

# 31 days to reach your TEAM GOAL!

## Get ready!

- 1 Log in to your Participant Center and check out the available tools in the "Resources" tab on the Walk website!
- 2 Customize your personal page with a story about why you are participating in the Walk for Apraxia!
- 3 Update your team page with a photo! Teams who update their page receive 3x more donations on average!
- 4 Print out event flyers to hang in public areas! You can download the flyer on the homepage of your Walk website.
- 5 Print brochures from the Apraxia Kids website! Go to [www.apraxia-kids.org](http://www.apraxia-kids.org) and click "Downloads and Printables" found under the Support tab.

## Share on Social Media!

6. Share your story! Tell everyone why you Walk for Apraxia on social media!
7. Post a link to your team page on social media using #WalkforApraxia and ask your friends to get involved!
8. Change your Facebook profile picture or cover photo to a Walk-related photo to raise awareness!
9. Connect your Walk page to a Facebook Fundraiser!

## Invite Friends and Family!

10. Ask all family members to join your team – grandparents, aunts, uncles, cousins, and all others!
11. Send an email to your supporters! Log into your participant center, click "get support" and scroll down to "email contacts". You can write your own message or choose from the available templates!

## Get Crafty!

12. Make a yard sign for your team and put in your yard. Templates are available in the Celebration Kit located in the Resources tab.
13. Host a paint or craft night with a local business to benefit your team
14. Have a sign making party to create banners and signs for Walk Day!

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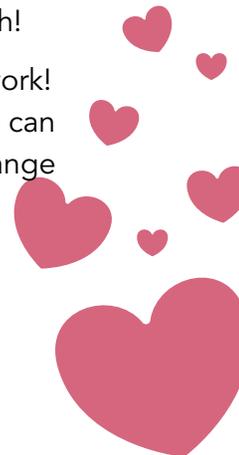
## Get Your Community Involved!

15. Bring Walk flyers to your SLP to display in their waiting room or give to other families!
16. Send invitations to your child's teachers and classmates
17. Ask your community to support your team – your church, your PTA, local clubs or high schools, etc.
18. Bring Walk flyers to your pediatrician to display in their waiting room or give to other families
19. Take a flyer to your favorite coffee shop or restaurant! Ask them if they will display the flyer to raise awareness
20. Take Walk flyers to other professionals that your child interacts with, such as your child's pediatrician or occupational therapist
21. Ask your child's school to host an awareness or fundraising event
22. Ask your local library to hang a Walk flyer



## Get Your Workplace Involved!

23. Bring Walk flyers to work & give them to coworkers! Make sure to tell them which team is yours!
24. Check with your employer to see if they offer a matching funds program! A \$50 donation could turn into \$100! Inquire with your HR department or check out <https://www.apraxia-kids.org/employee-giving-2/> to find out if your company will match!
25. Have a dress-down day at work! Ask your employer if employees can dress down for one day in exchange for a \$5 donation to your child's team



## Set Up a Local Fundraiser!



26. Contact a local restaurant to set up a dine-to-donate event to benefit your team!
27. Have a car wash, lemonade stand, or yard sale to raise funds for your team
28. Make coffee at home for the month and donate the money you would spend on coffee to your team. Challenge your friends and family to join you!

## Don't Forget to Say Thanks!

29. Film a "Thank You" video with your child and share to social media with a link to your team page
30. Send a thank you message to everyone who donated to your team! Let them know other ways they can get involved!
31. Thank your Walk coordinator and the Walk planning team! These events would not be possible without them!