

Fundraise Your Way
Do It Yourself



Idea Guide



Whether you're an arthritis warrior or creating a fundraiser on behalf of a loved one, your fundraiser will have the greatest impact if it comes from the heart.

Have a clear vision, know "your why" and invite others to join you in raising awareness and support for the Arthritis Foundation.

Whatever you chose, make it personal. Chose something you and those closest to you enjoy doing, ask for help and have fun doing it along the way!

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Arthritis Awareness Key Dates

You can create your DIY fundraiser anytime, but you may want to consider rallying around these awareness dates and months. Or a date that is meaningful to you.

May	Arthritis Awareness Month
July	Juvenile Arthritis Awareness Month
October	World Arthritis Day, October 12 Invisible Disabilities Week, traditionally the third week of the month.
November	Giving Tuesday, traditionally the last Tuesday of the month



Fun Fundraising Ideas

You've Been Flocked! – Oriental trading has a personalized flock-your-neighbor's-yard decorating kit! Available to order with flamingos and a customizable yard sign! Start with your favorite neighbor and flock their yard with flamingos, send a text or leave a note with instructions and a link to your fundraising page! Ask for a \$25 donation and the flock moves to the neighbor of their choice (24-48 hours), or for a \$50 donation, and the flock will be removed (ASAP), and you get to decide where the flock moves to next!

Duck Derby – Find a hill, make a slip-and-slide and ask family and friends to “buy a duck.”* Organize heats and number your ducks! The duck who wins moves on to the next round of racing, with the final duck taking home a fun prize! *Rubber ducky purchase required!

Dance Party Challenge – Challenge your family and friends to bust a move and share their moves on social media! Set a suggested donation amount for everyone who accepts the Dance Party Challenge and a recommended donation amount for those who politely decline. Check out the Dance Party for Juvenile Arthritis toolkit and planning guide for step-by-step instructions.

Product Party – Do you know a Pampered Chef consultant? Or Scentsy consultant? If so, work with them to host a party and donate a portion of sales.

Dress-Down Day – Ask your company to allow an official dress-down day or maybe no Zoom video day. For the privilege of dressing down, employees donate \$x toward your fundraising efforts. Wear jeans, a T-shirt, your favorite hat or show your team's pride!

Garage Sale – Declutter for a cause!

Host a party

Ask attendees to donate, in exchange for being part of the fundraiser, and ask local businesses to donate the space, food, auction items and raffle prizes.

Bowling Party – Whether you throw strikes or can barely keep your ball out of the gutter, work with your local bowling alley to donate the lanes and reduce other onsite costs, like food and beverages.

Card Night – Call up your serious (or not-so-serious) card shark friends and invite them over for poker night.

Game Night – Throwback to your favorite board games as a kid, or bring out the dry-erase board for some Pictionary! Charge at the door, break into teams and let the fun begin!

Guest Bartending Night – Reach out to your favorite social space and ask if you can guest-bartend for a few hours. You “make” and serve the drinks and keep your tips. Come up with a drink special, and all drink proceeds benefit the Arthritis Foundation.

Karaoke Night – Host at home or reach out to your favorite social space and inquire if you can DJ and use their space for a karaoke competition. Guests pay an admission fee, and whoever has the most “tips” is deemed the singing champion!



Theme Party of Any Kind! - Throw a “donate to the cause” party. Ask for a suggested donation to attend and a donation for any additional activities, such as a raffle, games or to vote for their favorite costume.

- Cocktail Party
- Halloween Costume Party
- Murder Mystery Party
- Pool Party
- Watch your favorite team at home or organize a stadium outing and tailgate

Trivia Night – Host your own in-person or virtual trivia event. Work with a social space to donate the venue and/or the trivia service. Teams pay a registration fee, and your host offers discounted food and beverages. Consider other forms of fundraising, like a 50/50 raffle or playing heads and tails, to have a little more fun! Your social site may provide gift certificates or a free bar tab for the winning team.

Wine and Cheese Tasting – Ask your guests to bring their favorites, or ask local suppliers to provide cheese and wine.

Friendly Competition

Invite others to join your group and create some friendly fundraising competition. Have players make a donation, raise money to play or ask people to support you with a donation!

Organize a tournament or dedicate your game: Volleyball, pickleball, kickball, flag football and more.

- Dedicate your play and set up a game or tournament by asking each team/player to register by donating \$25, for example.

Create your own challenge:

- Partner with a Pilates/yoga/spin class or other boutique gyms, and ask the instructor to waive the class fee and request a minimum donation to participate. Or set a challenge for the day (number of kicks, punches, seconds you can hold a plank, etc.), and ask members to make a pledge.
- An activity over an extended period (e.g., run/walk on a treadmill for 14 hours for the 1 in 4 Americans with arthritis).
- Fishing tournament, rodeo or derby — organize a competition among anglers of all ages! Fishing tournaments typically take place as a series of competitive events, around or on a clearly defined body of water, with specific rules applying to each event. Ask for a registration fee and bragging rights for the catch of the day!
- Dance-Off is an informal competition between two dancers or groups who must progressively dance better than their opponent. Whatever your preferred style of dancing, whatever your level of experience, a bit of imagination and teamwork is all that is required. Collect donations as votes, ask for a registration fee to enter or post your dance video on your fundraising page; those with the most views and donations by x date win a TBD prize!



