

## One handed for the Day Children's Fundraising

**What is it like not to have the full use of both of your hands?** Let everyone at school have some experience, hold a *One handed for a day* event. Get everyone to spend the day with their arm in a sling and they either get sponsored or pay a £1 or £2 to take part.

Add in some extra challenges - paint a picture with the hand they wouldn't usually use or better still, get those socks off and try painting with the paintbrush between their toes instead.

And don't forget the teachers can join in too!



Here are some different ideas which you could do at school too:

Battle of the bands

Beat the Goalie - entrance fee and goal scorers win a prize

Bed Push - get sponsored for the distance covered

Copper coins - collect 1p and 2p pieces from all you friends

Dance off

Football Kit Day

Match challenge - get a team together and challenge your teachers to a game of football / cricket, rounders and charge an entrance fee for players and spectators

Odd Clothes Day

Non-Uniform Day

Playstation play off