



JOIN US AND GET MOVING TO SUPPORT THE MENTAL HEALTH OF YOUNG PEOPLE IN OUR COMMUNITY

EVENT Q&A

What is Move for Kids Sake?

Move for Kids' Sake is Big Brothers Big Sisters largest fundraiser. The goal of this fundraiser is to get participants moving and raise needed funds to help support mentoring relationships for children and youth in your community. The choice is yours for how and when you want to participate!

Step 1 – Register here → <https://bit.ly/MFKS2022>

Step 2 – Decide whether you would like to do an activity all at once in exchange for pledges collected or whether you'd like to do an activity each day until March 31 to challenge yourself. You can participate as an individual or set up a team and participate with friends, family or co-workers.

Step 3 – Set a fundraising goal, commit to an activity and update this on your registration profile. Add photos or a video to grab attention. Examples include – I commit to raising \$250 and I will do 1 sit up for every dollar raised or for a daily activity you can ask people to support you as you challenge yourself to do 50 push ups every day with a goal to raise \$150.

Step 4 – Send your link to friends, family and co-workers asking for them to make a pledge to support you. All donations of \$20 or more will automatically receive a tax receipt.

Step 5 – If you'd like you can take photos or video as you complete your activity and post it on your social media to thank everyone for sponsoring you. Don't forget to tag BBBS!

Step 6 – Enjoy the benefits of helping to improve your own mental health and for supporting the vital mentoring programs for children and youth in your community.

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When is Move for Kids Sake and when can I sign up?

Move for Kids Sake is taking place from February 16 until March 31 and you can sign up at any time from now until the last week in March! Sign up now and start collecting pledges to maximize your fundraising or sign up at any point in February or March. The main thing is to get moving in support of youth in your community in whatever way best works for you.

Can you give examples of different activities I can consider doing?

Being creative and having fun is key!

FOR THE PUSH UP KING: I commit to doing one push-up for every \$1 I raise.

FOR THE PELOTON COUPLE: We commit to riding 1 minute for every \$1 we raise.

FOR THE JUMPING JACK FAMILY: We commit to doing 1 jumping jack for every \$1 we raise.

FOR THE COMPETITIVE BIG BROTHER/BIG SISTER MATCHES: My Little will do 1 sit-up for every \$1 I (the Big) raise.

FOR THE BURPEE LOVER: I commit to doing 10 burpees every day.

FOR THE THOSE LIKE TO COUNT STEPS: I commit to walking 10,000 steps every day.

FOR THE DREAM TEAMS: We will walk/run 1km for every \$10 we raise

Feel free to think outside the box, last year some participants choose activities like chopping wood or eating chili!

Do I have to put a team together?

No! You can register as an individual and set a personal goal or you can choose to register as a team and reach that goal together.

Can I get my workplace involved?

PLEASE DO! Please contact our office for more ideas on how to do this.