

# DANCE-A-THON



## PURPOSE:

### Why?

Host an engaging Dance-a-Thon where students dance continuously to raise funds for Bring Change to Mind. You are not only participating in a fun-filled dance event, but you are also contributing directly to mental health awareness and support!

## HOW TO:

### Materials & Budget

- Event Space (talk with school administration to secure a space)
- Sound system and music playlists (prices vary)
- Snacks and Water (\$50-100)
- Promotional Flyers
- BC2M Venmo Account

### Instructions

- Prepare a clear proposal outlining the purpose and benefits of the Dance-a-Thon event and schedule a meeting with your school administration to discuss your proposal.
- Discuss logistics including space requirements, event schedule, and funding proceeds.
- Create flyers and social media announcements to promote the Dance-a-Thon event!
- Create a playlist or use a playlist from Spotify, Apple Music, or YouTube.
- Set up a BC2M Venmo account where participants can easily donate the money to.
- Organize a committee of BC2M members to set up the event and check-in participants.
- Collect donations, thank participants, and evaluate event success!
- Proceeds can be donated through the BC2M website.

\*Reminder that all proceeds must go back to Bring Change to Mind or your BC2M club.

## Timeline

Planning the Dance-a-Thon can take up to a month or longer. The actual Dance-a-Thon event could last 2-8 hours.

## Impact

This is a great and easy way to fundraise and get your larger community involved!

## Example(s)

Example from the Fall BC2M Indiana Student Summit!



Post photos from this activity to your club  
Instagram and tag @bc2mhighschool

