



**Not sure where to start? We have some ideas: sports, games, events, arts, hobbies, and more.**

**If you love to do it, it can **Gather Momentum** for birthparent support.**

## **Exercise Fundraisers**

Select one of these exercise activities — or choose your own — and turn it into a fundraiser for Birthparents support.

### **How to Plan a Hiking Fundraiser**

If you are located near a national park, river or lake, mountain or scenic trail, organize a group outing. Map out your hike using materials from your local venue. Request a donation per mile hiked, and/or provide a guide, water and snacks for participants and create an entry fee/donation per participant.

### **How to Plan an Indoor Cycling Fundraiser**

Ask your gym to schedule a special indoor cycling class. Participants can track their mileage and request a donation per mile cycled, or set an entry fee/donation for others to ride with you.

### **How to Plan an Outdoor Cycling Fundraiser**

Organize a road ride, trail ride or bike tour, and invite others to join you. Participants can track their mileage and request a donation per mile cycled, or set an entry fee/donation for others to ride with you.

### **How to Plan a Running Fundraiser**

There are many different ways to fundraise by running. Challenge long-distance runners to a full marathon, or plan shorter races to increase turnout, such as a 10K or 5K. Set up a relay race for younger participants so that all age groups can participate. Have an entry fee/donation or donate by lap or half-mile.

### **How to Plan a Swimming Fundraiser**

Whether you race in a lap pool or spend a day at the beach, you can raise dollars by challenging your family and friends to setting a new record or completing the most laps. Create multiple lanes so that all age groups can participate.

### **How to Plan a Walking Fundraiser**

Organize a group walk-a-thon, such as a 10K. This can be a dog walk, a stroll through a historic neighborhood or simply a path through town. Ask others to donate per "lap" (whether that is a track lap, city block or other measured distance), or set an entry fee/donation per person for participating.

### **How to Plan a Workout Fundraiser**

Practice kickboxing, cross-training and more with a day of working out! Set an entry fee/donation per class, whether it is a 60-minute barre class or a cardio session. Ask others to participate with you or make a donation per calorie burned!

### **How to Plan a Yoga Fundraiser**

Embrace exercise through a peaceful day of focused yoga or Pilates practice. Research local studios or instructors interested in providing a space, or locate a public place where you can gather for different levels of practice, from beginner to advanced. Accept donations per class session, or ask the instructor to donate their proceeds from the day.

### **Other Exercise Activity**

Not finding your exercise activity in this list? No problem! Fundraise in any way they choose. Select "other" and let us know more when you register.

## **Sports Fundraiser**

### **How to Plan a Bowling Fundraiser**

A day of bowling is a fun way for all ages to participate in Gather Momentum!

Secure a bowling alley and set an entry fee/donation for each game played. You can also host a bowl-a-thon and request a donation for each pin knocked down.

### **How to Plan a Golf Fundraiser**

Golf allows both novices and experienced players a chance to raise funds. Golf games are exciting for all ages, and a tournament is ideal for competitive golfers. Mini-golf and driving ranges are also excellent options. Contact a local course and explain your needs, number of participants and when you would like to hold your event. Charge a donation or fundraising minimum for entry, and brainstorm creative contests for extra fundraising.

### **How to Plan a Kickball Fundraiser**

A perfect outdoor summer sport, kickball can also be played indoors. Choose a location and organize your equipment: kickballs, bases and cones. Organize teams so that adults and kids can join in! Charge an entry donation or fundraising minimum to play, and ramp up the competition with a fundraising contest.

### **How to Plan a Pickleball Fundraiser**

Pickleball is currently one of the fastest-growing sports. To organize a tournament with other players in your community, choose a date and location, and determine the brackets in advance. Set an entry fee for each game played, or request donations for every point or game won.

### **How to Plan a Soccer Fundraiser**

Book an indoor or outdoor venue and divide your friends and family into teams. Identify referees and organize supplies: soccer balls, nets and jerseys or T-shirts for each team. Charge an entry fee/donation or fundraising minimum to participate, and fuel the rivalry with a competition to see who can raise the most.

### **How to Plan a Table Tennis Fundraiser**

Table tennis is a popular sport for all ages! Organizing a tournament will depend on the number of participants. Set up your teams and brackets in advance. You will require: game table/s, paddles and balls. Set an entry fee/donation for each game played, or ask for a donation for every point or game won.

