


## Random Acts of Kindness 2.0 Challenge List

Challenge Name	Challenge Description	Type	Points
Start Here	Tips and Tricks	Photo	1
A Little Bird Told Me	Send a shout out on Twitter thanking a local community organization for the work they do. Be sure to include their Twitter handle in your tweet, and submit a screenshot of the posted tweet.	Photo	10
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 submit a screenshot when the quick setup process is complete. <a href="http://smile.amazon.com">http://smile.amazon.com</a>	Photo	30
Auto Inspiration	Draw a happy face or write a short inspirational message in the dust or dirt on someone's rear vehicle glass, and snap a photo of a teammate standing next to it.	Photo	10
Baggage Handlers	Look for 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	20
Change for Good	Find someone who actively collecting monetary donations for a good cause, such as a scout troop, firefighter, or charitable organization. Snap a photo of a teammate dropping a coin or small donation into their collection jar.	Photo	40
Clean Green Machine	Find a cleaning cloth or towel. Then search for someone who is parking their bicycle at a bike rack. Offer to wipe down their bike and give it a shine. Snap a photo of the bike owner looking on while a teammate polishes their bike.	Photo	40
Clean Sweep	Search for someone sweeping an outdoor area, such as a building entrance or sidewalk, and offer to finish the job for them. Snap a photo of a teammate sweeping while the worker looks on.	Photo	30
Clip to Save	Find and cut out a coupon providing money off an item, and find someone who is happy to accept it as they are about to enter a grocery store. Photograph a teammate with the stranger accepting the coupon.	Photo	30
Community Service	Write a heartfelt card or letter to the workers at a community service organization thanking them for their dedication to improving the lives of local citizens. Snap a photo of your team delivering the letter to a member of the organization.	Photo	30
Earn Some Dough	Some of the challenges you face today may require small amounts of money. Perform on a street corner or sell hugs for \$1 each until you've earned at least \$2. Take a photo of a stranger handing you some cash or change to help reach your goal.	Photo	20
Fashion Statement	Find a stranger in need who could use an article of clothing or an accessory that a teammate is wearing, and snap a photo of the teammate giving the item to the person. Sunglasses, a hat, gloves, or a jacket are all good options.	Photo	60
Food Truck Favor	Locate a food truck or street food vendor and offer to help them generate business by encouraging passersby to purchase a food item from the truck. Record a 5-second video of someone you recruited placing their order.	Video	40
Foot Massage	Offer to give a stranger a 5-minute foot rub, and snap a photo of a teammate giving the massage mid-rub.	Photo	60
Free Hugs	Make a sign that says 'Free Hugs', and stand on a busy street corner. Snap a photo of a stranger accepting a hug from a teammate.	Photo	20
Free Kibble	Head to <a href="http://www.freekibble.com">www.freekibble.com</a> and correctly answer a trivia question to donate pet food to animals in need. Submit a screenshot of your confirmed kibble donation message.	Photo	30
Funny Bone	Find a stranger who looks like they could use a laugh. Record a 5-second video of a teammate telling them a funny knock knock joke and making them laugh.	Video	20
Gift of Life	Snap a photo of a teammate donating blood at a local blood bank or mobile blood collection facility.	Photo	90
Go Green	Do your part for the environment by dropping at least five recyclable items into a public recycling bin. Snap a photo of the earth-friendly deed.	Photo	30
Good Luck	Purchase a scratch off or other lottery ticket. Snap a photo of a teammate giving it to a stranger.	Photo	40
Good News	Too often the most shared news stories are about tragic events. Find an uplifting local news story that demonstrates human kindness, and share it through a teammate's Facebook page. Submit a screenshot of the posted news article.	Photo	20
Gracias and Merci	Learn to say 'thank you' in a new language! Locate a stranger who speaks another language and ask them to teach your team how to say 'thank you' in that language. Record a 5-second video of you all saying 'thank you' together.	Video	30
Grocery Generosity	Head to a nearby supermarket or shopping center and find someone outside with a full shopping cart. Snap a photo of the team helping load their shopping bags into their vehicle.	Photo	30
Happily Ever After	Find an elderly retired 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	30

