



caritas

diocese of hallam

promoting care and social action

Day 3:
**Give to Others
& Have Fun!**

Suggestions for Teachers in
Primary & Secondary Schools

Lent 2022





An Introduction to Day 3: Give to Others & Have Fun!



Charity is good for you – and your community! And ultimately, that is what the Good Shepherd Appeal is all about.

Giving is seen as one of the Six Ways to Well-Being. Research strongly suggests that acts of giving and kindness can help *improve* a person's mental well-being by creating a sense of reward and giving a feeling of purpose. It is also a great way to **Connect** with others.

Giving and kindness may be about giving your time to the benefit of others (volunteering), giving money for the benefit of others (donating), or both (fundraising).

And we hope you and your pupils will see it as a great opportunity to **Be Active** and have a lot of fun doing that too!

In this final resource document, we give a few fundraising suggestions to help spark that creativity within your school community! But this is by no means an exhaustive list, and we warmly encourage you to pursue your energies and imagination with this one.

Don't forget to send us plenty of News Reports about what you have been getting up to!



Good Mental Health: Six Ways to Well-Being



Connect

Keep Learning

Be Creative

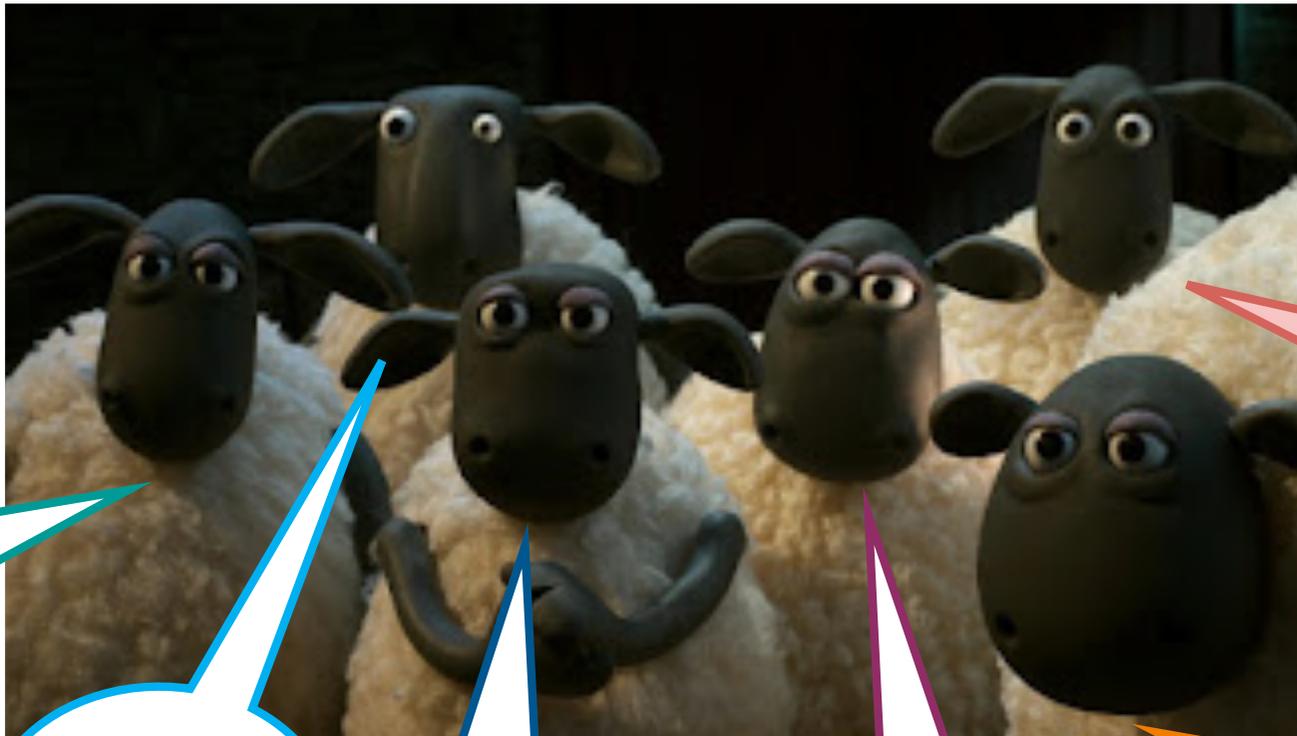
Take Notice

Be Active

Give



Good Mental Health: Six Ways to Well-Being



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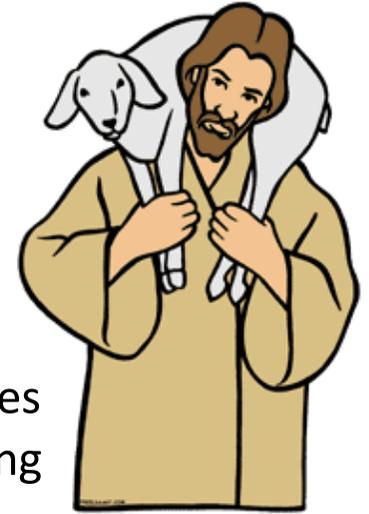
Take
Notice

Be Active

Give



Suggestion 1: Be Active & Raise Sponsorship!



We all know that being active is one of the best things we can do to look after our mental health. There are lots of fun ways we can get our bodies moving and boosting those ‘happy chemicals’ in our brains! So how about helping your class to decide on an activity when they can **Be Active** and raise money through some form of sponsorship? You can find a **sponsorship form** on page 10.

Here are some ideas:

Watch Strictly? How about a sponsored Dance-athon? This is something a Key-Stage or whole Year group could get involved with (depending on the size of your school). There are many ‘-athon’ ideas you could do!

How about a Daily Exercise Challenge during Lent? This could be something that builds up over time, so that staff, students and pupils can track and share their progress – raising money through sponsorship!