### **How to Plan a Tennis Fundraiser**

Select a facility large enough to accommodate the number of people playing. Use the mixed doubles format to keep the event open to all yet still competitive. Set a donation per set played or an entry fee/donation for an all-day event. Give extra points to the players with the highest fundraising totals.

### **Other Sports Activity**

Not finding your sport in this list? No problem! Fundraise in any way they choose. Select "other" and let us know more when you register.

## **Games Fundraiser**

### **How to Plan a Video Gaming Fundraiser**

Organize a video game tournament! Ask for donations or challenge players to fundraise within their own networks. Choose a multiplayer game so that lots of people can participate together.

### **How to Plan a Livestreaming Fundraiser**

Play at home and livestream it! Ask for donations or challenge players to fundraise within their own networks, whether it's on Twitch, YouTube Live or Facebook Live. Choose a multiplayer game so that lots of people can participate together.

### **How to Plan a Board Games Fundraiser**

No matter their age or experience level, everyone can join in during a board game tournament. Choose a variety of games so that everyone can join in, from Monopoly and Scrabble to Candyland and Trouble. Set an entry fee/donation or fundraising minimum per player.

### **How to Plan a Bridge Fundraiser**

You can play bridge at home or organize a tournament with your local American Contract Bridge League club. Choose a location large enough to provide seating for your event. Provide supplies: card decks (remove the Jokers), pencil and paper to keep score and square tables for organized four-person seating. Charge an entry fee/donation or fundraising minimum to participate, and keep the competition going by providing patches or prizes for your top fundraisers.

### **How to Plan a Cards Fundraiser**

The options are endless when it comes to card play! There are many games that require a standard card deck. These include poker, hearts, euchre, gin rummy, blackjack and crazy eights. There are also games played with different sets of cards, such as Uno. Kids can participate with games like war, go fish and old maid. Set an entry fee/donation per game played.

### **How to Plan a Chess Fundraiser**

Organize a chess tournament with an entry fee or raise money per game played.

### **How to Plan a Mah Jongg Fundraiser**

Join one of the fastest growing games in the world and test your hand at Mah Jongg! You can play Mah Jongg at home or organize a tournament with your friends or local Mah Jongg groups. Charge an entry fee/donation or fundraising minimum to participate, and keep the competition going by providing prizes for your top fundraisers.

## **Party or Event Fundraiser**

### **How to Plan a Cookout Fundraising Event**

Decide on a location and make plans for inclement weather. You can have a cookout in a backyard, campgrounds or a public park. If hosting at a venue other than a private home, find out what sort of grilling is allowed and what time the locale opens and closes. Plan food and beverages based on the number of people attending, and provide cutlery, cups and plates. Set an entry fee/donation or fundraising minimum to attend.

### **How to Plan a Dine and Donate Fundraising Event**

Partner with a local restaurant or eatery, and see if they will support a dine to donate! Invite your friends and family to and they will donate 20% of food and soft beverage sales directly to your fundraiser!

## **How to Plan a Lemonade Stand Fundraiser**

Choose a location for your stand, whether it's in your neighborhood, in a local park or near a beach, golf course or festival where people will be eager for refreshments. Set up in a shaded area and plan for weather, rain or shine, by using a cover or tent. Set up pitchers, cups, napkins and straws, encouraging passersby to donate by the glass through friendly conversation.

## **Arts Fundraiser**

### **How to Plan an Arts/Crafts Fundraiser**

Brush strokes or pottery wheels? Gather with your friends and family for a day of art at a local studio or in your home. Have an instructor teach a drawing class, donating their fee to the cause, or head outdoors with your group to sketch in nature. From watercolors to photography, you're only limited by your imagination. Auction off your final product to the highest bidder.

### **How to Plan a Dancing Fundraiser**

Tango, ballet, tap, salsa or swing — dance is an amazing workout and a great way to celebrate Birthparents. Rent out a dance studio and hire an instructor for your group with proceeds going toward the cause. Choose your favorite type of dance, or select a type for all ages that doesn't require specialized shoes, such as line dancing or polka.

