



Ideas – you can make your yellow theme as easy or as challenging as you like!

Wear Yellow for a Day

Promote the idea to your colleagues, friends, classmates and ask them to make a minimum donation to wear yellow for the day and perhaps a fine if they don't! Anything goes....yellow wig, yellow socks, yellow t-shirt, yellow make-up and jewellery.

Yellow food theme

Put something yellow on the menu for the day or make yellow cakes for a cake stall, pose for photos with yellow fruit...

Yellow Day walk or Cycle ride

Hold a sponsored walk or cycle ride in aid of Pilgrims Hospices with everyone wearing yellow.

Yellow Sporting Event

If you play in a sports team, wear yellow instead of your usual colours and get your supporters and the opposition to sponsor you.

Quiz Nights

If your pub holds a regular quiz night, why not charge an entry fee and donate the proceeds to Pilgrims Hospices? You could incorporate a few yellow questions into the quiz or go totally yellow!

Yellow Summer Sale

Take a stall at a local summer fete and sell only yellow items.

Yellow puddings event

Have a yellow pudding tasting evening

Yellow Coffee morning

Only serve yellow biscuits & cakes at your coffee morning and link in with your sales of Pilgrims Hospices sunflowers.

Yellow picnic

Go to town, wear yellow, get a yellow tablecloth, make all your food yellow.

Yellow song, poem or photograph

Can you write a song or poem inspired by the colour yellow or take a wonderful yellow photo?

Yellow word game

Pick a word at the beginning of the day and substitute it for the word Yellow. Each time they forget, they have to donate 10p.

Bath of custard

If anyone is brave enough, plunge into a bath of custard and tell the press that you are doing it for charity – they love a messy story!

Paint the town yellow!

Decorate your workplace or classroom yellow for the day or the week.

Yellow flowers

Why not challenge your friends and colleagues to grow the largest sunflower? Hold a competition then sell them.

Go Blonde

Find out if blondes really do have more fun by sponsoring a colleague to dye their hair blonde or sponsoring male colleagues to wear a gorgeous blonde wig for the day.

Yellow-peril

Sponsor a colleague to overcome a fear and do something like parachute jumping, scuba-diving or getting behind the wheel of a fast car...

Guess Yellow

Fill a jar with yellow sweets and run a “guess the number of sweets in the jar” competition.

Mellow Yellow

Give yourselves a day to mellow out by getting someone else to do all the jobs you hate! Sponsor a colleague to give the team a break by making the teas, fixing the printer, and doing all the tedious odd-jobs for the day.

Yellow Raffle

Have only yellow prizes and yellow raffle tickets.