



Join us as we build a kinder, healthier future for our nation's youth.

Across the country, today's children and adolescents – at all grade levels – do not get enough physical activity, and are struggling with anxiety, depression, and other mental health challenges. The health. moves. minds.® program helps all kids thrive physically and emotionally. Students learn that taking care of their mind and body, while also being kind, will help them live their best life.

Our health. moves. minds. fundraising event will help us raise money for needed health and physical education equipment and resources. We will work as a team toward a goal, learn how to ask for something and show gratitude, and feel empowered as we help others and build a healthier school community.

Complete your registration in 3 easy steps!

1 Register

Go to healthmovesminds.org and click **Sign Up Today** to register

2 Ask 10 people for a donation

- Link your Facebook page to your fundraiser
- Call them on the phone and ask them in person
- Send them a ready-made email from your Fundraising HQ
- Download the **FundRaise: health.moves.minds.** mobile app for anytime access to your Fundraising HQ

3 Thank and Share

- Thank people for their donation
- Share a lesson like a Mindful Minute or Respectful Listening with people you ask
- Get a health. moves. minds. T-shirt or other digital recognition badges and rewards when you raise \$50 or more



For Team Champion use:

Fundraiser End Date:

Message to Parents and Special Incentives:

Respectful Listening



Make eye contact.

Be quiet while the other person speaks.

Think about what is being said.

Grades K-5



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Donation Form

SHAPE America



FIRST NAME _____ LAST NAME _____

GRADE _____ TEACHER'S NAME _____

NAME OF SCHOOL _____

RETURN THIS FORM BACK TO YOUR SCHOOL BY THIS DATE _____

I'M PARTICIPATING ON MY SCHOOL TEAM BECAUSE _____

**Please place all matching gift forms, cash and checks in the envelope provided by your Team Champion.
Please make checks payable to your school. Thank you for being a Giving Hero!**

Paid	Donor's Name	Cash/Check or Money Order Donation	Company Matching Gift Forms*	TOTAL DONATIONS
X	Example: Julie Smith	\$50.00	\$0.00	\$50.00
<input type="radio"/>				
<input type="radio"/>				
<input type="radio"/>				
<input type="radio"/>				
<input type="radio"/>				
<input type="radio"/>				
<input type="radio"/>				
<input type="radio"/>				
<input type="radio"/>				
<input type="radio"/>				
Enter your total online donations raised here				\$
TOTAL DONATIONS		\$	\$	\$

When you raise at least \$50 in health. moves. minds. you achieve a T-shirt. Please mark your size below.

- Youth:** Small Medium Large
Adult: Small Medium Large XL 2XL 3XL

*Double Your Donations

Ask the company you work for if they will match your donation to support your school's health. moves. minds. fundraiser.

