**Cause Week Activity Ideas**

**Education & Youth Development**
- Spelling Bee
- Used Book Swap
- Cause Book Club or Book Report
- Field Day
- Mentors & Coaches Memory Board

**Mental Health**
- Mental Gymnastics (e.g., Crossword Puzzles, Sudoku, Trivia, Board Games, Jeopardy)
- Group Yoga Class

**Disaster Relief**
- Disaster Relief Simulation Exercise
- Jenga Tournament
- Disaster Relief Kit Pack

**Health**
- Fun Run/Walk
- Healthy Cooking Class/Demonstration
- Health Fair
- Health Quiz: Participants will be entered in a drawing for healthy prizes like water bottles or a yoga mat.

**Animal Welfare**
- Pet Costume Contest
- Volunteer Day at a Local Animal Shelter

**Military Support**
- Push Up or Sit Up Competition
- Wear Camo to Work in Support of the Troops
- Troop Care Packages

**Veterans**
- Veterans Honor Wall

**Environmental Protection**
- Tree Planting Ceremony
- Trash Pick Up Day
- Tips For Recycling and Reducing Waste
- Cause Rock Garden: Have individuals pick out a rock, paint or draw on it something representing their cause, and put it in a central office area.
- Go Green Contest: Encourage employees to submit easy ways to make the office more environmentally friendly.

**Eradicating Hunger**
- Cooking/Baking Competition
- Packing Bag Lunches for the Homeless
- Food Drive or Holiday Basket Donations

**Human Rights**
- Random Acts of Kindness
- Free Expression Wall: Encourage employees to write about what human rights mean to them.
- Diversity Training Session
- Public Reading of the Universal Declaration of Human Rights

**Housing & Shelter**
- Gingerbread House Contest
- Clothing and Toiletry Drive

**Arts & Culture**
- Alma Mater Day: Promote your college or university!
- Film Screening
- Talent Show
- Cause Art Contest

**Women & Girls**
- She-Story: Share unknown or little know stories of how woman and girls made a difference.