

Icebreakers for Schools, Sports Clubs, General Public & Special Interest Groups

Schools

1. COLOUR RUN IT

Turn your school cross country day into a whole of school fun fundraiser. Take your existing cross-country course but add food grade colour paint stations manned by teachers and parents to create your own colour run. Perhaps have a teacher's race after the kids have had their turn to let them get their revenge!

2. DANCE IT

Get your class together for an endurance, night time, dance off. Decide on a dress up theme, make sure you have a nice safe but dark location, add plenty of glow sticks, a great playlist, a black light and lumo face paint. Then just turn up the music and get dancing. Can you keep it up for 3 hours and get your friends and family to sponsor you for every hour you complete?

3. RUN IT

Turn your love for running into a force for good by setting yourself a personally running target for the week of the challenge. Want to run the length of a marathon over one week while still attending school and sport? Set a fitness goal and get your friends and family to sponsor your marathon effort throughout the challenge! You can even add your kms manually or via fitness apps directly to your fundraising page to show your progress!

4. WALK IT

Do you live close to your school? Do you catch public transport? If you live close enough, why not walk to and from school every day for the week of the challenge?! If you catch public transport, try getting off a few stops before school (and before home on the way back) and walk the extra few kms? Show your friends and family you're committed to making a difference and take the walk home challenge!

5. RIDE IT

Get your friends in the local area together and challenge yourself to jumping on your bike instead of hopping in the car or bus to get to school, every day for a week! It will be fun to travel to school with all your mates and there will be safety in numbers! Make sure you challenge one or some of the parents to join you for the week too!

6. SWIM IT

How many kms can you swim at once? Get your friends together and take part in the ultimate swimming relay for Challenge4Change! Decide on a distance (like 10km!) and break it up between you and your mates. Get your friends and family to sponsor you. You could even suggest swimming one meter or lap for each dollar you raise!

7. SKIP IT

Do you love skipping?! Get your friends and family together at lunch time and take turns showing off your skipping tricks for the entire lunch break! Decide a day and collect a crowd to watch! You can even collect cash donations on the day and donate them later to your page!

8. HANDBALL IT

Take part in the ultimate handball championship with your mates and raise money for a good cause! Select a day throughout the Challenge and get your mates together to face off! Your family and friends can sponsor you to be the longest lasting handball'er on the pitch! You could even get your friends to pay a donation to your fundraising page as an entry fee to the

competition! Challenge your teachers to enter too and see how far they can go!

9. **KICK IT**

Love to kick around the footy at lunch time? Why not challenge yourself to kick the ball 100km? That's sure to impress your friends and family and get them donating. It'll take 10 pairs of players each kicking a ball 20m between them for about two hours to rack up that total. Or can you get the whole club involved and make it 1,000km.

10. **MONKEY BAR IT**

Are you a whiz on the monkey bars? How many times can you go back and forth at once? Show off your skills and get your friends and family to sponsor your monkey bar endurance challenge! Pick a day in the Challenge and set a goal for number of times you can cross the monkey bars then go for it! You could even do a relay on the bars with your friends - see how many turns you can have in a row!

Sports Clubs

1. KICK IT

Get your footy team together and challenge yourselves to kick the ball 100km? That's sure to impress your friends and family and get them donating. It'll take 10 pairs of players each kicking a ball 20m between them for about two hours to rack up that total. Or can you get the whole club involved and make it 1,000km.

2. BOOT CAMP IT

Turn your regular boot camp or cross fit session into an endurance challenge by ramping it up to 2 hours instead of the usual 1 hour. Maybe build a team or relay component into the last hour and get some teamwork happening to help each other get through it.

3. RUN IT

Take to the tracks and set yourself a running goal for the week of the event. How many laps can you do at the local track? Set a goal and break it up over the week or do it all at once. Let your friends and family know what you plan to do and how long it will take and get them to sponsor you!

4. JUMP IT

Is high jump or long jump your thing? Jump your way through the Challenge4Change event by setting yourself a tough goal! Want to reach your PB height or length? Or maybe you want to practice for an extra 1 hour a day? Whatever your challenge, let your friends and family know what you're doing and how they can sponsor you to get there!

