

WALK TO

MAKE CYSTIC FIBROSIS HISTORY



WALK JR.

FUNDRAISING GUIDE



YOUR GUIDE

> FUNDRAISING GUIDE

Welcome to your Walk Jr. Fundraising Guide – the place where all your FUN fundraising resources are saved, making it easier for you to have fun raising donations for the Walk to Make Cystic Fibrosis History this year.

CONTENT

- What is cystic fibrosis?
- Participating in the Walk
- Fundraising Ideas
- Fundraising Challenges
- Games
- Coloring Pages



> DID YOU KNOW?

Fundraising can be really easy and fun!

There were over 95 kids who took part in the 2025 Walk.

In 2025 – those kids raised over \$42,480.

MEET SEBASTIAN!

Hi, I'm Sebastian and I'm 8 years old, from Toronto. I was diagnosed with CF at 9 months old and I have a rare CF mutation.

I'll be here to join you on this journey! I can't wait to walk with you on Walk Day! I like the Walk because I get to follow the map and see the animals!





WHAT IS CYSTIC FIBROSIS?



WHAT IS CF?

Cystic fibrosis (CF) is a disease that causes the body to make thick, sticky mucus. This causes problems in two major areas: the lungs (helps us breathe) and the digestive system (where food is broken down).

HOW DO YOU GET CF?

CF is an inherited disease, which means it's passed down from parent to child. Someone who has CF was born with it. Maybe you've heard someone say, "It's in your genes." Genes make up the blueprint each of your cells follows to make you a unique person. You need two CF genes (one from mom and one from dad) to have cystic fibrosis.

IS THERE MEDICATION KIDS CAN TAKE TO HELP THEM?

Yes, there are some medications, like Trikafta, that can help some kids. But not everyone can take the same medications because there are thousands of different types of the CF gene. We need to find medications that work for **everyone**.

WHAT DO KIDS WITH CF HAVE TO DO TO STAY HEALTHY?

Although there is still no cure for CF, there are treatments that work. Kids with CF attend CF clinics many times per year where they work with a medical team, including doctors, nurses, dietitians, and respiratory therapists, to stay healthy. They have to keep their lungs clear of mucus and make sure they don't get an infection. Also, eating well and staying active is so important for kids with CF. They regularly have to do treatments, and take pills every day.

DO KIDS WITH CF GO TO SCHOOL?

Yes! Kids who have CF have to take care of themselves, but thanks to improved treatment and medications, they can go to school and do regular stuff, just like other kids.



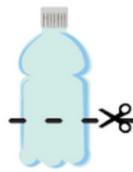
HOW DO LUNGS WORK?

Here is a science experiment for parents and kids to understand how lungs work and how hard it can be to breathe if you have cystic fibrosis.

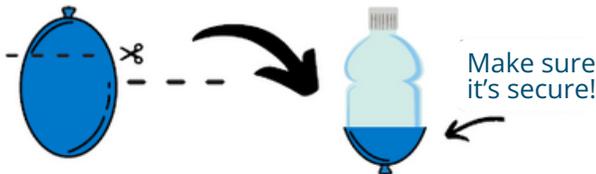
MATERIALS

- 1 clear empty plastic bottle, label removed
- 2 balloons
- 1 straw
- Modeling clay/dough
- Tape or elastic
- Exacto knife or scissors

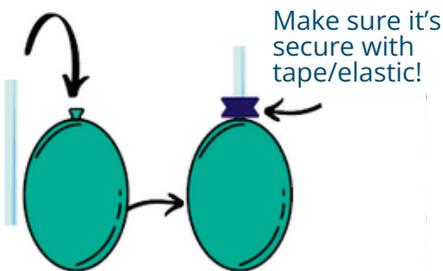
1. Cut off bottom half of bottle



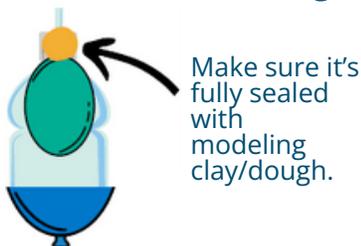
2. Take 1 balloon: tie it (without blowing it up), cut off the bottom part of the balloon. Stretch this over the bottom (cut) part of the bottle so that the knot is pointing down (outside of the bottle).



