



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 Monday, Tuesday, Wednesday, and Thursday, and begin at 5:20 and last about an hour. Please arrive at 5:00 to allow time for set-up. **Plan enough supplies for 15 children.**

Volunteer Groups:

The total number of volunteers should be appropriate for the planned activity. A minimum of two is required and a maximum of 6 is usually appropriate. Everyone attending with the group must be a minimum of 13 years of age and healthy on the day of service. Groups with volunteers 18 years of age and under and still in high school must have an adult supervisor in attendance. There must be one adult supervisor for every 6 students in attendance. Please review [Volunteer Guidelines](#).

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:
 - View our Pinterest board <http://pinterest.com/rmhcseattle/> for craft ideas.
 - There are also 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, [Oriental Trading Company](#). Oriental Trading Company sells craft kits which are popular.
- Performance of music, dance, plays
- Music, dance instruction
- Karaoke
- Active indoor games (hula hoops, darts, bowling)
- Clowns and magic shows
- Arranging 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 **15 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):

- Look for products that are clearly labeled with information about intended uses. Use no unlabeled supplies. Note that even products labeled 'non-toxic' when used in an unintended manner can have harmful effects.
- **No glitter, nail polish, or latex balloons.** Glitter glue is fine.
- **No soil.** Cut flowers, clean pinecones, and clean and dry leaves are permissible.
- **No food**-related activities.
- Use **low-temperature hot glue guns.**
- Products with cautionary/warning labels should not be used. No solvents and solvent-based supplies, which include turpentine, paint thinner, shellac, toluene, and some glues, inks, and a few solvent-containing permanent markers. No acids, alkalis, bleaches, or corrosives. No materials with lead, cadmium and other heavy metals.
- No materials in self-pressurized containers.
- No products or processes that produce airborne dusts which can be inhaled.

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.*

- Volunteers must be healthy with no signs of illness. If in doubt, please do not attend.
- The designated lead, as stated in the *Activity Proposal*, must be in attendance.
- Your group must consist of at least two people.
- Fill out the group sign-in form completely when you arrive at the front desk, and each member of your group must sign in on that form. That is our only record that you are in the House and volunteered. It is necessary for confirmation of community service hours.
- Set up your activity. If necessary, bring plastic coverings to protect the work table.
- After your event, please return the space to the same or better condition than you found it. Sanitize tables surfaces by spraying with DZ-7 found on shelves about garbage receptacles, and wiping with paper towels. **Do not leave any supplies in the dining area.** If you would like to donate leftover supplies, please bring them to the front desk. Sign out at the front desk and take the pink copy of the group form for your records.

Scheduling:

To schedule an activity, view our [calendar](#) and follow instructions for requesting a date. Please note that 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.

For questions contact:

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~ Thank You ~