5. PASS IT

Pick up your footy and grab a mate and set yourself the a passing challenge! Want to go the distance (50m or more?) or maybe endurance is your thing... Grab your team mates and set yourself a challenge to throw the ball a certain distance in an hour! Then get your friends and family to get around you to sponsor your efforts.

6. SHOOT IT

Get your teammates down to the local court challenge yourself to a basketball shooting challenge! Set a time frame and get people to sponsor your endurance challenge. How many hoops can your team do in an hour? Set up a Facebook Live stream of all the action and encourage your friends and family to sponsor you to keep going!

7. SCORE IT

All you need is a ball, a soccer goal, some team mates and a crowd. Get your team down to the pitch and show off your skills for an hour or two. Pretend you are in a tense penalty shoot out and show your friends and family some of your finest skills. How many goals can you shoot in an hour? Make sure you have a goalie there defending you so you can really show off! Get your friends and family to sponsor you and your team and your fine ball skills!

8. SWIM IT

Turn your training into a force for good and get your team mates or fellow swimmers into the pool for Challenge4Change. Challenge yourself to swim one metre for every dollar you raise - try and do it as a relay. Or set yourself a distance AND a time frame. Let your friends and family know you've set yourself a pretty hard challenge and get them to sponsor you for it!

9. GYM IT

Get yourself down to the gym twice a day for the week of the challenge and hit some of your fitness goals! Whether it is a weight lifting PB or a treadmill distance PB, let your friends and family know that you are heading to the gym twice a day for the week of the challenge. Get them to sponsor you when you reach personal goals or work extra hard at a session!

10. **TENNIS IT**

Get your competitive juices flowing and challenge your tennis mates to play in the ultimate tennis championship! Get them to pay an entry fee in the form of a donation to your fundraising page and see who can make it until the end. Share pics of your competition to your fundraising page and get your friends and family to sponsor you. Play a competition with a difference - Every \$100 you raise will be a lifeline when you need it most in the competition! Double fault made you lose the set? Erase it with your \$100 donation free point pass!

General Public

1. **RUN IT**

Turn your love for running into a force for good by setting yourself a personally running target for the week of the challenge. Want to run the length of a marathon (or more!) over the week in between work and your social events? We know life can get busy but for the week of the challenge, set a fitness goal and get your friends and family to sponsor your marathon effort! You can even add your kms manually or via fitness apps directly to your fundraising page to show your progress!

2. **WALK IT**

Do you live close to work? Do you catch public transport? If you live close enough, get your walking shoes on and take the walk to work challenge for the week of the event! If you catch public transport, you can get off a few stops before work (and before home on the way back) and walk the extra few kms (try 2km or more each way)! Show your friends and family you're committed to making a difference and take the walk home challenge!

3. **RIDE IT**

Live too far from work to walk? Take the ride to work challenge! Hop on your wheels and set a goal to ride to and from work every day for a week! Let your friends and family know you've given up the car or bus for the week and to sponsor you to put your helmet on to ride to and from work. You can add the kilometres you ride manually or via a fitness tracker directly to your fundraising page so your supporters can see your progress!

4. **SWIM IT**

Has it been a while since you've jumped in the pool? Get back into it with Challenge4Change and set a swimming goal for you and some mates to achieve! Get a team together and let your friends and family know they can sponsor your relay swim (and that you might swim a metre for every dollar you raise!).

5. **GYM IT**

Need motivation to make use of that dormant gym membership? Challenge4Change is the perfect reason to get back into it. Challenge yourself to attend two gym classes a day for the week of the Challenge - one before work and one after (or at lunch if you can't fit it in). Get your friends and family to sponsor your gym challenge by donating to your fundraising page - who knows, you might love it!

6. **DOG WALK IT**

Grab some mates and your furry friends and take part in your own dog walking challenge. Start a Facebook group or send a group text message and see how many of your friends and their dogs can come. Pick a scenic walk and get your friends and family to sponsor your big dog walk! Don't forget to share pics of the walk on your fundraising page. Your dog will love you for it!