Train and Get Active: Sign up for that race and ask others to cheer you on. Ask people to donate \$26.10 for your marathon or \$1.00 for every mile, step or elevation completed!

- Marathon, Half Marathon, 5K, Relay, etc.
- Obstacle Race (e.g., Tough Mudder)
- Cycling Event (e.g., Century Ride)
- Triathlon
- Swim
- Hike

Dedicate a special day or celebrate a special person

Share your loved one's story with friends and family, regardless of where they live. Visitors to your page can take action by making a donation in lieu of gifts or flowers, posting messages of encouragement, or by sharing your page with family and friends.

- Birthdays
- Weddings
- Anniversaries
- Graduations
- Bar Mitzvahs or Bat Mitzvahs
- Tributes in honor of, or in memory of, someone can be a meaningful way to honor or memorialize a friend or loved one.

Workplace

Fundraising at the workplace can be a great way to engage employees, customers and your community. Join an existing Arthritis Foundation event, choose to host your own fundraiser at your place of employment or participate in traditional workplace giving opportunities.

Percentage of Sales

- Partner with a local restaurant, social space or store to have a portion of sales on a certain date or time benefit the Arthritis Foundation.

Round-Up

- Partner with local businesses to host a “round-up” day, where customers are asked if they will round up to the nearest dollar, with that extra money benefiting your fundraiser. Perhaps the business will match the amount raised.

Matching Gifts

- Traditionally offered by your employer, you can most likely double your impact. Ask your human resources department if your company has a matching gift program.



Workplace Giving Campaigns

- These can be set up in a variety of ways, but most often they provide employees the opportunity to make donations to charities of their choice through payroll deduction.
- For example: 26 pay periods at \$10 a paycheck adds up to a \$260 donation!

Athletic Events & Schools

Choose a home game or a school-wide activity/event and designate it to create awareness and support. Involve other school groups, such as athletic teams, cheerleaders, clubs and organizations, student council, parents and faculty, asking them to show their school spirit and support for those living with arthritis.

Add \$1 to the admission fee (all or a portion of the fee could be a donation).

Host:

- 50/50 or merchandise drawings*.
- Raffle*: Prizes from local sponsors; a 50/50 cash prize; homemade/personal prizes, such as dinner made by a coach/teacher, etc.
- Silent Auction*: Similar prizes as the raffle, but people write their bid on sheets to win; involve coaches/teachers: “If you raise \$x, Coach will shave his/her head”; pie in the face, dunk tank, sit on the school roof! Have fun with it.
- *Be sure to check first and comply with any federal, state and/or local raffle regulations.

Organize half-time activities and ask for a donation to participate: 3-point or half-court shots, shoot-against-the-clock, teacher or coach contests, grade challenges, etc.

Organize a tournament (3-on-3 basketball, or soccer, kickball, dodgeball, etc.) and charge teams/players a registration fee.

Distribute pledge forms and encourage team members to obtain a flat donation or pledges per point, touchdown, catch, free throw, goal and so on during the season.

Promote a Color-Out Game. Encourage fans to wear apparel in a specific color. Partner with a local vendor or community business to donate or sponsor T-shirts, wrist bands or cow bells for a suggested donation.

- Consider selling color-out game apparel leading up to the game.
- Recruit a community business to sponsor or match the funds raised from the night.

Who Has More School Spirit? Create a competition with a rival school in the weeks leading up to the big game or big event. Partner with a rival team, and designate your game/event as an awareness/charity game.

- Organize fundraising competitions between the schools in the weeks leading up to the big game and announce the winner at halftime.
- Recruit a community business to sponsor or match the funds raised from the night.

Sell T-shirts. Team members, faculty and parent organizations may order and sell T-shirts, with the proceeds benefiting the Arthritis Foundation.



Decorate donation buckets and pass them around at games, during halftime, at admission or the concessions stand to collect donations.

- Add a QR code to your bucket to direct donors to make donations directly to your fundraising pages.

School Activities & Events

Dedicate admission or a portion of admission from a school dance, recital, play, concert, etc.

Dance-Off is a competition between two dancers or groups who must progressively dance better than their opponent. Whatever your preferred style of dancing, whatever your level of experience, a bit of imagination and teamwork is all that is required. Collect donations as votes, ask for a registration fee to enter, or post your dance video on your fundraising page; those with the most views and donations by x date win a TBD prize!

Loose Change

- Ask people to fill up a water bottle with dimes. 1 bottle = about \$100!
- Round up your loose change at home, in your couch cushions and in your car, and turn in whatever you find!

Classroom Competitions – Fill buckets or bottles with loose change. The winning class gets a pizza day or something else special.

Ask principals and teachers to be the “prize” – Classes reaching a certain fundraising goal get to have the principal/teacher shave their head, get dunked or...???.!

Bake Sale – Who doesn't love a sweet treat during lunch or homeroom? Ask your classmates to chip in and make their favorite treat.

Car Wash – Scrub a dub with a car in a tub! Great way to spread awareness and have some fun on a warm summer day or after school.