Sample Event Ideas

FAMILY FITNESS EVENT

Hosting an event that involves physical activity and healthy eating can help you share positive messages, educate and engage parents, and motivate kids to practice healthy behaviors.

Tips for Success:

- Family fitness events can be held during the day or at night, inside or outside.
- Activities should be selected to meet the interests of all ages and skill levels.
- Reach out to local businesses to volunteer to participate in your event.
  - For example, a local gym or trainer may be able to volunteer to offer fitness training stations
- Recruit volunteers to assist with the planning and management of the event – teachers, staff, parents, community members and even engage students.
- Schedule a meeting 6-8 weeks prior to the event. Topics to discuss include how many participants you can accommodate at the event, supervision needs, instructions/instructors at each station, amount of volunteers needed & jobs, equipment needs for the event.

Activity Ideas:

- Obstacle course
- Target throws
- Tug-of-war
- Water balloon toss
- Sack and relay races
- Jump rope
- Yoga/Zumba
- Dance Instruction

Engage the Community and Volunteers:

- Announce your event and invite parents, friends, and family members to join in the festivities
- Plan ahead and ask your parent network, teachers/staff and community members to participate as volunteers based on your event needs.
- Find additional Game On resources >> Family Fitness Night
Sample Event Ideas

REENERGIZE YOUR PLAYGROUND OR CAFTERIA
(OR OTHER SCHOOL RENOVATIONS)

A school spruce-up can involve all students, their families and the school staff in improving their school, team building and developing school and community pride. Treat it as a special activity for students and families followed by a healthy picnic, or taste test.

Tips for Success:

- Check with your principal and school district first to receive approval for refreshing spaces, as needed
- Break down each activity into specific parts.
  - For example, a school yard pick up involves defining areas, dividing types of debris, providing receptacles, recycling collection, and more. Once broken down it is easier to task your project for participants.

Activity Ideas:

- Paint the cafeteria to make it more inviting – use a bright, welcoming color or create a healthy mural
- Clean up debris on school grounds
- Paint hopscotch, four square & other games on the playground or blacktop space. Many games and sport courts can easily be measured and tapped out with painter’s tape and painted to instantly refresh the play space
- Repaint playground equipment

Engage the Community and Volunteers:

- Announce your event and invite parents, friends, and family members to join in the festivities.
- Identify local community experts and other individuals who could assist as volunteers, provide donations or offer other needed support (e.g., Paint store donating paint/supplies or connect with a local muralist to volunteer to sketch out/help paint a healthy cafeteria mural)
- Find additional Game On resources >> Cafeteria Spruce Up
Sample Event Ideas

SCHOOL GARDEN

Transform a schoolyard space to a garden! A school garden is a wonderful way for students to physically connect with nutrition education, understand the process of growing healthy foods, and recognize environmental stewardship.

Tips for Success:

- Gain approval from school administration & identify a location for the garden.
- Budget for resources (seeds and equipment). There are many organizations that grant financial support for the investment of school gardens.
- Design a plan for the garden and create a list of needs.
- If you already have a garden space, enhance it by weeding it, adding new mulch and new plants and creating garden signs naming each plant.
- Be sure to include a sustainability plan, as gardens do need regular maintenance.

Activity Ideas:

- Enhance an existing or build a new school garden.
- Plant trees or flowers around the school campus.
- Add planter beds, mulch, paver stones or plant signage to enhance the space.

Engage the Community and Volunteers:

- Announce your event and invite parents, friends, and family members to join in the festivities.
- Identify local community experts and other individuals who could assist as volunteers, provide donations or offer other needed support (e.g., A local garden center donating tools, soil or plants/seeds).
- Find additional Game On resources >> School Garden.