they're grateful for in the text response.	Text	40
51	Life Lessons	Ask someone who is not on your team by calling them on speaker phone to tell you about something they've discovered that changed their life for the better. Then describe their life lesson in the text response.	Text	50
52	Life Savers	Have a teammate make a sign to post in their window for the community to see thanking front line workers for all of the work the do saving lives every day. Snap a photo of the sign from outside to complete this challenge.	Photo	40
53	Live and Learn	Have a teammate share their knowledge and teach the rest of the team a special skill. Snap a team photo of everyone performing their new learned skill.	Photo	40
54	Lyrical Masters	Rewrite the lyrics to a popular song to make them about performing random acts of kindness. Then record a 5-second video of at least 2 teammates performing your rendition of the song for a group of at least 3 people.	Video	60
55	REMINDER	Follow local health guidelines: Socially distance and wear a mask where necessary.	Text	1
56	Mentor Matters	Have a teammate ask someone from their contact list who has served as a mentor and ask them to share their favorite part of the experience over the phone. Then describe their favorite part of their mentor experience in the text response.	Text	60
57	Motivational Speakers	Snap a photo of a teammate giving a brief motivational speech on the topic of your choosing. They should be standing and holding something resembling a microphone. Snap a photo of them mid-speech and write the speech topic in the photo caption.	Photo	60
58	Not All Heroes Wear Capes	Snap a photo of your entire team in their absolute best super hero poses - saving the world one charitable act at a time!	Photo	10
59	Outdoor Inspiration	Draw a happy face or write a short inspirational message somewhere outside like in the dust or dirt on someone's rear vehicle window or with leaves on the ground, etc. and snap a photo of a teammate standing next to it.	Photo	40
60	Pet Love	Petting animals has shown to help with depression, anxiety, loneliness, etc. Snap a photo of a teammate petting their pet.	Photo	30
61	Poetic Inspiration	Write an encouraging poem of at least 4 lines on a piece of paper and snap a photo of a teammate showing off their poem.	Photo	40
62	Prioritize Self Care	Be kind to yourself and help motivate others to do the same by leading an exercise or yoga sequence for your team. Snap a photo of your teammate leading and at least 2 teammates participating in the group exercise.	Photo	60
63	Professional Praise	Write a glowing recommendation on a colleague's LinkedIn page and upload a screenshot of the post. The colleague cannot be someone on your team.	Photo	40
64	Put In Good Word	Think of someone on another team who you feel is always doing a great job at work. Send a message to their boss via email expressing how great this colleague is! Take a photo or screen shot of your email.	Photo	60
65	Random Act of Silliness	Snap a silly photo of your team and send it to someone from another team. Upload your photo to complete this challenge.	Photo	40
66	Reconnect	Have a teammate reach out to an old friend who they haven't talked to in a while. Send a quick text or email to let them know you're thinking of them. Upload a screenshot of your message to complete this challenge.	Photo	50
67	REMINDER	Try to remain socially distanced as much as possible or according to your local health guidelines.	Text	1
68	Salutaions!	Does someone on your team speak a different language? Ask them to teach your team how to say "Acts of Kindness" in their language. Record a 5-second video of your team saying it in unison.	Video	30
69	Save the Planet	Snap a team photo of everyone in your team being environmentally friendly by holding up their reusable water bottle. Everyone must have a water bottle to complete this challenge.	Photo	20
70	Shameless Promotion	Show your love for Outback Team Building & Training by following us on Facebook, Twitter or Instagram. Upload a screenshot as proof.	Photo	10

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71	Share the Love	Using everyone's hands try to recreate a group heart like in the photo below and snap a photo of your creation. Get creative with your video screens!	Photo	60
72	Shirt Off Your Back	Have a teammate do a quick closet purge. Snap a photo of the teammate holding up a garment or accessory they will be donating to a local donation center. Write the name of the center in the photo description.	Photo	70
73	Social Media Shoutout	Spread some positive vibes on social media. Have a teammate post a motivational or positive message to the social media platform of their choice. Then upload a screenshot of their post to complete this challenge.	Photo	30
74	Social Sharing	Post a photo of your team performing an act of kindness to a teammate's social media feed. Use the hashtag #randomactofkindness and tag Outback Team Building & Training in your post. Upload a screenshot of your post.	Photo	30
75	Speak Up	Call up a friend or relative on speakerphone. Explain what you're doing and tell the person you love them. Record a 5-second video of the call.	Video	30
76	Start that Business	Have a teammate reach out to a friend on their social media who has started a business or has been promoting a new venture online. Comment on one of their posts or send them a message to let them know you support them. Upload a screenshot of your message to complete this challenge.	Photo	50
77	Stealthy Support	Secretly do something nice for another team and snap a stealthy photo of your team in action. Describe your act of kindness in the caption space.	Photo	50
78	Tabs for Ronald	Help raise money for children and families in need by collecting can tabs and donating them to Ronald McDonald's House: <a href="https://www.rmhcocoastalempire.org/get-involved/pop-tabs/">https://www.rmhcocoastalempire.org/get-involved/pop-tabs/</a> Have everyone on your team pull as many tabs as they can find and hold them up for a team photo. Be sure to drop off your tabs at a donation location!	Photo	60
79	Ten Things I Love About You	One teammate must create a list of 10 things they love about their partner or a family member and text the list to that person. Upload a screenshot of the sent message.	Photo	20
80	The Ultimate Giving	Are one of your teammates an organ Donor? If so, snap a photo of proof. If not, snap a photo of a completed application of another teammate who would like to make the commitment.	Photo	70
81	THIS MUCH!	Build a structure using any materials you can find that is at least 4 feet tall. Snap a photo of you and your structure and send it to a loved one saying "I love you THIS MUCH!" Take a screenshot of the message with the visible photo to complete this challenge.	Photo	60
82	Tidy Time	If you are at home or at the office, clean spaces make everyone feel good. Have a teammate take a few minutes to clean a common area and snap a photo of the final results.	Photo	60
83	To the Earth	Be kind to our earth. From one of the following websites, donate to plant at least 1 tree from your team. Snap a photo or screen shot of your donation confirmation. U.S.: <a href="https://onetreepanted.org/products/forest-fires-recovery?variant=32310002942014">https://onetreepanted.org/products/forest-fires-recovery?variant=32310002942014</a> Canada: <a href="https://treecanada.ca/products/corporate-tree-planting/">https://treecanada.ca/products/corporate-tree-planting/</a>	Photo	70
84	Tourist in Your Town	If you're familiar with the area you're in, take a moment to highlight a popular attraction or landmark for someone not on your team. Look up a photo online or upload one you have on your phone of the landmark and add a brief description of it in the caption space.	Photo	40
85	Uplifting History	Is there a monument, landmark or public artwork that represents a positive or uplifting moment in the city's history? Look up a photo online of the monument or upload one you may have on your phone to complete this challenge naming the monument in the photo caption.	Photo	40
86	Viral Video	Find a funny video on YouTube and send it to a friend to brighten their day. Upload a screenshot of your sent message to complete this challenge.	Photo	20
87	We Salute You	Does a teammate know someone who currently serves or has served in the army, air force, or navy? Send them a message thanking them for their service. Snap a photo of your message to complete this challenge.	Photo	40
88	Yelp Help	Write a positive review for a bar, restaurant, or venue that you've been to recently on Yelp or a similar review site. Upload a screenshot of your posted review.	Photo	40