Fundraiser Event In-a-Box: Wellness Games Night

Purpose: To engage parents and students, raise funds for health & wellness programming, and practice healthy habits!

Format: 90 minute competition between classrooms. Can be held on an evening or on a weekend outdoors. Depending on school size, different grades can be on different days.

Points: Each classroom earns points for donating money and/or participating in the event. The classroom with the most points at the end of the event wins!

- Donations--1 point per $1
  *Cash, check, or card donations can be made in advance or on-site
- Participation -- 5 points per completed activity passport
  *Students, siblings, and parents can all complete an activity passport. Each person can only count towards the point total for ONE classroom.

Prizes: Create prizes for classrooms that earn the most points. Prizes can be free to the school and FUN! Examples:

1* Place Classroom Pajama Day or other dress down day
2* Place Classroom Extra Recess
3* Place Classroom PE Dance Party

People & Materials Needed:

- 1 emcee with microphone or a loud voice
- 1 cashier
- 1 point-keeper
- 1-2 activity leaders for each of 4-8 activity stations
- Large white-board for point totals (for point-keeper)
- Printed copies of Activity Passport (1 copy per attendee)
- Printed list of trivia questions & answers (for trivia activity leader)
- Description of PE or wellness challenge (one for each stat leader)
- Stickers or stamps to put on Activity Passports (use a different color for each activity)
- Equipment or resources for activity stations
Logistics:

Before Event

- GO Dough Team Leader creates online fundraising site in advance of the event. Publicize donation link and event info to parents. Use the GO Dough toolkit to get started.
- Set up 4-8 stations in various parts of the school (gym, library, classroom etc). Each station offers a 10-minute inclusive activity, e.g. hula-hooping, yoga, shooting foul shots, vegetable tasting, Wellness trivia contest. For an added twist, each station can have a country or continent theme with decorations, activity leaders dressed up etc.

Sample Evening Event Timeline

- **5:00-5:10:** Emcee welcomes everyone in large space (gym or cafeteria), leads simple stretch, explains timing, rules and station locations, and distributes Activity Passports
- **5:10-5:15:** Transition to 1st station – everyone picks their own
- **5:15-5:25:** 1st station activity. At end, everyone who completes activity puts a sticker/stamp on the corresponding line of their PASSPORT. The focus is on participation, not competition.
- **5:25-5:30:** Rotate to 2nd station
- **5:30-5:40:** 2nd station activity.
- **5:40-6:10:** Continue to rotate 2 more times as above.
- **6:10-6:15:** Transition back to large space
- **6:15-6:25:** Divide large group into classroom groups, count completed PASSPORTs for each classroom and report to point-keeper; cashier counts donations by classroom (including donations before event) and reports to point-keeper
- **6:25-6:30:** Emcee announces WINNERS! Thank everyone for coming
  *optional:* On their way out, families turn in passports for small prize/ token such as a book or piece of fruit.

After Event

- Principal personally congratulates winning classrooms
- Post pictures, videos etc. on school social media
- Principal sends email thanking parents for supporting wellness at school
### WELLNESS GAMES NIGHT - Participation Passport

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<td>Classroom 302</td>
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<td>Cafeteria</td>
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</tr>
<tr>
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<td>Classroom 144</td>
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