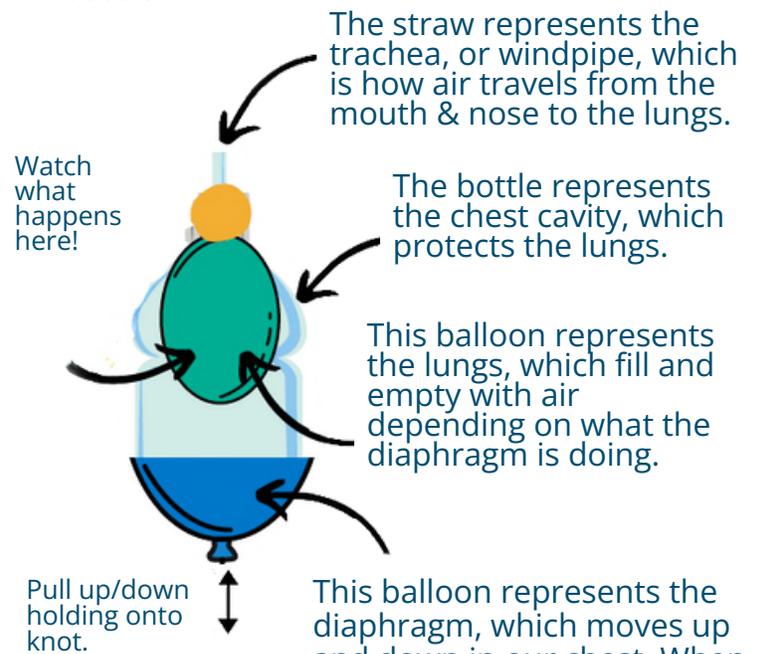
3. Take the second balloon; feed the straw into it, secure it tightly with tape/elastic.



4. Feed second balloon/straw inside the bottle. Secure with modeling clay/dough.



5. Watch your lung in action! Pull down gently on the bottom balloon and watch what happens to the balloon inside the bottle.



The straw represents the trachea, or windpipe, which is how air travels from the mouth & nose to the lungs.

The bottle represents the chest cavity, which protects the lungs.

This balloon represents the lungs, which fill and empty with air depending on what the diaphragm is doing.

This balloon represents the diaphragm, which moves up and down in our chest. When we breathe in, the diaphragm contracts (like when you pull the balloon down). This increases space in the chest cavity (the bottle), which decreases the air pressure in the lungs (the balloon inside the bottle). This causes air to be drawn in through the trachea (straw) into the lungs (inside balloon).

WHY ARE WE WALKING?

➤ WHAT IS THE WALK TO MAKE CYSTIC FIBROSIS HISTORY?

Every year during Cystic Fibrosis Awareness Month (May), Cystic Fibrosis Canada holds Canada's largest national fundraising event in support of people affected by cystic fibrosis.

It is a special time when families, friends, individuals and teams of the Canadian cystic fibrosis community comes together across the country to help change the lives of people living with cystic fibrosis.

**DID YOU
KNOW?**

**WE ARE WALKING
ACROSS 40
COMMUNITIES!**

**WE HOPE TO SEE
OVER 4000 PEOPLE
THIS YEAR!**

➤ WHO IS CYSTIC FIBROSIS CANADA?

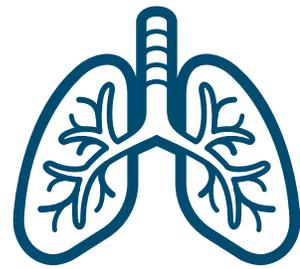
Cystic Fibrosis Canada has helped change the cystic fibrosis story. We have advanced research and care that has more than doubled life expectancy.

We work together to change lives for the over 4,500 Canadian children and adults living with cystic fibrosis through treatments, research, information and support.

Our mission is to one day find a **cure for cystic fibrosis**.

WE NEED **SUPERHEROS** LIKE **YOU** TO HELP US BY RAISING MONEY AND SPREADING AWARENESS ABOUT WHAT CYSTIC FIBROSIS IS!

FUNDRAISING



➤ WHAT IS FUNDRAISING?

