



## Substance-free Programming

The best way to create effective and valuable programming is getting your chapter to buy into an event. The below list contains event ideas for both member-only groups and for other student organizations, like sororities.

Review the below list to find a few ideas that will work for your chapter, and also consider holding a brainstorming session with your chapter to expand upon the events listed below. Some chapters invite sorority women or individuals from other student organizations to discuss and plan other events that will add value for members and guests.

### Sports & Competition

- Host a Sound Body "combine" - brothers compete in events like weightlifting, 40 yard dashes, and agility, and points are awarded for each with a prize for the top 3 winners
- Host a lawn games tournament - cornhole, Bocce ball, ladderball, Spikeball or another game
- Visit the local shooting range
- Visit the local driving range
- Fund all or part of cost of a large group golf lesson
- Host a 3 v. 3 or 5 v. 5 tournament in basketball, wiffleball, flag football, etc.
- Go to a game for which the chapter subsidizes ticket costs—e.g. minor league baseball or professional sports—or just attend a game for one of your school's teams
- Host a mini-golf competition at a local venue with prizes for the top finishers
- Play broomball once or twice a month
- Play softball or paintball (depending on the size of your chapter, consider splitting up the chapter)

### Food & Cooking

- Hold a themed cookout to expose brothers to different types of food—Cajun, Clam Bake, Pig Roast, Southern Barbecue, Wings
- Cooking class taught by a local chef, alumnus, professor, or parent
- Host a "top chef" or other cooking competition

### Social Events with Sororities or Other Student Organizations

- At the house:
  - Hang a bed sheet on the house and watch a movie in the lawn
  - Casino night or games night
  - Picnic event or dinner on the lawn
- Food/cooking:
  - Etiquette dinner
  - Cooking competition
- Classes on or near campus:
  - Fitness or yoga
  - Painting
  - Improv comedy
- In the community:
  - Group dance lesson
  - Ice skating
  - Visit local zoo, nature center, or wildlife sanctuary
  - Read at a local elementary school
- Seasonal socials/mixers:
  - Visit local farm to pick seasonal fruit (berries, apples)
  - Pumpkin carving
  - Gingerbread house decorating
  - Easter egg coloring

### Outdoors

- Go white water rafting
- Go hiking and/or camping
- Set up a rock climbing lesson or trip
- Do a ropes course with the campus outdoor center
- Go on a kayaking/canoeing trip