7. **TENNIS IT**

Get down to your local court for the ultimate tennis championship with friends. Hire out the courts at the local sports or school ground and get the competitive juices flowing. Share your fundraising page and get your friends and family to sponsor you and your mates to be the last men standing! Take photos of the comp and make sure you share your training efforts to your fundraising page in anticipation to let your supporters know how you got there!

8. **SHOOT IT**

Get your friends and family down to the local court or put up a net in your backyard and challenge yourself to a basketball shooting challenge! Set a time frame and get people to sponsor your shooting challenge. How many hoops can you do in an hour? Set up a Facebook

Live stream of all the action and encourage your friends and family to sponsor you to keep going!

9. **ZUMBA IT**

Love to dance? Show your friends and family just how much and commit to a Zumba challenge! Throughout the Challenge week, aim to attend (or do from home) one Zumba class a day and make your move! Don't forget to take some pics of you on the go to share with your friends and family who are sponsoring you!

10. **PRAM IT**

How about being that adventurous mum? Pick a good, pram friendly beachfront walk that covers a challenging distance – maybe 2-3 hrs of walking. Make sure there are coffee shops and toilets along the way and then get the mums from your mother's group together and see how many beaches you and the bubs can cover in a morning, getting your family and friends to sponsor you on the way!

Special interest groups - like the police

1. **OBSTACLE COURSE IT**

Create an extreme obstacle course challenge for you and your work mates or friends. Create it yourself or research to find one locally and set a challenge up for your team. Who can run the fastest? Jump the highest? Crawl the lowest? Get together for the ultimate fitness challenge and get your friends and family to sponsor you!

2. **FUN RUN IT**

Recruit your work mates, friends or family members of all fitness levels and create your own Challenge4Change fun run! Challenge them to run 5, 10 or even 21km (that's a half marathon!). Get up and get fit together and unite everyone around a common goal. Get your friends and family to sponsor your own fun run in your local area! Pick a day and get training today.

3. **BUBBLE SOCCER IT**

Branch out from the ordinary and find a local sports ground or sports hire company that plays bubble soccer! It's fun and challenging but most of all it's hilarious to watch. Get your friends and work mates down to the local and a crowd of spectators to come along and watch. Why not play a mini championship? Your friends and family can make a donation to your page to come and watch or simply donate in the hope of seeing some photo evidence after you play!

4. **BOX IT**

Boxing can be really aerobically challenging, even for the fittest of us all. Why not turn your love for boxing and fitness into something more by challenging yourself to an hour or more a day of boxing! Get your friends and family to sponsor you and don't forget to add your manual fitness totals directly to your fundraising page so your supporters can track your progress.

5. **DANCE IT**

Show your friends and family just how much you love to dance at commit to a dance challenge! Throughout the week, aim to attend (or do from home) one dance class a day and make your move! You could even get your colleagues involved and get them moving during lunch! Don't forget to take some pics of you on the go and share with your friends and family who are sponsoring you!

6. **LIFT IT**

Love to lift? Are you on the cusp of a personal best weight? Use your weight and fitness training into a fundraiser for Challenge4Change. We know that working out helps you to keep physically but also mentally well so use that encourage your friends and family to sponsor you. Challenge yourself to a goal weight or number of reps to achieve every day for the week of the challenge. Share pics and progress along the way to encourage your supporters to keep giving.

7. **PUTT IT**

If you fancy yourself the next Greg Norman on the greens, take your expertise and commit to the putting challenge in the Challenge4Change. You could challenge your mates to the ultimate putt putt challenge or you could set a personal goal to jump on the putting green every day for a week. Whatever your challenge, tell your friends and family what you are planning to do and get them to sponsor you in the name of mental health!

8. **ROW IT**

Do you love to row or are you a member of your local rowing club? Get your crew together and set an endurance rowing challenge for team! Share your training updates and fitness activity directly to your fundraising page and show your supporters how much effort you are putting in to the row!

9. **TRI IT**

Are you up for a real fitness challenge? Do you have a group of colleagues or friends willing to run your own mini triathlon? Run, swim and cycle your own set distance and get your friends and family to sponsor on the way!

10. **NET IT**

Grab your work mates, friends or family and get back on the netball court, all in the name of mental health. Challenge yourself to a friendly game or mini championship and get your colleagues or family to sponsor you!