



Helpful Hints Checklist for Your Awesome Activity Hour

RMHC
Maryland

What You Need to Know:

- ♥ We GREATLY appreciate you visiting our House to help our children and families.
- ♥ Activity hours begin at 7:00 p.m. seven days a week. Groups can arrive earlier to set up for their activity.
- ♥ We recommend no more than 12 people hosting an activity hour on any given night. Children under the age of 16 must be accompanied by an adult at all times.
- ♥ Our House is inter-denominational. Please, no religious overtone or inference should be used or made in the activities.
- ♥ Groups are encouraged to be creative and bring new activities to the House.
- ♥ Please do not use latex balloons as part of your activity. Some children are very allergic to the latex.

What to Do Ahead of Time:

- Groups must confirm the activity they are doing. Please call Ashley O'Connor with your activity so we can share the plans for the night with our families to get them excited and encourage participation.
- Cancellations should be made as early as possible, so we can properly notify the families.
- Make a flyer promoting your activity. You can e-mail us a copy or send us a stack of 40 flyers and we will personally put them in our families' cubbies!

What to Bring With You:

- Your AWESOME activity and all materials and people for about 18-20 children.
- Bring Music- a CD or iPod with player (optional- our families love it!)

What to Do When You Get Here:

- Upon arrival, groups must sign in at the front desk and get their yellow volunteer bracelet.
- Ask for a yellow Parking Pass from the Guest Services Manager at the front desk. We have free parking for our volunteers on the surface lot across the street from our House.

What to Do Before You Leave:

- Groups are responsible for the clean-up and return of any supplies used in the activity hour.
- Make sure to leave the House by 9:00 p.m. because that is when quiet time for our families begins.

Ideas for an Activity Hour- These are only suggestions. We LOVE new and creative ideas!

Face Painting
Karaoke Night

Bingo Night
Video Game Night

Pool, Ping Pong, and Air Hockey
Arts and Crafts- Be Creative!

For cancellations, confirmations, scheduling and any other concerns or inquiries about the volunteer program please contact Ashley O'Connor at ashley@rmhcmaryland.org • 410.528.1010 x 106.