

# IDEAS FOR CREATING DIY FUNDRAISING EVENTS FOR JED

## HOST A FEEL GOOD FIELD DAY EVENT

This fun, competitive, and interactive event is a great opportunity for students, faculty, and staff to take time to play for your mental and physical health while learning about ways to enhance one's mental well-being. Individual and team games are all part of the event and can range from minute to win it games, physical fitness tests, intellectual puzzles, video game tournaments, finger painting, to lawn games.

## HOST A GET OUT OF BED FOR JED EVENT

This is an overnight (indoors or outdoors) or early morning program with a focus on getting your day started off with a clear mind. Different activities can be incorporated such as mindfulness and stress relieving activities, giving permission for students, faculty, and staff to take time to chill and relax, and start their day off right! Activities that focus on maintaining a healthy balance, such as meditation, yoga, mindfulness, journaling, music, better sleep programs, mental health awareness, nutrition tips, and stress management sessions will be the focus of this event. **Example.**

## WELLNESS EVENTS

Wellness events such as yoga, meditation classes, and dance parties are connected and tied to the JED mission. **Example.**

## ATHLETIC EVENTS

Runs, walks, hikes, athletic tournaments, anything that gets your body and mind going is a fun way to get people involved and engaged in your fundraiser. **Example. Example.**

## SALE & GIVE BACK FUNDRAISER

Whether you're a crafty bunch or have a connection to the owner of a local coffee shop, there are plenty of ways to give back. Consider selling homemade goods or hosting a fundraiser at a local food establishment. Be sure to share the dollar amount or percentage you are giving back to the cause! **Example.**

## LIVESTREAM FUNDRAISER

Are you a passionate content creator or gamer who is interested in helping promote mental health and suicide prevention? You and your community can make an impact by creating a unique fundraising event. Start your streaming fundraiser, whether it's unboxing, showcasing a unique skill or gaming, it's a win-win. **Example.**

