



Uplifting Activities: Ideas for Dream Teams

Wondering how to plan an uplifting activity for your child? It doesn't have to be complicated - even the simplest things can give a child something to look forward to and help them feel special!

- Share some team swag.
- Invite their family to a sporting event, concert, or practice. Make the child your guest of honor with a reserved seat and a shout-out.
- Give a cool ride - car, limo, horse, boat, anything that would be new and fun for the child!
 - Throw a car parade going past the child's home.
 - Create a birthday surprise.
 - Send a video or group message to child (text, email, FaceTime, Zoom).
 - Provide a fun outing to a museum, park, etc.
 - Arrange for a celebrity meet and greet.
 - Plan a special holiday related treat for the child.
- Host an ice cream party, pizza party, dance party, kite-flying party or any other kind of party in the child's honor. (Check for dietary restrictions.)
- Arrange for a special seat at the homecoming parade.

Tell Us Your Ideas!

We will add your ideas for future Dream Teams!

An Umbrella of Support

- Have a designated point-person in charge of planning activities and coordinating your team.
- When multiple members of your team participate in activities, your child sees people showing up for them and feels like a rock star.



Our mission is to enhance the quality of life for children with rare and undiagnosed conditions in Texas.

To learn more, contact
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