Fundraising is when people come together and collect money to help do something good, like help find a cure for a disease.

You can ask people to donate money, sell things, or organize events to help you reach your fundraising goal and make a positive difference.

➤ READY TO FUN-DRAISE?

Did you set a fundraising goal, and now you are looking for some fundraising inspiration? Check out our creative ideas we have put together for you.

**FUNDRAISE
AT
SCHOOL**



**FUNDRAISE
IN YOUR
COMMUNITY**



**SEASONAL
FUNDRAISING**



➤ CONTEST

Our super fundraisers deserve a reward for all of their dedicated work over the Walk season. What about a family trip to Cineplex to watch all the latest movies releases?

For every \$50 you raise online before June 7 at 11:59 pm PT, you will get a ballot for the chance to win.* If you raise \$500, you get 10 ballots for 10x more chances to win.



**Full terms and conditions can be found [here](#).*

FUNDRAISING CHALLENGES



➤ READY TO RAISE YOUR FIRST \$100?

Let's put you to the test! Can you make these asks to help you raise \$100? Please make sure an adult is with you when you are making your asks.

Remember each \$20 gets a tax receipt. Donors will love that.

Ask 1 family member in your house to donate \$20	\$20
Ask 1 relative, like your aunt or uncle, to donate \$20	\$40
Ask 1 neighbor to donate \$20	\$60
Ask 1 teacher to donate \$20	\$80
Ask 1 business around your house to donate \$20	\$100

➤ 100 SQUARES FOR CF

The Mighty Miller's from Dartmouth have an amazing fundraising idea for you!

"The 100 squares is so easy. We make up a board and post to Facebook and voilà! We sell each square for \$20 each. The winner takes home \$1,000 and we get to donate \$1,000 to CF just like that. In the past it usually takes less than a week to fill up. The first year it took less than a day and then we did a second board!"

Once you've sold all your squares, get an adult to help you cut out all the numbers (or use an app) to pick a random number and winner. You can make each square \$1 or \$20, watch them fill up!



**DOWNLOAD
TEMPLATE**

WALKS ACROSS CANADA

Many kids just like you are going to be walking in May, all across Canada. How cool would it be to see how many kilometers you would have to walk to get to another Walk in the country?



I'm in Toronto, Ontario!
Where are you?

