An Event in 5 Weeks or Less!

It’s not too late to raise funds for your program this year with the health. moves. minds.™ service learning program! Follow this step-by-step guide to complete your event in 5 weeks or less, including easy-to-use lesson plans and ideas you can incorporate into your existing plans. Get started today!

**Week 1: Registration & Planning**
- Sign up online (healthmovessminds.org) with our easy-to-use fundraising platform and set a goal.
- Customize your school’s fundraising page.
- Create school-based incentives to encourage students to register such as “PE teacher for a day” for the highest fundraiser or “pie the principal” if the school hits the $ goal. (Check out more ideas here!)
- Check out the Gopher catalog to make your wish list. Engage your students and have them vote on their favorites!
- Determine your celebratory event (for a quick event that you can easily incorporate into your class time, we recommend a health. moves. minds. day). Use the health. moves. minds. Station Cards to create an event where students can participate in a variety of activities focused on mindfulness, kindness, and physical activity. (Additional event ideas here)

**Week 2: Communication & Promotion**
- Send out parent announcements and share with students (Use our templates!)
- Create a “Throw Kindness like Confetti” bulletin board! Put up a bulletin board where most of the school can see it (like the main entrance). Have students share experiences with kindness on the board. Include the date/time of your celebratory event so parents can see it when they come in.

**Week 3: Implement your educational activities!**
- Implement your health. moves. minds. educational activities as best fits your schedule.

**Week 4: Celebrate**
- Celebrate all the amazing work your school has done with on your health. moves. minds. day! Invite parents to join their children during class time.

**Wrap Up Your Event**
- Thank and congratulate students, staff, and volunteers.
- Expect your Gopher gift card gift card and any earned incentives approximately 4 weeks after completing your event!