How about setting a Team Challenge? Put together a fun challenge that creates both sponsorship and a little competition between classes. This could be anything really – an unusual sporting challenge? A treasure hunt perhaps? An obstacle course? Just go out, Be Active and have fun!



Suggestion 2: Raise Money by charging an Entrance Fee



Goal-kicking Contest – A classic favourite: charge an entry fee to beat the goalie!

Quidditch Tournament – believe it or not, some clever Muggles have found a way to make Quidditch a real-life sport. Set up a charity match and let everyone live out their wizard dreams in exchange for a donation!

For details of how this can be done, and other more unusual sports ideas, see here:

<https://thrillspire.com/unusual-sports-that-you-should-try>

Host Some Sort of Class for the Wider Community – and spread the message of the Six Ways to Well-Being! This could be e.g. something musical, arty or crafty, ‘drawing’ on the expertise that exists across staff and students (excuse the pun). Perhaps a Water-Colour Class? Perhaps a Percussion Experience? How about a relaxing Collaging Class? Give your pupils the challenge of finding one person each to come along!

Cake Decorating Competition – ever seen a sheep cake?! That could be an interesting challenge! Set a theme for your cake decorating competition, and hold it right across your school. Encourage parents and grandparents to enter too!

Bed Racing – Ok, this is probably not terribly practical... But it would certainly be fun!! Five people per ‘bed’ (or something else large, on wheels). One person has to be on the bed (in the trolley), while the other 4 members push...



Suggestion 3: Focus on Cash Favourites...

The old favourites *are* favourites, because they work... Own clothes days and bake sales are popular and reliable fundraisers that you may wish to stick with.

Here are some of those popular cash-based ideas:

Own Clothes Day – in exchange for a cash donation. Perhaps set a theme (e.g wear something dark red for the Caritas symbol? Caritas is a Latin word, meaning *charity*).

Bake Sale – everyone loves a slice of cake! Perhaps tie it in with **Connect** and hold some sort of tea-party / street party, or turn it into a one-time café for parents and carers.