### **How to Plan a Music Fundraiser**

Are you a talented guitarist? Are you friends with a band? Celebrate with a day of music. Organize an at-home event, or gather at a local theater or music school for a day of piano, cello, violin — whatever you love! Charge admission or set a fundraising minimum for the participating musicians. You may consider organizing a Battle of the Bands or concert!

### **How to Plan a Singing Fundraiser**

Bring together a choir or all of your friends and family with a set of pipes! Organize a karaoke party or an evening of songs; sing pop or theater music, or favorites of someone you know.. Take song requests in exchange for donations, and post videos of your performance on social media.

## **Hobby Fundraiser**

### **How to Plan a Car and Motorsports Fundraiser**

Are you a racing enthusiast or a vintage or exotic car admirer? Rev your engines and fundraise with fellow gearheads in your community! Already have an event? Then just add fundraising. Host a car show with a set entry fee, hold a silent auction and serve food. Spend your day at a local racetrack, rally or autocross event and donate a percentage of the entry fees. Hold a test-n-tune day, where a donation puts you on the dyno. Any event big or small can include a raffle for prizes like free car washes, detailing kits and auto accessories from local sponsors.

## **How to Plan a Cooking or Baking Fundraiser**

Whether you prefer to cook or to bake, you can bring out the famous family recipes for Birthparents Support Alliance. Make grandma's cookies for the family or office — in exchange for a donation — or host a potluck dinner. Meet up with your dishes or get together to cook and share secret recipes, and celebrate the day together.

## **How to Plan a Gardening Fundraiser**

If you have a green thumb, plan a day of planting. Gather fellow gardeners in your own outdoor space, or arrange a day at a local farm or community garden. Set a fundraising minimum or donation for each participant.

## **How to Plan a Fishing Fundraiser**

A relaxing day on the water is an opportunity to raise funds for birthparents. Set an entry fee/donation per participant and host a fishing competition for all ages. Rent a boat for the day, or pick a pier or lake where people can come and go. Provide bait and hooks and ask people to bring their fishing poles. Request a donation for every fish you catch.

## **How to Plan a Knitting Fundraiser**

Knitting or crocheting by yourself or in a group is a great way to raise funds for BSA. Auction off your final product in exchange for the highest donation!

## **How to Plan a Motorcycle Riding Fundraiser**

If you have family and friends with bikes, organize a motorcycle ride or run. Map out a route where your group can enjoy a scenic or historic stretch of road. A one-day ride could be up to 100 miles! Contact local clubs to recruit other riders to join, and ask for a donation for every mile you ride.

## **How to Plan a Reading Fundraiser**

Stock up on your favorite books and gather a team of friends and family for a day of reading, or invite others to read wherever they are. You can incorporate a read-a-thon, story hour or a book club discussion as part of your day. Ask for a donation for every page or chapter you read.

## **How to Plan a Water Sports Fundraiser**

For those who love the water, there are ample ways to raise funds, whether it's through sailing, rowing, waterskiing, surfing, swimming or diving. Choose an activity and provide the necessary equipment, or encourage people to join you at a venue with a pool, ocean, lake, pond or river where people can participate in a variety of ways. Set a fundraising minimum for others to join you, or ask for a donation for every lap, stroke or wipeout.

## Fundraise Only

If you already have an event coming up in your life like a birthday, wedding, anniversary or other celebration that you'd like to turn into a Gather Momentum event, you can simply set up a fundraising page. Select one of the options below to get started.

### How to Fundraise for Your Birthday

If you have a birthday coming up, you can register and set up a fundraising page to accept donations in lieu of gifts. Ask others to donate a certain amount in honor of your birthday, such as \$40 for your 40th!

### How to Honor Someone with a Fundraising Page

Whether someone in your life has been touched by birthparents, or adoption, you can honor that person by setting up a fundraising page and raising donations in their name.

### How to Fundraise for Your Wedding or Anniversary

If you're tying the knot or have a big anniversary coming up and would rather give a gift than receive one, set up a fundraising page and include the link on your registry, invitation or wedding website. Ask friends and family to make a donation in honor of your union instead of purchasing a gift.

*I've attended other support groups but they were facilitated by an adoption agency. The conversation is different when women don't have to worry about offending the agency they depend on for support. At Shared Journeys Birthparent Collective groups, birthmoms don't have to censor themselves. We can acknowledge 100% of everything we're dealing with and it's incredibly liberating.*