



Random Acts of Kindness – Challenge List

NAME	DESCRIPTION	TYPE	POINTS
Start Here	<p>Before getting started, you must understand the rules of the activity:</p> <ol style="list-style-type: none"> 1. Read each challenge carefully, and complete it exactly as it's written. 2. Challenges are completed by performing charitable acts in the community and submitting photos and videos as proof or by typing in text responses as directed. 3. When a challenge requires the entire team to be in a photo, it is understood that one person must snap the photo and will not be in it. 4. Challenges may be completed in any order and are worth different point values, so you will need to strategize to complete as many as possible within the time limit. 5. Not all the challenges on the list may be available in your environment. Luck and location both influence your score. <p>Once you've read and understand the rules, snap a team photo of everyone giving a thumbs-up in agreement.</p>	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
Auto Inspiration	Draw a happy face or write a short inspirational message in the dust or dirt on someone's rear vehicle window and snap a photo of a teammate standing next to it.	Photo	40
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
Big Inspiration	Write a large inspirational message for passersby to read in a sandy area or on a sidewalk using chalk. Snap a photo of a teammate with your message.	Photo	20
Cab Fab	If you see someone trying to hail a cab, help them out by hailing one and holding it for them. Snap a photo of a teammate holding the cab door open.	Photo	30
Cart Courtesy	Head to a supermarket or large store and return at least five shopping carts to the store entrance. Snap a photo of a teammate pushing the carts as they approach the store's entrance.	Photo	40
Cheerleaders	Find a group of people playing an organized sport in a park or other public area and have your team come up with a motivational chant. Then snap a photo of your team cheering on the players.	Photo	50

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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 Team	Head to a nearby park or outdoor seating area where people eat outdoors. Snap a photo of your team clearing off any table or bench that has leftover food, drinks, or trash on it.	Photo	40
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
Coffee Kindness	Buy a coffee or Starbucks for a stranger or the next person in line. Upload a photo of the receipt to complete this challenge!	Photo	50
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 www.baudville.com/epraise 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
Eco Boost	Find an electric or hybrid car. Write a note thanking the driver for their eco-friendly choice and leave it under the windshield wiper. Snap a photo of your note on the car.	Photo	30
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
End Hunger Games	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
Flash Dance	Partner with at least one other team and take a photo of your teams staging a dance-off in a crowded public place. At the end of the dance, announce that you're committing random acts of kindness today and encourage everyone to do the same.	Photo	70
Foodie Favor	Locate a food truck or street food vendor and offer to help them generate business by encouraging passersby to purchase an item from the truck. Snap a photo of a teammate with the person you recruited as they place their order.	Photo	60

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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
Friendly Transport	Find someone carrying several packages, such as groceries or shopping bags. Offer to carry the packages to their vehicle or destination and snap a photo of your team performing the good deed.	Photo	40
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
Grocery Generation	Head to a nearby supermarket and find someone outside with shopping cart full of bags. Ask permission to help them load the bags in their vehicle and snap a photo of your team in action.	Photo	40
Happily Ever After	Find an elderly couple and ask them to tell you their top tip for a long and happy marriage. Brighten their day by telling them they are an inspiration and snap a team photo with them.	Photo	40
Happy Birthday To You	Find someone who has a birthday this month and record a 5-second video of your team singing "Happy Birthday" to them. You must include proof that the person was born in this month.	Video	60
Hidden Treasure	Head to a local park and leave a few coins hidden on some playground equipment for children to find. Snap a photo of a teammate pointing out at least one coin in its hiding place.	Photo	30
High Five Train	Form a team high-five line on a busy street or at a transit depot. Snap a photo of your team giving passersby high-fives and cheering them on as they walk by like at a sports event or parade.	Photo	50
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
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
Hopeful Handiwork	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 give your swan to a passerby. Write the person's name and a brief description of their reaction in the text response.	Text	50
Inspiration Strikes	Find an inspirational story online and share it to teammate's social media feed. Upload a screenshot of the post as proof.	Photo	10
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
Karma Chameleons	Convince someone or a group of people to do one of the good deeds your team has already done in a previous challenge. Write the name of that challenge and where it was accomplished in the text response.	Text	60
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

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Kindness Stone	Collect a smooth stone and use markers or pens to decorate it with a positive slogan or image. Snap a photo of your decorated stone placed near an outdoor walkway for someone to find.	Photo	60
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
Lend An Ear	Ask a someone who is not on your team to tell what they're most grateful for today. Describe what they're grateful for in the text response.	Text	40
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
Lighten The Load	Find someone who is carrying a heavy load and offer your team's assistance in transporting it to their destination. Snap a photo with the person when you arrive at their final destination.	Photo	50
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 captionspace.	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
Motivational Speakers	Snap a photo of a teammate giving a brief motivational speech on the topic of your choosing to a group of at least 3 people. At the end of your speech, encourage everyone to do a random act of kindness for someone today. Make sure the audience is visible in your photo.	Photo	60
Not All Heroes Wear Capes	Find someone to 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
Park N Go	Find a driver looking for parking and deploy the team to find a parking space and guide them to it. Capture a photo of the parking assist.	Photo	50
Pit Crew	Head to a gas station and offer to clean the car windows for someone at the pump. Snap a photo of your team in action.	Photo	60
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

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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
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
Puppy Love	Find someone walking their dog in a public place. Tell the person how cute their dog is and ask if you can pet it. Then write the dog's name and breed in the text response.	Text	30
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	50
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
Save The Planet	Find someone using a reusable water bottle and thank them for their effort to save the environment. Then snap a photo together.	Photo	20
Selfie Help	Find a group of 2 or more people trying to take a photo together and help them out by taking the photo for them. Take a picture of your teammate and the group during the assist.	Photo	20
Service With A Smile	Snap a photo of a teammate holding a door open with a flourish for someone entering or exiting the building.	Photo	20
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
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
Shirt Off Your Back	Find a clothing donation box or thrift store and record a 5-second video of a teammate giving away an item of clothing or an accessory that they are wearing. The clothing item or accessory doesn't have to be one you started the day wearing.	Video	90
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
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
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
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
Stairway to Helping	Search for a set of stairs in a public area. Ask permission to assist someone who could use some help walking the stairs and offer to transport anything they're carrying to the top or bottom of the stairs. Snap an action shot of a teammate assisting the person.	Photo	40

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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 captionspace.	Photo	40
Trip Hazard	If the city has bike share or sharable 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
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
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