Smarties Fundraiser – you can buy a 4 pack of Smarties for £1 at most supermarkets. Sell tubes for 50p, and you are already making a profit. Ask pupils and their families to fill the empty tubes with 20p pieces and return them, and you have a little fundraiser. How many 20p pieces can you fit into a tube?! (*See page 11 for a useful flyer; secure one to each tube with a loom band, and away you go!*)

Collect Loose Change – challenge friends and families to help you fill up empty plastic containers with their small, loose change. Get enough of them, and those small coins do add up to make a difference!

Over the page, you will find some ideas for fun, easy games to try...





... *And* inject some Fun using Newspapers!



Not all of Day 3 has to be about raising money! It's been another difficult school year, and sometimes, all we need is to have a little bit of fun. Here are some suggestions we hope you may enjoy:

Fanning the Kipper – a fun, silly racing game, that is not as easy to play as it sounds! Each player has a 'kipper' – a piece of flimsy tissue paper, about 20cm long by 10cm wide, cut in the shape of a fish – and a folded newspaper / piece of cardboard to act as a fan. Line up the kippers to race; on the whistle, players have to fan their kippers along the course by waving their fans just behind the kipper's tail. The first player whose kipper crosses the finishing line is the winner! And how about awarding a Kipper Trophy?

Newspaper Fancy Dress – Each player is given a newspaper and some sticky tape, from which to make a fancy-dress costume. Players have 10 mins in which to do this! The winner is the player who is judged to have made the cleverest, most amusing, or most original costume.

Newspaper Stepping Stones Race – a jolly, lively racing game! Before the race begins, each player is armed with two half-sheets of newspaper. They must use these as stepping stones, standing on one while they put the other down in front of them, then moving on it, picking up the one behind and placing that in front of them, and so on. The first player to complete the course by using their stepping stones, wins. Additional Rules: any player who touches the floor with any part of their body is sent back to the starting-point, to begin again! And anyone stepping off their stepping-stone is disqualified.



Here are another couple of Interesting Games to try



Picasso – Pablo Picasso once said: *‘Painting is a blind man’s profession. He paints not what he sees, but what he feels.’* In this game, Picasso’s words are taken somewhat literally...

To play it, you will need some simple equipment and an even number of players.

The players are divide into pairs, and each pair sit back-to-back. One of the pair is given a piece of paper, a pencil and something to act as a drawing-board; the other is given an object, such as a pineapple, an egg whisk, a chess piece or a rubber duck. (It can be anything, so long as it is interesting). Without telling their partner what the object is, nor what it is used for, the player must describe it: its size, shape, how it feels, etc. The partner has to draw the object on the basis on the description given, following the directions as best they can. At the end of the game, the most accurate, or the most remarkable illustration, wins the prize!

Boat Race – The players are divided into equal teams. In each team, one player acts as ‘cox’ and the rest form the boat.

The players take up squatting position, one behind the other, with their hands on the shoulders of the player in front. On the command ‘Go’, the players hop forward as best they can, and race over a short course. If a player falls over or lets go of the play in front of him, the ship is sunk. The cox stand in front of his / her boat, calling out the rhythm to help his boat hop along in unison. The first boat past the finishing line, wins!

(From The Lost Art of Having Fun, by Gyles & Saethryd Brandreth)

Good Shepherd Appeal Sponsorship Form



Staff / Pupil Name:
School Name:
Challenge Date & Details:

Name:	Address & Post-code:	Phone No:	Date:	Amount Sponsored:	Gift Aid Y/N

Thank you! Your sponsorship will help someone in our community access the counselling support they need.



Smarties Challenge for the Good Shepherd Appeal



Please help us raise money for the Caritas
Counselling Services, by returning this Smarties Tube
filled up with 20p pieces!

These professional counselling services are used by children and their families, schools, and adults of all ages in the communities of our Diocese. Our fundraising means that those who can't afford counselling, get to access it anyway – either at a discounted rate, or entirely for free!

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