

GLOW EVENT GUIDE

Your passion is about to pay off and you're going to help save lives! This is just an example of what your event can look like. **MAKE THE EVENT YOUR OWN!**

CHOOSE YOUR FORMAT:

- ✓ Open gym with multiple activities
- ✓ Student vs faculty game
- ✓ Team tournament

ACTIVITY IDEAS:



Glow Dance Party



Glow Kickball



Glow Volleyball



Create your own

IDENTIFY EQUIPMENT NEEDED:



Megaphone/ Microphone:

The emcee will give the welcome message, make announcements and conclude the event.



Music:

Search Spotify for the American Heart Association's channel for playlists. You can even have a student DJ the event!



Equipment:

In addition to activity equipment, you may want glow accessories or decorations.



Volunteers:

Depending on event format, volunteers may need whistles, stopwatches, and/or scorecards.

Tip: Consider awarding bonus points for teams based on which team has fundraised the most.