# CoppaFeel!





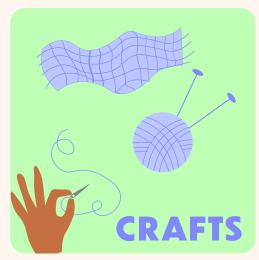
# A is for

Ask for donations instead of a birthday present.



#### B is for

Get your friends and family together for a morning of tasty treats and chest checking conversations. Ask your guests to donate what they would have spent on brunch out.



#### C is for

Turn your crafty skills into a fundraiser. You can teach a class, organise a craft-athon or sell your handmade creations online.



#### D is for

Don your best disco outfit and show off your moves on the dance floor. Entry by donation.



#### E is for

Host a lunch, curry night, or pot luck at home and ask your guests to donate what they would usually spend on a meal out at a restaurant.



# F is for

Create a fantasy football league. Ask your friends for a donation to enter and see who can draft the best team.



# G is for

Discover who is the best at board games. Donate to enter the competition.



Hike up a mountain and ask your friends and family to sponsor your epic adventure!







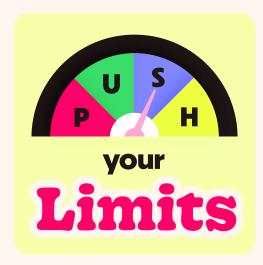
# J is for

Give the items you no longer need a second life by organising a jumble sale with profits going to CoppaFeel!. Ask your friends to bring along their unwanted goods too.



#### K is for

Find out who's got what it takes to be the next superstar. Bonus points for boob themed songs!



#### L is for

Push yourself to achieve something amazing that's outside of your comfort zone.



# M is for

Challenge yourself to run a marathon. Or half of one.



#### **N** is for

We love weird and wonderful events, as long as you and all of your guests are safe.



# O is for

Get your colleagues involved & see if your Wear your PJs to work in exchange for a company will match your fundraising.



# P is for

donation. Like dress down day for adults.



#### **Q** is for

Get your chef's hat on and fire up the grill for a charity BBQ night. (Or if you're a stickler for the rules, hold a Quiz Night).





#### R is for

Come together with your loved ones during Ramadan to organise a fundraiser in support of CoppaFeel!.



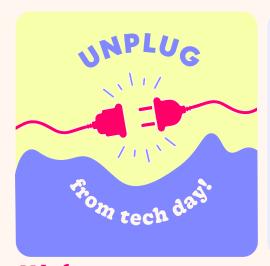
# S is for

Set up a swear jar at work or home and watch the pounds add up.



#### T is for

Encourage your community to give Tithe to CoppaFeel! and spread life-saving breast awareness together.



# U is for

Challenge yourself to unplug from tech for 24 hours. Use this time to be more present, spend time in nature, practice self care, and check your chest!



#### V is for

Crown the next gaming champion among your friends. You could even stream your tournament on Twitch to connect with friends from afar.



# W is for

Ask your friends and family to make a donation to CoppaFeel! instead of giving a gift. If you want to go the extra mile, you and your partner could also make a donation in place of wedding favours.



# X is for

Need a Christmas gift idea for the friend who already has everything? Why not give the gift that keeps on giving and donate to CoppaFeel! on their behalf.



Organise a yoga class in exchange for a donation or challenge your friends to a yoga-thon and see how long you can keep to sponsor your efforts. stretching.



# Z is for

Challenge yourself to create zero waste for a day and ask your friends and family