

Down Syndrome International

a

Abseiling
Aerobics Marathon
Apple Dunking
Art or Crafts Stall/Exhibition
Auction

b

Bad Hair Day
Babysitting
Baby Walk/Toddle
Baked Bean Bath
Balloon Race
Barbecue
Barn Dance
Beach Party
Bed Push
Beard Trim
Bike Ride
Bouncy Castle
Bring & Buy Sale
Bingo
Bmx Bike Display
Book/Comic Sale
Bop 'til you Drop

c

Cake and Sweet Stall
Car Washing
Carol Singing
Cheese and Wine Evening
Coffee Morning
Coin Collecting
Collection Tins
Coin Trails
Concerts
Conker Championship
Cricket Match
Cycling

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Dance-athon
Darts Competition
Disco
Dog Sponsored Walk
Doughnut Eating Competition
Dress Down Day at Work or School

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Easter Egg Hunt
Egg Drop/Rolling Competition
Egg and Spoon Race
Eighties Disco Night

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Garage Sale
Garden Party
Go-Kart Racing
Golf Day
Guess Number of Sweets in Jar
Guess the Baby Pictures
Gymkhana

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Face Painting
Fetes and Fairs
Fancy Dress Party
Fashion Show
Fireworks Party
Football Tournament
Fun Runs

Fundraising Ideas

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Hair Braiding and Plating
Halloween Party
Hotdog/Burger Stand
Hook a Duck
Head Shave
Hair Cuts
Horse Race Evening
Hole in One Golf Match

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It's a Knockout Competition
Ice-cream Eating Competition
Independence Day Party (4th July)
Ice Skating

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Jeans Day at School or Work
Jelly Eating Competition
Jewellery Making/Selling
Jigsaw Display
Judo Display
Jumble Sales
Juggle-a-thon

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Karaoke Competition
Keepy-uppies
Kids Colouring Competition
Kite Flying
Knitting Evening

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Ladies Run
Lawn Mowing
Leap Frog
Lift Toll-Pay to use the Lift
Lollipop Hunt
Longest Chain of Paper Clips
Limbo Competition
Line Dancing
Litter Picking Up

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Magic Show
Marathon Events
(table tennis, aerobics, line dancing, badminton)
Marbles Challenge
Marshmallow Eating
Matched Funding
(get your employer to match raised funds)
Midsummer Masked Ball
Money Donation
Mufti/Non-Uniform/Denim/Tracksuit Day
Murder Mystery Evening

Down Syndrome International

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New Year's Eve Party
Night-time Hide & Seek
(using torches)
Name the Doll/Teddy Raffle
Noodle Sucking Competition

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Odd Job Days
Old Time Music Hall
Dance
One Hundred Club
Open Garden
Opera Night
Origami
Orienteering
Outgrown Clothes
Sale
Outward Bound
(hiking etc..)

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Parachute Jump
Pancake Day Race
Pageants
Penalty Shoot Out Competition
Penny Mile
Pet Show
Picnics
Playstation Play-off
Plant Sale
Pony Ride
Pram Push
Press Ups
Pub Quiz
Pantomime

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Quizzes/Trivia

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Races
Raffles
Rapping Contest
Read-a-thon
Recipe Book
Recycling Mobile Phones and
Inkjets
Rounders (or Softball)
Tournament
Rowing Challenge
Rugby Matches
Runs - London Marathon,
Local Marathons etc...

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Salsa Night
Slave Auction
Sponsored Spell, Silence,
Shave, Swim-a-thon, Slim
Scaletrix Grand Prix Racing
Squash Ladder
Sack Races
Snooker/Pool Tournament
Snowman Building
(weather permitting)
Swear Box
School Events
Saint's Day Party - George,
David and Patrick
Strawberrys and Cream
Tea Party
Swap Shop
Santa's Grotto

Fundraising Ideas

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Tea Party
Teddy Bear's Picnic
Tombola
Top of the Pops Show
Treasure Hunt
Tuck Shop
Themed Parties - Toga Night
Three-Legged Race
Tiddlywinks Tournament
Tug of War
Twister-a-thon
Ten-pin Bowling
Toy Sale

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Uniform Days
University Challenge
Uni-cycling
Ugly Faces (Gurning)
Under Wear Party -
Adults Only

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Video-a-thon
Valentines Day Event
Variety Show

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Walks
Water Sports
Waxing - Boys get rid of
that unwanted hair!
Wellington Throwing
Competition
Wine Tasting Evening

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Xmas Evening
Xmas Hampers
Xmas Carol Singing
Xtreme Sports

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Yo-Yo Competition
Yoga Contest
Yatching Regatta
Yodeling Competition
Yard of Ale Drinking
Competition - Students
may apply!!!

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Zany/Bad Taste Fancy Dress
Party
Zip Line Rides



Join us to celebrate World Down Syndrome Day on 21 March each year www.worlddownsyndromeday.org

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