

## Express Random Acts of Kindness Challenge List

Challenge Name	Challenge Description	Type	Points
Start Here	Tips and Tricks	Photo	1
And the Award Goes To	Use whatever materials you can collect today to make a trophy for the winning team. Snap a photo of your trophy and bring it to the ending location to hand in.	Photo	60
Be Kind to Yourself	Find a relaxing spot in the area and take a moment to do something for yourselves. Set a timer on a teammate's phone 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
Childhood Memories	Ask someone who is not on your team 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
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
Clean Up Party	Partner with another team and head to a park or other area that could use a bit of cleanup. Snap a photo of your two teams beautifying the area by picking up litter and placing it in a trash or recycling bin.	Photo	60
Common Ground	Talk with a passerby until you figure out something unique you both have in common. Then type in the person's name and describe your commonality in a text response.	Text	40
Competitive Assistance	Challenge another team to a burpee-off! The team who can do 5 burpees first wins and the losing team must assist the winners in completing a different act of kindness challenge. Snap a photo of your two teams mid-burpee.	Photo	40
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
Decision Makers	Find someone trying to make a decision, such as what movie to watch or what kind of food to order from an outdoor café. Talk with them and help them make their choice. Then snap a photo together.	Photo	30
Digital Praise	Send someone e-praise for a job well done or for just being an awesome human being. Go to E-Card and send a free e-card. Upload a screenshot of your sent message.	Photo	10
Directional Assistance	If you see someone who looks lost, don't wait for them to ask for directions. Snap a photo of a teammate providing directions to that person's destination.	Photo	40
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
Free Smiles	Spread some happiness by giving away free smiles on a busy street corner. Create a sign that says "FREE SMILES" and snap a photo of teammate on street corner smiling while holding up your sign.	Photo	40

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Gift Card Generosity	Who on your team has a gift card in their wallet that has some money left on it? Snap a photo of that teammate giving it to a deserving person along the way.	Photo	60
Good Vibes	When you sing an uplifting song, you are literally creating good vibrations in the air! Partner with another team and sing a popular song with a positive message on a busy street corner and get passersby to join in. Snap a photo of your two teams singing with the audience visible in the shot.	Photo	70
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.	Photo	40
Hometown Heroes	Head to a local fire or police station and find an officer or firefighter outside. Tell them how much you appreciate the work they do and snap a photo of a teammate giving them a fist bump.	Photo	50
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
Kindness of Strangers	Ask a passerby to 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
Laughter Makes the World Go Round	Make someone who is not on your team laugh by telling them an uplifting story or silly joke. Ask for permission to snap a photo as your teammate is telling the joke.	Photo	30
Life Lessons	Ask someone who is not on your team 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
Life Savers	Make your way to a medical plaza and find a physician in scrubs taking a break somewhere outside. Thank them for the work they do saving lives each day. Then snap a photo of a teammate high fiving the physician.	Photo	40
Lucky Coin	Snap a photo of a teammate leaving a coin face up for good luck on the sidewalk for someone to find.	Photo	30
Lunch and Learn	Search for someone eating in an outdoor public area such as a park. Get permission for a teammate to teach them a unique skill and snap a photo of your teammate in action. Describe the skill in the caption space.	Photo	40
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
Many Hands Make Light Work	Help a worker outside complete a task they're working on such as sweeping, gardening, cleaning or dog walking. Snap a photo of the group effort.	Photo	50
Mentor Matters	Find someone who has served as a mentor and ask them to share their favorite part of the experience. Then describe their favorite part of their mentor experience in the text response.	Text	60
Not All Heroes Wear Capes	Find someone to snap a photo of your entire team in their absolute best superhero poses - saving the world one charitable act at a time!	Photo	10

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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 your poem. Then give your uplifting poem to a passerby.	Photo	40
Prioritize Self Care	Be kind to yourself and help motivate others to do the same by leading an exercise or yoga sequence in public with participation from at least 3 people. Snap a photo of your teammate leading the group exercise.	Photo	60
Random Act of Silliness	Snap a silly photo of your team using a teammate's iPhone. Then open AirDrop and send the photo to a random person nearby who shows up on the AirDrop app. Upload a screenshot showing that your photo has been transmitted.	Photo	40
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	60
Salutations!	Find someone who speaks a different language and ask them to teach you how to say hello in their language. Then write the word in their native language with the language stated in the text response.	Text	30
Share The Love	Recruit 5 people to help your team form a human chain in the shape of a heart and snap a photo of it.	Photo	60
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
Spread Kindness	Convince a passerby or group of people to assist your team in performing a random act of kindness for someone right now and snap a photo of your collaboration.	Photo	60
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
Talent Share	Who on your team has a talent they can put to good use by helping someone today? It could be solving a puzzle, parallel parking, or any talent your team would like to share. Snap a photo of your teammate using their talent to assist someone.	Photo	40
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
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. Snap a photo of the landmark and add a brief description of it in the caption space.	Photo	40
Trip Hazard	If the city has bike share or shareable scooters that have been left around on the sidewalks, snap a photo of your team moving them to an area clear of the pedestrian walkway.	Photo	60
Uplifting History	Search for a monument, landmark or public artwork that represents a positive or uplifting moment in the city's history and snap a photo of your team reenacting that moment with the object in the shot.	Photo	40
Vending Generosity	If someone on your team has a dollar and is willing to donate it to your cause, find a vending machine and record a 5-second video of a teammate adding the dollar to the machine and walking away.	Video	50

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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
We Salute You	Snap a photo of your team saluting a soldier in uniform and thanking them for their service.	Photo	60
Give Your Feedback	Thank you for participating in the Express Random Acts of Kindness, we hope you enjoyed your experience. In a few words, tell us what you thought of the Express Random Acts of Kindness and you will even get a few bonus points!	Text	5