

FUNDRAISING ACTIVITY IDEAS

Tips for Skipping Showers

Once Shower Strike kicks off (April 19), you'll commit to skipping showers for a week, or until you reach your fundraising goal -- whichever comes first! You are always welcome to get a head start. Below are some suggested activities for when you're skipping showers.

- **Take a daily selfie to show your progress!** Sharing daily photos is a great way to show how you're "gettin' dirty for the cause" and might prompt your audience to donate. You can then share on social media (#ShowerStrike) or post an update on your page via your [fundraising dashboard](#).
- **Purchase a Shower Strike t-shirt** and wear it every day throughout the week. It's a great conversation starter when you're out and about or on Zoom calls, and it can also help show your "getting dirty" progression.
- **Stay clean while you Strike with our pro tips:**
 - Still wash your hands and your face
 - Use a rag to wash up with minimal soap and water
 - Go for a swim
 - Dry shampoo & cleansing wipes
 - Take a bucket batch -- simply fill up a bucket, and pour it in your tub or take it to your shower to wash up, limiting yourself to only the amount of water in the bucket
 - If you must shower, make it a 4-minute military shower
- **Keep a journal of what it's like to skip showers.** And, share a snippet of that with your audience. *Eg: I'm getting stinky, and it's getting harder. But it makes me appreciate how much I use water daily.*
- **Striking with a group?** Set up a group text and send an update each day! Creating some system for group messaging will give you and your fellow fundraisers an opportunity to discuss the experience, how your fundraising is going, and build some friendly competition.

Tips for Walking for Water

Put yourself in the shoes of those you are fundraising for & “Walk for Water” daily. Once Shower Strike kicks off (April 19), you’ll commit to walking for water daily or another physical activity, until you reach your fundraising goal! You are always welcome to get a head start. Below are some suggested activities for when you’re Walking for Water

- **Grab a bucket of water, a gallon, or a water bottle** and head outside each day. You can also purchase a Jerrycan -- what many in East Africa use, usually weighing 40 pounds -- for the full experience.
- **Walk around the block, walk to the nearest body of water, or even go for the full 3 miles** (the distance many walk in East Africa to fetch water). It doesn’t matter how far you walk -- just get moving!
- **Download Strava, or any fitness tracking app**, to track your walking progress! If you’re walking with a group, invite them to join you so you can see and comment on each other’s walks.
- **Take a selfie, record a video, or otherwise capture each walk.** You can then share on social media (#ShowerStrike) or post an update on your page via your fundraising dashboard.
- **Keep a journal of what it’s like to walk for water.** And, share a snippet of that with your audience. *Eg: today was cold, it’s getting harder to carry water each day.*
- **Walking for water with a group?** Set up a group text and send an update after each walk! Creating some system for group messaging will give you and your fellow fundraisers an opportunity to discuss the experience, how your fundraising is going, and build some friendly competition.

WANT MORE TIPS?

EMAIL US AT INFO@WELLAWAREWORLD.ORG OR [JOIN THE STRIKER FACEBOOK GROUP](#)
TO SHARE ADVICE AND DISCUSS WITH OTHER STRIKERS!