



United Way #DareToCare Challenge

Oct. 12-19

Help make kindness a habit in our community by joining United Way of Central Oklahoma in completing the weeklong #DareToCareChallenge starting October 12. The smallest gesture or act of kindness can make a great difference in someone's life. Let's change the world one act of kindness at a time!

How it Works

Step 1: Take the United Way #DareToCareChallenge

Pledge to do a good deed for someone else every day for one week starting Oct. 12, share on social media and challenge others!

Sample Tweet:

"Take the @UnitedWayOKC #DareToCareChallenge with me and let's create a ripple effect of kindness for 1 week and beyond. RT to join in!"

Step 2: Post your Daily #DareToCareChallenge

Share a photo, video or story of your good deed or act of kindness on social media with United Way of Central Oklahoma and the #DaretoCareChallenge hashtag.

Sample Tweet:

"Today, for the @UnitedWayOKC #DareToCareChallenge, I called to check in on my senior neighbor and let him know I'm here if he needs anything! What will you do for others?"

Step 3: Get Inspired to do more and Keep it Going!

Check out more ideas how you can join the #DareToCareChallenge. Why stop after one week? Dare To Care all year long!

Questions? Contact volunteer@unitedwayokc.org.

#DareToCareChallenge Ideas

- Pick up trash in your neighborhood.
- Send thank you letters to first responders or medical care workers.
- Call to check on a senior friend or family member.
- Donate blood.
- Let someone go ahead of you in line.
- Give a heartfelt compliment.
- Go to the store for a senior neighbor.
- Eat lunch with a new student or coworker.
- Offer your seat to someone else.
- Feed a stranger's parking meter.
- Buy a stranger's meal or cup of coffee.
- Be kind online.
- Tell the grocery store worker/waiter/bank teller what a great job they are doing.
- Be a mentor to a young neighbor.
- Mow your neighbor's lawn.
- Know someone looking for a job? Offer to help with their resume.
- Sign up to volunteer for a nonprofit.
- Give to United Way of Central Oklahoma.

Be Sure to Tag us on Social Media:  @unitedwayokc
 @unitedwayokc  @unitedwayofcentraloklahoma

United Way of
Central Oklahoma

