

# WARRIOR 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:

- ✓ Teams of 10 students compete in fun physical and mental games for the ultimate bragging rights – winning 1st place by saving lives.

## ACTIVITY IDEAS:

Decide how many games you'd like to include in your event. Review our Warrior Games Guide for more details on game ideas, rules, scoring and a score sheet.

*Here are some game ideas to get you started:*



Water balloon toss



Dizzy bat race



Bean bag toss



Tug o' war



Three-legged sack race



Search and rescue



Brain games

## 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!



### Station Equipment:

Be sure to gather any equipment you may need for your game activities. Ex. hula hoops, bean bags, whiffle ball and bat.



### Volunteer Equipment:

Team volunteers need whistles, stopwatches and clipboard with event instructions and scorecards.

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