



## MacKids Mascot Dance Challenge Instructions

Join the *MacKids Walk & Wheel Mascot Dance Challenge* and make a vital difference!

1. Register for free online at [mackids.ca/walkandwheel](https://mackids.ca/walkandwheel) to create your personalized donation page and link. Registered participants are eligible for [great prizes!](#)
2. Create your own Mascot Dance video!
  - a. We encourage you to dance to “Just Feel the Beat” by Tim McMorris (available on [YouTube](#), [Google Play Music](#), [Spotify](#), [Amazon Music](#) and [Apple Music](#))
  - b. Be creative and add your own mascot to the video (wear your Halloween costumes, decorate your wheelchair, dance with your teddy bear or family pet, etc.)
  - c. OPTIONAL: Print and display the [event poster](#) in your video
3. Post your video to social media with the link to your donation page and make your first donation! Then you can challenge five friends or more to make a donation and post their own video! **Remember to include #WalkandWheel in all of your social posts.**

Below is sample text you can include in your social media posts:

I'm participating in the *MacKids #WalkandWheel Mascot Dance Challenge!* You can help to provide vital support for McMaster Children's Hospital Foundation by donating here: <add your personal link to your registration page or use> [mackids.ca/dancedonate](https://mackids.ca/dancedonate)

I challenge @<tag 5 friends> to donate and make their own videos.