



The Challenges!

The Challenges: By donating \$20, you automatically unlock the EPIC water themed challenges! It is guaranteed good times for all ages, abilities and locations!

Complete the challenges at your own pace by August 31st at 3pm and post the photos or videos to social media* with #SplashForKids @SunshineFound.

Every challenge completed per registered participant is 1 entry into the Splash Challenge completion draw. All 4 challenges is 4 entries!

Complete all of The Challenges, then try and hit a fundraising target of at least \$200!

Photo Disclaimer:

By posting your photos to social media, The Sunshine Foundation reserves the right to use your photos for future promotional materials or to share on social media.

*Alternatively, you can email your photos/videos to events@sunshine.ca



Challenge Choices

Choose Your Own Stream!

Pick Any 3 Challenges to Complete Plus the Bonus Challenge

Note: *The ideas listed under each challenge are just the start of what activities you can do. Feel free to be creative, work with what's around you, or challenge yourself to some extra summertime fun!*

Make sure you capture these challenges to share on social media @SunshineFound #SplashForKids

1. Float Your Boat

- Float a toy boat in a big bowl, sink, bathtub, kiddie pool or bucket
- Go for a swim and float a toy boat in the pool
- Make a paper boat out of origami and float it in a large bowl of water indoors or a bucket of water outdoors

2. Bubbles!

- Blow bubbles in a drink with a straw
- Blow bubbles and try and catch them
- Draw bubbles underwater coming from a water creature like a mermaid or a fish

3. Start a Water Fight or Get Someone Wet

- Dump a bucket of water over someone's head while they are sitting
- Throw a water balloon at someone (be careful!)
- Splash someone in a pool or a lake

4. Wet Your Whistle and Whistle a Tune

- Capture a video of yourself taking a sip of your favourite drink and whistling your favourite song
- Take a sip of your favourite drink while your favourite song plays in the background

BONUS Splash-tivity: Make a Splash!

Design Your Own Challenge! Get Creative and Make a Splash *Any Way You Want!* This is a great opportunity to involve the people making pledges – get them to design your big Splash!

Ideas:

- Wear a costume and run or roll through a splash pad or sprinkler
- Go fishing on a lake or just pretend in your backyard
- Draw a picture of a scuba diver
- Water your outdoor plants...and yourself!
- Plunge into a pool, lake, or ocean
- Skip a stone on the water
- Find a shell or some "sea glass" on the beach