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A FUNdraiser as Easy as 1-2-3!

Day of Unplugging FUNdraiser Template

The Day of Unplugging health.moves.minds.[®] FUNdraiser template is designed to focus on the skill of self-awareness by pledging to unplug from technology and devices for 24 hours while giving back to the community. Global Day of Unplugging occurs annually during the first weekend in March, beginning at sundown on Friday and ending at sundown on Saturday. Follow this suggested timeline to implement a Day of Unplugging-themed FUNdraiser in early March or any time during the school year!

1 Register & Plan

Global Day of Unplugging is the first weekend in March, be sure to:

- Determine **who you will raise funds for** — a **charity of your choice** or the school's HPE program. **Tip:** Get your PTO/PTA in on the fundraising and list them as your charity of choice!
- Get approval** from your principal.
- Sign up online at healthmovesminds.org.
- Determine your school FUNdraising goal and **school-based incentives** to encourage students to register and fundraise. **Tip:** Try "PE Teacher for a Day" for the highest fundraiser.

2 Spread the Word

Now it's time to spread the word and let everyone know about your FUNdraiser!

- February 1:** Challenge everyone to unplug! Start sending out announcements to parents and staff and share information about the FUNdraiser with students during class, including details about the FUNdraising goal and special incentives that can be achieved. **Tip:** Try using the ready-made email templates (emails 1-4) provided in your Fundraising HQ!
- February 8:** Guide students in planning their Day of Unplugging using the **Unplugged Challenge Packet**.

3 FUNdraiser Kick-Off & Day of Unplugging

Now it's time to FUNdraise and pledge to Unplug!

- February 16 - March 1 (or 2 weeks prior to your Day of Unplugging):** Show this **Kick-Off video** to tell your students about the new PE equipment your school has set a goal to achieve, what the school fundraising goal is, and if you choose a charity to support, your support charity organization. FUNdraise for 2 weeks.

Suggested FUNdraising Ideas, Activities and Lessons

- Like a dance-a-thon, students can pledge to go device/technology-free for every dollar they raise (e.g., \$1 = 1 minute device/technology-free) up to 24 hours.
- Consider hosting an event on the Day of Unplugging that families and students can participate in like a fitness or game night! **Tip:** Have attendees donate as an optional "entry fee" or sell healthy snacks and have the proceeds go to your FUNdraiser.
- Have students share why they are choosing to unplug with the **Unplug Pledge Template**.
- Analyzing Cell Phone Usage (**Part 1**) and (**Part 2**)
- March 4:** It's time to **celebrate** and have fun!
- March 5-11:** Wrap-up your event and submit any **offline donations**. Thank your families for participating with one of the ready-made emails found in your Fundraising HQ!

