

Random Acts of Kindness Challenge

Step 1:
Find a container



Step 2:
Download and print
off our RAOK kit



Step 3:
Grab some scissors



Step 4:
Gather your team



Step 5:
Have fun!



Contact a new colleague to make them feel welcome

Give encouragement to a colleague

Give positive feedback to someone in your team

Leave some words of inspiration on someone's desk

Thank a colleague who deserves some recognition

Bring treats to the team meeting

Offer support to someone who needs your help

Share a good book / story / article to inspire someone

Tell someone how amazing they are

Do something to make the office fun and inviting

Share your favourite song with someone

Call someone you've been meaning to reach out to

Write a letter to your future self and schedule it to send back to you in 1 year

Do something kind today for somebody

Create time in your day to connect with someone and maybe take them for a coffee

Take some time out for yourself today, maybe go for a walk on your own to be present

Take some time out to go for a walk with a colleague

Recognise 2 key strengths that you bring to the team, write them down and remind yourself often of them

Notice when you're feeling overwhelmed, take time out to do something nice for yourself

Invite someone you don't know that well to have lunch with you