Cities*

	Calgary	Charlottetown	Edmonton	Fredericton	Halifax/Id	Medicine Hat	Montreal	Ottawa	Prince Rupert	Quebec City	Regina	St John's	Saskatoon	Sault-Ste-Marie	Thunder Bay	Toronto	Vancouver	Victoria	Whitehorse	Windsor	Winnipeg	Yellowknife
Calgary, AB		4964	294	4586	5059	293	3739	3540	1508	3998	763	6245	623	2742	2051	3471	1061	1080	2314	3857	1371	1915
Charlottetown, PEI	3085		4963	378	426	4581	1218	1418	6471	965	4154	1253	4413	2222	2912	1996	6080	6161	7332	2122	3593	6698
Edmonton, AB	183	3096		4805	5078	524	3829	3720	1464	4088	843	6264	526	2922	2232	3651	1289	1300	2048	4021	1350	1757
Fredericton, NB	2850	235	2861		473	3944	899	1099	6093	634	3776	1659	4035	1844	2534	1667	5702	5783	6954	1744	3215	6320
Halifax, NS	3144	265	3155	294		4624	1372	1512	6468	962	4151	1347	4410	2212	2903	2080	6071	6151	7329	2119	3590	6436
Medicine Hat, AB	182	2847	326	2451	2873		3356	3157	1891	3615	515	5810	462	2447	1757	3176	1362	1463	2751	3546	988	2480
Montreal, QU	2323	757	2379	559	853	2085		182	5247	257	2930	2499	3189	996	1688	523	4856	4936	5767	904	2368	5474
Ottawa, ON	2144	881	2312	683	940	1962	113		5047	459	2730	2696	2935	798	1488	396	4856	4737	5905	901	2169	5274
Prince Rupert, BC	937	4021	910	3786	4019	1175	3260	3136		5506	2317	7752	2048	4249	3559	4978	1509	1590	1408	5264	814	2722
Quebec City, QU	2484	600	2540	394	998	2246	160	285	3421		3189	2248	3448	1257	1947	787	5115	5195	6367	1157	2627	6733
Regina, SK	474	2581	524	2346	2579	320	1821	1696	1440	1976		5435	254	1932	1242	2661	1790	1889	2892	3035	572	2601
St John's NF	3881	779	3892	1031	637	3610	1553	1677	4817	1396	3377		5701	3503	4053	3206	7073	7184	8370	3617	4737	8051
Saskatoon, SK	387	2742	327	2507	2740	287	1982	1824	1273	2143	158	3543		2338	1648	3067	1699	1810	2632	3418	777	2339
Sault Ste Marie, ON	1704	1381	1816	1146	1375	1521	620	496	2640	781	1201	2177	1453		704	729	3710	3821	4769	1099	1370	4476
Thunder Bay, ON	1274	1809	1367	1575	1804	1092	1049	925	2212	772	2518	1024	437			1419	3020	3131	4079	1789	692	3786
Toronto, ON	2157	1234	2269	1036	1292	1974	325	246	3093	489	1654	2029	1906	453	882		4439	4550	5498	371	2100	5207
Vancouver, BC	653	3778	801	3543	3772	840	3017	2893	938	3178	1112	4395	1056	2305	1877	2758		111	2434	5557	2339	2784
Victoria BC	671	3826	801	3593	3822	969	3067	2844	988	3228	1174	4464	1125	2374	1946	2827	89		2515	4920	2451	2895
Whitehorse, YK	1438	4556	1273	4321	4554	1709	3584	3871	875	3966	1797	5201	1635	2963	2535	3416	1512	1563		5645	3398	3050
Windsor, ON	2397	1319	2499	1084	1317	2203	562	560	3283	719	1886	2248	2124	683	1112	231	3453	3057	3508		2470	5675
Winnipeg, MB	852	2233	839	1998	2231	614	1471	1348	506	1832	355	2944	483	851	430	1305	1453	1523	2111	1535		3109
Yellowknife, NWT	1190	4193	1091	3928	4000	1528	3402	3278	1692	3563	1615	5004	1454	2782	2353	3235	1730	1799	1895	3465	1930	

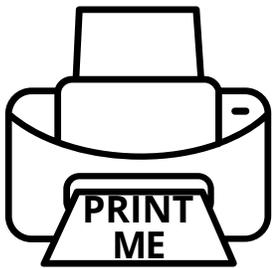
1) Find the city you are starting from, on the left rows

2) Find the city you want to walk to from the top columns list

3) Follow the row across and column down to where they meet

Note: Kilometers are shown in purple; miles are shown in white

*<https://transcanadahighway.com/traveltips/mileage/>



WORD SEARCH

The theme of this word search is: **What does CF look like?**

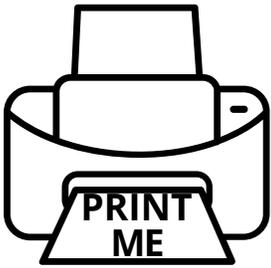
C F Z F E H B I I B Z E U U T B
T Y F N G A B A C T E R I A N N
M I S P H Y S I O T H E R A P Y
U A N T I B I O T I C S N O I I
C F K A I F T D O N T J E S E H
O P S M Q C H I C C F Q X T N Y
U E Y R I Y F P G P D O E O E M
S Q C O U G H I N G O P R M B E
R F T S R I I L B R C D C A U D
N L V E U X S L D R T U I C L I
O X Y G E N R S U C O M S H I C
F O D C D O C A U N R S E W Z I
N O K A T Z T P Y V G P I U E N
E N Z Y M E S U O A Y S M S R E



COUGHING
ANTIBIOTICS
PHYSIOTHERAPY
CYSTIC FIBROSIS
LUNGS
DOCTOR
MUCOUS
EXERCISE

PILLS
X RAY
BACTERIA
OXYGEN
NEBULIZER
MEDICINE
STOMACH
ENZYMES

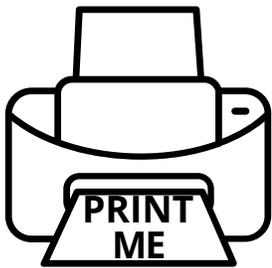




WALK DAY SCAVENGER HUNT

Bring this page along with you on Walk Day and see what you can spot throughout the day. Can you find all the items on your bingo card? Everytime you spot something, add an **X** ontop of it.

