

We dare you



Challenge your colleagues and dare to raise money for Action for Children.

Here's how it works

1. Set a date. Challenge yourselves to a day (April Fool's Day, maybe?) or week of dares.
2. Choose a dare from the list and nominate a colleague.
3. Donate (we reckon £5 or £10 per dare), sit back and enjoy the show!
4. Ducking out? You'll need to pay a £10 forfeit.

Go on, we dare you £5 dares...

Play a round of duck duck goose in a meeting.
Team against team!

Give something up for a day:
coffee, biscuits, looking at your phone...



Make all the tea rounds for one day.

Share an embarrassing photo
with your team.



Make your favourite
childhood food and share
it with the team.

Send someone in the office a card to
celebrate a random time of year.

Moonwalk into a meeting room.



Wear a wig to work for the day.

Say something nice to everyone
you speak to.

£10 dares...

Come to work dressed as your
childhood hero.



Perform a song or dance in front of your office or team.
Ask everyone who watches to donate an
extra £2.

Come to work dressed by (or as) a child.

Start every meeting for a week with a joke.

Pair up with someone in the office
and come to work dressed as them.



Start every conversation with the same phrase.
The more irritating the better!

Sing every time someone says a buzzword.
For example, whenever a person says
'spreadsheet', belt out 9 to 5 by Dolly Parton.



Wear your clothes back to front for the day.

Wear your most-hated sports team's
shirt or colours for the day.



Come into the office wearing your PJs.

Wear odd shoes to work for a day.

**Ducking out of a dare?
You'll need to pay a £10
forfeit.**

Why do a dare?

Every child should have a safe
and happy childhood.

But in the UK today, vulnerable
children are hurting. These
children are being ignored, left
without support to face abuse
and neglect, poverty and poor
mental health.

This is why we're asking you to
choose a dare. Every dare you
do will raise money and help us
reach more children in crisis.

**Choose a dare. Choose safe
and happy childhoods.**