



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

Back again this year is the challenge to get moving as an individual, with a group of friends or as part of your organization. Participants will challenge themselves (and each other) to be active and in doing so raise pledges in support of young people in our community.

Big Brothers Big Sisters of Dufferin & District is committed to continuing to make life changing, developmental relationships that foster resilience in the face of adversity. We invite you to help make an impact in 2022 by joining the **Move For Kids' Sake running until March 31st**.

A corporate team is a fun-filled team-building opportunity. There are many ways to get involved. Use this toolkit to help register your team, gather fundraising ideas and get excited about the virtual event. By doing so you will be helping to provide mentoring and supportive relationships for local children and youth to support their mental health.

CORPORATE ENGAGEMENT OPPORTUNITIES

Register a Corporate Team

Register your corporate team at <https://bit.ly/MFKS2022>

Corporate Matching

Does your company have a matching gift program? Double your employees' fundraising efforts by matching their donations.

Sponsorship

Become a 2022 Move for Kids' Sake Sponsor. Make a financial contribution and receive local recognition for your support. Sponsorship levels start at \$250.

Implement a Company Wide Activity i.e. "Walk & Talk"

Commit to donating \$1, \$2 or \$5 for every meeting your staff take while on a walk.



FUNDRAISING IDEAS

Kick-Off Your Fundraising

Introduce your organization to the Move for Kids' Sake! Register online, personalize your team page and set a team fundraising goal. Invite your colleagues to get involved by hosting a kick-off meeting or sending an email to encourage everyone to sign-up, donate & fundraise.

Virtual Trivia

Write your own questions (or find some online) and virtually gather participants. It doesn't have to be a standard quiz; you can be creative with a round on company history or team member baby photos.

Staff Skills or Services Auction

Enlist staff who have a special skill or service such as playing the guitar, knitting, snow clearing or bread making. Auction virtual lessons with that staff member, or the ability to win their services i.e. a loaf of bread a week for a month or snow clearing for a week.

Executive Challenge

Invite a member of your leadership team to participate in the Executive Challenge to help raise funds. Participants must complete the challenge or choose to buy-out by matching the funds raised.

Examples could include:

- Pie in the face, dye their hair blue, shave their head
- Sing Karaoke, wear a costume to work

Get Social

Share your fundraising team page to your social media pages and challenge your network to help you reach your fundraising goal.

#MFKS2022

Balloon Pops

Create a wall of balloons or squares, behind each one is a prize i.e. gift card, jeans day, company swag etc. and team members pay to pop a balloon or pick a square. For example, \$2 a square or 3 for \$5.