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Happy Birthday!	Find someone who is having a birthday today, and record a 5-second video of your team singing “Happy Birthday” to them. Make sure the stranger’s ID (or other proof such as a Facebook notification) showing their birthday is clearly visible in the video.	Video	50
Have a Seat	Offer a person waiting in line or waiting at a bus or train stop a place to sit. Have a teammate get on their hands and knees and let the stranger sit on their back. Snap a photo of the deed, and remain there until the stranger’s wait is over.	Photo	50
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 at least one coin in its hiding place.	Photo	20
Honk if You’re Happy	Create a sign that says “Honk if You’re Happy”. Then stand on a street corner holding the sign, and record a 5-second video of at least one car honking in response.	Video	50
Hydration Inspiration	Post a sign with a positive and inspiring message on it next to a public water fountain. Snap a photo of your sign with at least one team member in the shot.	Photo	30
Hydration Station	Purchase a bottle of water using the money you earned earlier in the activity. Snap a photo of a teammate giving it to someone working outside, such as a construction worker or landscaper.	Photo	30
Insta-Kindness	Post a photo of your team performing an act of kindness on a teammate’s Instagram account. Use the hashtag #RAOK, and submit a screenshot of the post.	Photo	10
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	40
Library Bound	Snap a photo of a teammate donating a book to a local library or literacy-based organization.	Photo	40
Life Saver	Find a physician or other healthcare employee wearing scrubs somewhere outside in a public place. Thank them for the work they do saving lives each day. Then snap a photo with all team members high-fiving the physician.	Photo	20
Local Superheroes	Find a public service worker, such as a police officer or firefighter, and thank them for the work they do to keep the community safe. Then snap a team photo posing with the local hero.	Photo	20
Mirror Image	Create a sign or Post-It note that says, “You are strong and beautiful. Own it.” Post the note on the mirror of a public restroom. Snap a photo of your posted sign.	Photo	30
Monumental Task	Head to a nearby park or historical monument. Snap a photo of your team working together to clean up the area by removing any debris, pulling weeds from the flowerbeds, and beautifying the area.	Photo	40
Motivational Speakers	Record a 5-second video of a teammate giving a brief motivational speech on a topic that is meaningful to your team to a group of at least five strangers. At the end of your speech, encourage everyone to do a random act of kindness for someone today.	Video	30
Open Door Policy	Snap a photo of a teammate outside of a busy office building or store holding the door open as a group of strangers walk through it.	Photo	20
Organ Donor	Have a member of your team sign up to become an organ donor. Fill out the online form by following the appropriate link below. Submit a confirmation screen when your registration is complete. US: <a href="http://www.organdonor.gov/">http://www.organdonor.gov/</a> Canada: <a href="https://beadonor.ca/">https://beadonor.ca/</a>	Photo	90
Origami Gift	Origami swans have become a symbol of hope and healing. Find a piece of paper and follow the link below to learn how to fold an origami swan. Once it’s complete, snap a photo of a teammate giving the swan to a stranger. <a href="http://www.wikihow.com/Fold-a-Traditional-Origami-Swan">http://www.wikihow.com/Fold-a-Traditional-Origami-Swan</a>	Photo	30

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Pep Rally	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 pass by like at a sports event or parade.	Photo	30
Phone Home	Who on your team has gone a while without talking to their parents or siblings? Record a 5-second video of that person calling their family member on speakerphone just to say 'hi'.	Video	20
Pit Stop	Take a quick stop at a gas station, and help a stranger out by pumping their gas and cleaning their windows. Be sure to ask permission first. Snap a photo of your team in action.	Photo	30
Practice Gratitude	Create a list of at least 10 things your team is grateful for today. Type in your list to complete this challenge.	Text	20
Share a Meal	Convince someone ordering food from a food truck or street food vendor to order an extra portion for a hungry person in need. Snap a photo of the stranger and your team delivering the food item to someone who needs it.	Photo	60
Share the Love	Create a sign with a motivational quote on it. Snap a photo of a teammate posting it on a community bulletin board or other appropriate location.	Photo	20
Sidewalk Sing Along	Partner with another team and form a choir. Sing an uplifting song, such as 'All You Need Is Love' by The Beatles, in a crowded area and get strangers to join in. After the song make an announcement that you're doing random acts of kindness today and encourage them to all do the same. Record a 5-second video mid-song.	Video	40
Snail Mail Love	Write a warm and fuzzy letter or card to someone you know who lives in another country to let them know that you're thinking of them. Snap a photo of your letter with a stamp on it as you're mailing it.	Photo	40
Spare Change	Leave some spare change next to a vending machine for the next person who comes along to find. Wait patiently and then snap a photo of a random stranger finding the money.	Photo	20
Spread the Love	Head to a nearby bus or train station. Record a 5-second video of a teammate giving commuters a speech about doing random acts of kindness and asking them to commit to performing at least one random act of kindness for someone today.	Video	40
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 stranger.	Photo	30
The Joke's On You	Write a funny joke or draw a funny picture on a piece of paper. Leave it under someone's car windshield wiper blade, and snap a photo of your note after it's placed on the car.	Photo	30
Thinking of You	Find an article about a topic you think a coworker (who's not on your team) would enjoy reading. Email it along with a message saying, "I thought of you when I saw this." Upload a screenshot of the email in your sent folder.	Photo	20
This Song is for You	Call a local radio station request line and ask them to play a positive, inspirational song and dedicate it to local first responders – police, firefighters, and EMTs. Record a 5-second video of the call on speakerphone and be sure that the radio DJ is audible during the call.	Video	90
Top 10	Make a list of 10 reasons you think a friend or coworker is wonderful. Post the list to their Facebook page, and upload a screenshot of the posted message.	Photo	30
Tree Huggers	Thank the trees for cleaning the air and providing fresh oxygen. Find a very large tree and snap a photo of the entire team hugging it at the same time.	Photo	10
Walk in My Shoes	Donate the shoes off a teammate's feet to a person in need or drop them into a donation box. Snap a photo of your barefoot teammate donating the shoes.	Photo	90
We Salute You	Write a letter of appreciation to your country's military troops and send them through Operation Gratitude in the US or Morale Mail in Canada. Snap a photo of your package of letters as you drop it in the post box. Follow the link to learn more: US: <a href="https://www.operationgratitude.com/writeletters/">https://www.operationgratitude.com/writeletters/</a> Canada: <a href="http://www.forces.gc.ca/en/write-to-the-troops/index.page">http://www.forces.gc.ca/en/write-to-the-troops/index.page</a>	Photo	60
We've Got Spirit	Find a youth or recreational sports game going on in a nearby park or field. Create a cheer or chant, and record a 5-second video of your team cheering them on.	Video	30
What You Need	Create a sign that reads 'Take What You Need' with tear-off tabs at the bottom. Each tab should include a different inspirational word or phrase, such as 'love', 'hope', or 'courage'. Snap a photo of a team member with your sign posted on a public bulletin board or other appropriate location.	Photo	30