



Ronald McDonald House Charities of Western Washington & Alaska

Activity Night

Thank you for your interest in Activity Night at the Ronald McDonald House. This sheet will provide you with basic information about Activity Night as well as House guidelines that will make your night a success for your group and our families.

About Activity Night:

Our goal is to provide families with a variety of age-appropriate opportunities for activities, entertainment, and education while living at the House. Activity Nights are held on Tuesday and Thursday from 5:45 to 7:00 and usually take place in the dining room.

Volunteer Groups:

The total number of volunteers should be appropriate for the planned activity. Volunteers must be a minimum of 13 years of age. There must be one adult volunteer supervisor for every 5 volunteers under the age of 18 years in the group.

Choosing an Activity:

When choosing an activity, keep in mind that the majority of our children are grade school age or younger. Activities might include:

- Arts and crafts: There are many websites that offer fun and creative projects. A few to check out: (http://belladia.typepad.com/crafty_crow), www.enchantedlearning.com/crafts, www.artistshelpingchildren.org
- Hobby development (possibly a series of classes)
- Holiday projects.
- Dinner music (instrumental and vocal—performed during dinner from 5:00 to 6:15)
- Performance of music, dance, plays
- Music, Dance instruction
- Karaoke
- Creative Drama
- Active indoor games (hula hoops, darts, bowling)
- Clowns and magic shows
- Arrange for a professional group to come in and perform for our families.

Supplies:

Supplies for the activity are provided by the volunteer group. Plan enough supplies for **25 children**. Non-toxic art and craft supplies intended for children are readily available. Read the labels and only purchase art and craft materials intended for children.

Guidelines for Selecting Art and Craft Materials for Children for children up to 12 years of age (pre-kindergarten through grade 6):

- Note that even products labeled 'non-toxic' when used in an unintended manner can have harmful effects.
- Products with cautionary/warning labels should not be used with children pre-kindergarten through grade 6.
- Avoid solvents and solvent-based supplies, which include turpentine, paint thinner, shellac, toluene, and some glues, inks, and a few solvent-containing permanent markers.

- Avoid materials in self-pressurized containers.
- Avoid acids, alkalis, bleaches, or corrosives.
- Avoid products or processes that produce airborne dusts which can be inhaled.
- Avoid old supplies, unlabeled supplies, and be wary of donated supplies with cautionary/warning labels and that do not contain the statement "Conforms to ASTM D-4236.
- Avoid materials with lead, cadmium and other heavy metals.
- Avoid high-temperature hot glue guns; use low temperature models.
- Avoid glitter, nail polish, and latex balloons.
- Look for products that are clearly labeled with information about intended uses.

On Your Activity Night:

**If at any time during the evening you need assistance, please dial "0" on any House phone (located in the kitchen) to reach the front desk. A House Manager is always on site and available to provide assistance. If a dinner is in progress, the Kitchen Supervisor on duty in the kitchen can also provide help.*

- The designated lead, as stated in the *Activity Proposal*, must be in attendance.
- Your group must consist of at least two people.
- Set up your activity. If necessary, bring plastic coverings to protect the work table.
- After your event it is important to return the space to the same or better condition than you found it. Cleaning up afterwards is very important as we have limited staff and we don't want to burden the families. Use cleaners stored above garbage receptacles.

Application/Scheduling:

A *Group Activity Proposal* must be submitted for each Activity Night before it can be scheduled. If you are planning more than one Activity Night, please submit a proposal for each.

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