B	I	N	G	O
TREES	DOG	WATER FOUNTAIN	CLOUDS	AIRPLANE
TRAFFIC LIGHTS	CF CANADA TENT OR FLAG	FLOWERS	TELEPHONE POLE	RUNNING SHOES
KIDS	NEWS REPORTER OR VEHICLE	 FREE SPACE	STOP SIGN	SNACKS
GAMES	PICNIC BLANKET	BUBBLES	SUPERHERO CAPE	SUNGLASSES
GRASS	BALLOONS	MUSIC SPEAKERS	WATERBOTTLE	FENCE



COLOR ME

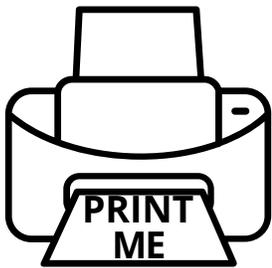
Print this page and bring it with you to the walk to showcase your incredible talent. Share with everyone who you are walking for today.

A large rectangular frame with rounded corners, outlined in a dark teal color. At each of the four corners, there is a line-art illustration of a metal fastener or prong. The text inside the frame is in a bold, outlined, sans-serif font. The text is arranged as follows: "WALK TO" is centered above a horizontal line. Below that line, "MAKE CYSTIC FIBROSIS HISTORY" is written in large, bold letters. Below another horizontal line, "I'M WALKING FOR" is written in large, bold letters. The space below "I'M WALKING FOR" is left blank for a name or message.

