



MAD HATTER TEA PARTY

MENTAL HEALTH FUNDRAISER

Things to consider when hosting your work MH (Mad Hatter/Mental Health) Tea Party...

- The day you host your event use the Hashtag #ChangingHats on all your social shares so Changing Minds can enter you in the draw for prizes!
- If you are going to do any activities make sure to prepare them before the day so everything runs smoothly.
- You can purchase our 'Be Kind, Always' charity 5-panel hats for your staff from 80daysclothing.com
(<http://www.80daysclothing.com/product/charity-five-panel/>)
- And/or any money you raise from your Tea Party can easily be donated to our Give-A-Little page
(<https://givealittle.co.nz/org/changingminds>)

MAD SPEED DATING ACTIVITY

Instructions:

1. Facilitator downloads a timer app for their phone (we used Tabata Timer)
2. Set the timer to go off at one-minute intervals with a 10 second gap for people to have time to swap partners.
3. Seat half of your participants in a circle (facing outwards), get the other half to pull up a chair facing someone in that circle. Its ok if there is someone left over, they can just take a break.
4. Give everyone a pad of paper and a pen.
5. Give the following instructions:

"When the timer starts, you have one minute to come up with a list of the craziest things that you have in common"

"When the buzzer sounds you have 10 seconds for the inner circle to move clockwise to the next partner. When you have met everyone, the partners with the longest list wins a chocolate fish (or whatever you are giving away in the office)"

6. Set the timer and let the laughter ensue!