

# CATCH<sup>®</sup> GO Dough

## **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 <sup>st</sup> Place Classroom	Pajama Day or other dress down day
2 <sup>nd</sup> Place Classroom	Extra Recess
3 <sup>rd</sup> 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

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## 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.
- See Wellness trivia question list at <https://catchinfo.org/eventcampaign> and Family Fun Event Guide at <https://catch.org/lessons/family-resources-family-fun-event-guide> for guidance and ideas

### 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 1<sup>st</sup> station – everyone picks their own
- **5:15-5:25:** 1<sup>st</sup> 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 2<sup>nd</sup> station
- **5:30-5:40:** 2<sup>nd</sup> 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

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## WELLNESS GAMES NIGHT- Participation Passport

Station	Location	Completion Sticker
<i>Hula Hooping</i>	<i>Library</i>	
<i>Freeze Dance</i>	<i>Classroom 302</i>	
<i>Eat a Healthy Snack</i>	<i>Cafeteria</i>	
<i>Wellness Trivia</i>	<i>Classroom 144</i>	
<i>Add Your Own</i>		
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<i>Add Your Own</i>		
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