WALK TO

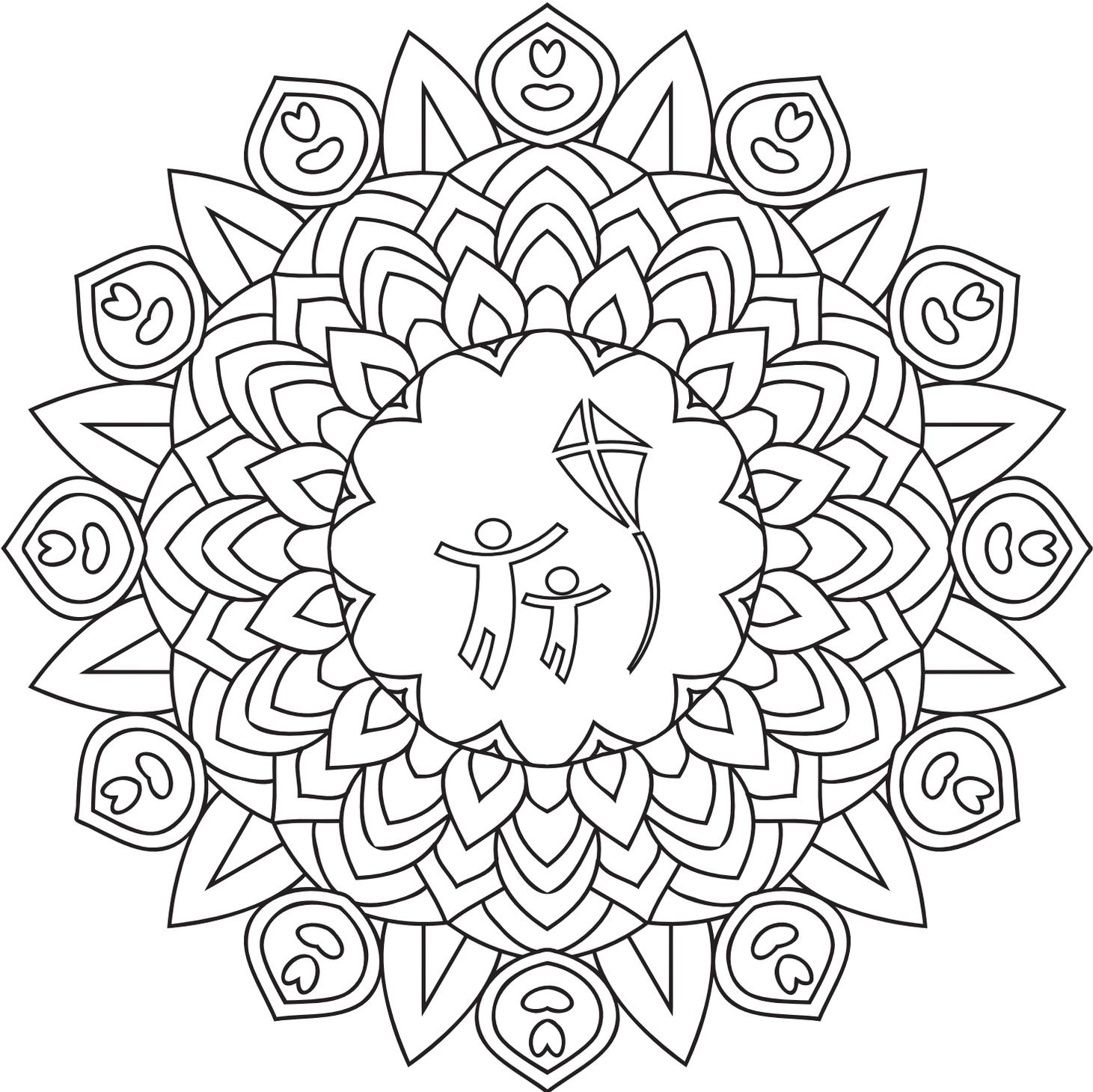
MAKE CYSTIC FIBROSIS HISTORY

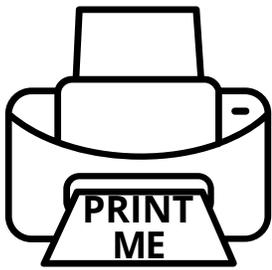
I'M WALKING FOR



COLOR ME

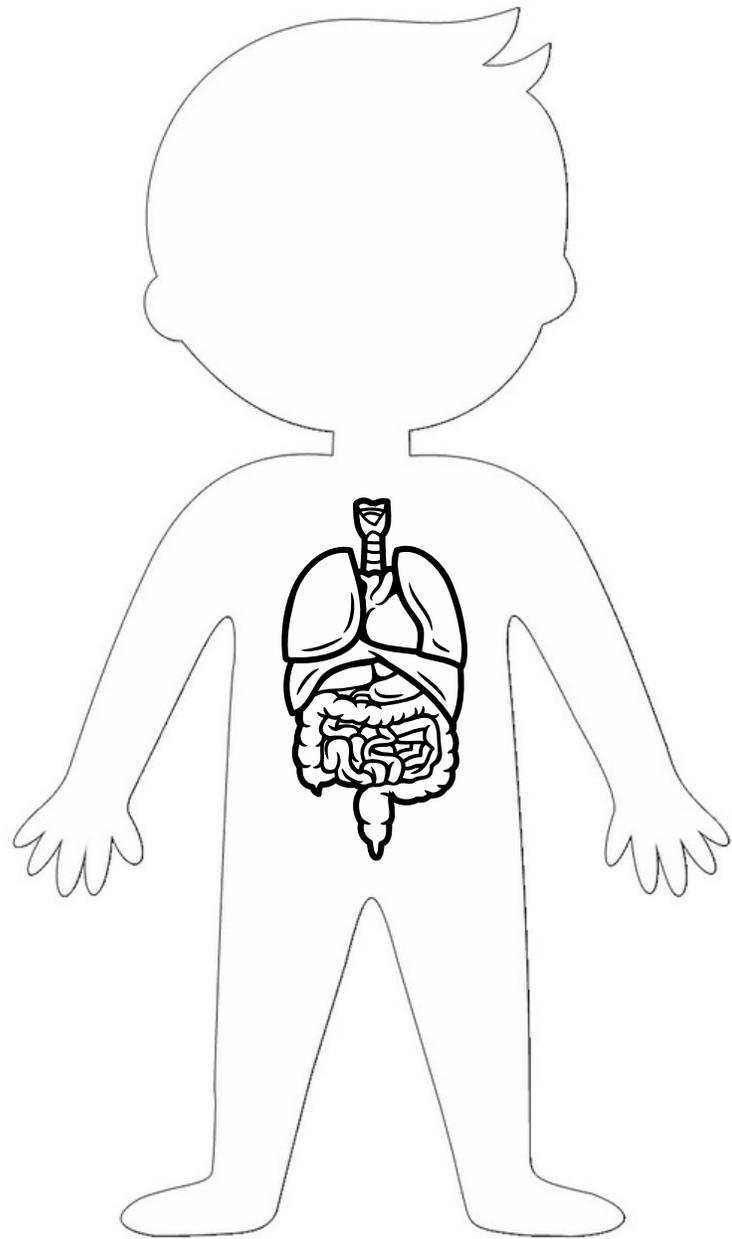
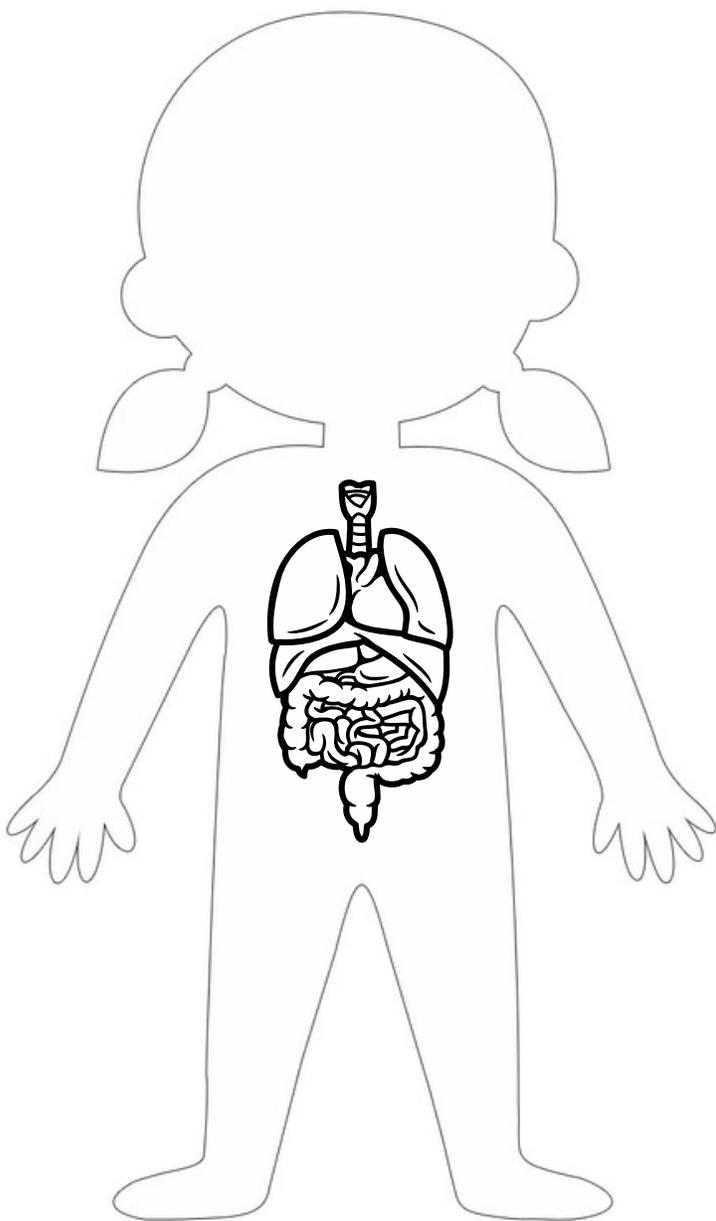
Print this page and color a new creation with all the colors that make you happy.

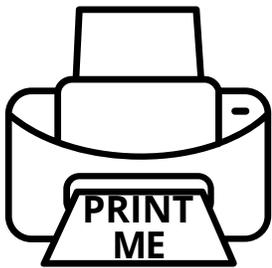




COLOR ME

Print this page and give it some color. You can learn at the same time what organs are affected by cystic fibrosis. Do you spot the lungs and the digestive system?





COLOR ME

Print this page and color it. Did you know that when kids say “cystic fibrosis”, sometimes it sounds like “65 roses”? Because of this, we do a lot of events that feature roses.

