

## “30 for 30” Fundraising Ideas for kids

Join us in celebrating our 30th anniversary by taking on a special “30 for 30” fundraising challenge. Here’s some inspiration for you and your little (and not so little) ones...

**1** **GIVE IT UP CHALLENGE** : Whether its sweets, chocolate, gaming, social media... why not try giving up something you really enjoy for **30 days** and get sponsored to do it!

**2** **TAKE IT UP CHALLENGE** : Alternatively how about a ‘take it up challenge’? Whether it’s walking the dog, washing up, making the bed - whatever the chore, do it for **30 days** and get that sponsorship money in!

**3** **ALLERGY-FRIENDLY BAKE SALE** : Spend the school holidays baking a selection of allergy friendly cakes and treats and sell them to neighbours, family, classmates for **30p per treat**. Here’s a link to our [Big Bake Pack](#) for some inspiration!

**4** **SPONSORED SWIM** : Challenge yourself to swim **30 lengths** of your local swimming pool and get sponsored for each length you complete. If you want an extra challenge set yourself a timer and see how quickly you can complete it!

**5** **ARTS AND CRAFTS** : Do you have a special crafting talent? Why not make and sell **30 handmade items**? A great activity for a rainy day or during the school holidays!

**6** **SPONSORED SILENCE** : One we know the parents will enjoy! Can you stay silent for **30 minutes** or even better, **30 hours**? Give it a try and see how much sponsorship money you can raise. It’s not as easy as it sounds!

**7** **SPELLING BEE CONTEST** : Arrange for you and your friends to learn to spell **30 new words** and get sponsored for each one you get right. Anaphylaxis is a very tricky word to spell!

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**MAKE YOUR OWN COLLECTION BOXES** : Download the FREE collection box templates from the [fundraising resources](#) on our website and make a collection box to collect donations at school.

**BEDROOM CLEAR OUT** : Rummage around the house to see what unwanted items you can donate using our [iCollectClothes service](#). Can you find **30 books, clothes or toys** you no longer need that someone else could enjoy?

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**YES DAY CHALLENGE** : Challenge yourself to say YES to everything your parents ask you to do for **30 hours**, in exchange for donations of course! Don't forget to pay your donations online at [www.anaphylaxis.org.uk/donate](http://www.anaphylaxis.org.uk/donate)

**RANDOM ACTS OF KINDNESS** : It's Random Act of Kindness Day on 17th February so why not set yourself a goal of completing **30 random acts of kindness** throughout the year?

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**SAVINGS CHALLENGE** : If you're lucky enough to get pocket money then you could try saving £2.50 each month for 12 months instead of buying that extra bag of sweets or chocolate. £2.50 for 12 months would be a **£30 donation!**

**ALLERGY FACT FINDING** : Using the Anaphylaxis UK website, come up with **30 facts** about allergies and share it with your friends and family, or even your class at school – raising awareness is key after all!

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**TIME TO SHINE** : Do you have a special talent? Why not organise a **30 minute** talent show and sell tickets to your friends and family! Get your friends involved to showcase how talented you all are!

**GIFT WRAPPING SERVICE** : It's never too early to think about Christmas! Why not organise a gift wrapping service this Christmas in exchange for a small donation for each present wrapped. Can you wrap **30 presents** in 1 day?

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**AFTERNOON TEA :** Organise an afternoon tea party and encourage friends and family to make a donation to attend? Can you **raise £30** through donations? Visit the [fundraising resources](#) on our website to make bunting to theme your tea party.

**SPONSORED CAR WASH :** Do something nice for your neighbours by offering to wash their cars in exchange for a donation amount of their choice. Can you wash **30 cars** over the summer holidays?

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**READING CHALLENGE :** Why not celebrate World Book Day on 7th March by setting yourself a goal of reading **30 books** this year. You could even get sponsored for every book you read.

**30 MILES IN 30 DAYS :** Can you take on the challenge of covering **30 miles in 30 days**? You can cover the distance however you like... Swim, walk, run, cycle! Don't forget to collect donations or sponsorship for every mile you complete.

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**30 PROMISES :** How about coming up with **30 promises** that you can sell to the highest bidder? You could promise to share your sweets, eat your fruit and veg, wear rival sporting colours or any promise your friends and family might like to buy!

**CELEBRATION CARDS :** Whatever the celebration... birthdays, Christmas, Easter, Valentines... spend some time making **30 cards** to sell throughout the year for a small donation. People love one-of-a-kind cards that can't be bought in the shops!

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**WEAR IT ORANGE :** Or how about a challenge for all the fashionistas out there? Could you wear something orange every day for **30 days**? Don't forget to tell people why you're wearing so much orange!

**DRESS DOWN DAY :** How about helping your school to organise a dress down day with all donations going to Anaphylaxis UK? You could ask everyone to dress up as a famous person from **1994** the year our charity was founded!

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**SPONSORED DANCE-A-THON** : This is one to help burn off some energy in the school holidays! Can you dance to **30 songs** in a day? Don't forget to get sponsored for each song you dance to!

**KARAOKE CHALLENGE** : If dancing isn't your thing, then why not try a singing challenge? Can you sing to **30 songs** in a day or how about only picking songs from 1994, the year our charity was founded?

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**LEARN SOMETHING NEW** : Why not raise money for Anaphylaxis UK and learn a new skill at the same time? Learn to play an instrument, learn a new dance, learn to juggle... whatever you choose, challenge yourself to learn it in **30 days**!

**SPONSORED RUN/WALK** : Can you and your class mates complete **30 laps** of the playground over the course of the day. Why not get your teachers involved and all wear something orange to show your support for Anaphylaxis UK?

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**SELFIE CHALLENGE** : Why not take on a selfie challenge and **take 30 weird and wonderful selfies** in 30 days! Even better, include an Anaphylaxis UK poster in your selfies to raise awareness!

**DONATE YOUR BIRTHDAY** : If you're feeling super generous and have a birthday coming up, then ask family or friends to give a 'donation' to Anaphylaxis UK instead of a birthday gift this year.

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**RAISE £30 IN 30 MINUTES** : If none of our suggestions appeal to you, then why not set yourself a quickfire challenge of raising **£30 in 30 minutes**? However you do it, you've got just 30 minutes to do it!

**Good luck with your fundraising efforts and don't forget to let us know what you get up to by contacting [fundraising@anaphylaxis.org.uk](mailto:fundraising@anaphylaxis.org.uk)... We'd love to hear from you!**