

BIG BROTHERS BIG SISTERS OF PRINCE EDWARD ISLAND

THE BIG LITTLE CHALLENGE – BUSINESS TEAM CHALLENGE SHEET

WHAT YOU NEED TO KNOW

- When there is a list of choices for a challenge, pick one or choose your own adventure
- Please participate in a way that makes you & your teammates feel safe & comfortable
- All activities can be modified for teams that are not in the same location (i.e. Zoom)
 - An activity only needs to be completed by 1 team member to count
 - There are prizes for the 3 Signature Challenges
 - The more challenges you complete, the more you can win

GETTING YOUR TEAM STARTED (Bonus Points)

1. Come Up with a **Fun Team Name** & share it
2. Take a **Fun Team Photo** (masks and/or costumes encouraged) & post it on your socials with **#TheBigLittleChallenge** & **@BBBSPEI**. Not working in the same location? Get creative!
3. **Tell us why your team is participating** (Email Heather at info@bbbspei.ca)
4. **Set up your On-Line Fundraising Page**
5. **Raise \$100**

Number Completed:



MARCH 8TH – 14TH: AN APPLE A DAY - MENTAL HEALTH & WELL-BEING CHALLENGES

Signature Challenge: Celebrate Summer in the Winter! Have an Indoor Picnic, make S'mores at your desk, host a company BBQ, make an indoor mini-putt, tie dye t-shirts & wear them to work, turn a summer sport into a winter sport (Office Olympics)....be creative, **you could win a prize!**

1. **Post your Celebrate Summer in Winter Challenge** photos on your socials with **#TheBigLittleChallenge** & **@BBBSPEI** by **noon March 15th to qualify.**
2. **Get outside:** Go for a walk at lunch
3. **Have recess at work:** Spend 15 minutes doing something that brings you joy at lunch & share your ideas with your co-workers
4. **Eat a Healthy Lunch:** Meal prep your lunch for the day, make sure to include lots of fruit & veggies
5. **Get some sleep:** Set up a sleep-focused night-time routine & get 8 hours of sleep
6. **Have fun together:** Host a virtual coffee hour or dance party, try laugh yoga, play my Superhero Backstory, have a baby photo contest, start a Fun Committee, etc.
7. **Be Grateful:** Set up an office acknowledgement jar & read entries before meetings, make a gratitude board, send thank you notes to colleagues or customers, etc.

Number Completed:

TURN OVER FOR MORE CHALLENGES

MARCH 15TH – 21ST: MARCH FORTH - TRYING NEW THINGS CHALLENGES

Signature Challenge: The Great Chili Cook Off! Make a pot of your soon-to-be-famous chili & share the recipe with your co-workers....be as creative as you like, **you could win a prize!**

1. **Post your Chili Challenge photos** on your socials with **#TheBigLittleChallenge** & **@BBBSPEI** by noon March 22nd to qualify.
2. **Get creative at work:** Make a Vision Board, Memory Wall, Post-It Art, Zoom Background, Lego sculpture, etc.
3. **Celebrate Irish Culture:** On St Patrick's Day, listen to Irish music, write a limerick, bring Irish-themed treats to work, etc.
4. **Brush Up Your Skills:** Host a spelling bee, organize a lunch n' learn, take a webinar, read a blog post, etc.
5. **Turn Your Thumb Green:** Get a plant (or two) for your office, plant some seeds, plan your Adopt-a-Garden, etc.
6. **Shake things up:** Host a paint party or bake-off, start a book club, have a Dress Up or Team Jersey Friday, plan a mini workspace makeover, etc.
7. **Be a Tourist in your Hometown (or province):** Plan a day trip to somewhere on PEI you have never been or somewhere you can't wait to visit when the weather is nice!

Number Completed:

MARCH 22ND – 28TH: BIGGER TOGETHER - MAKING A DIFFERENCE CHALLENGES

Signature Challenge: Go Bowling Covid-19 Style! Celebrate your fundraising achievements with your safe, creative version of bowling - could be in-person, Wii, in the snow, fowling (bowling with a football), timbits & cookies....use your imagination, **you could win a prize!**

1. Post your **Covid-19 Style Bowling photos** on your socials with **#TheBigLittleChallenge** & **@BBBSPEI** by noon March 29th to qualify.
2. **Mentor someone at work:** Draw names & spend time mentoring each other over coffee (or lunch)
3. **Perform a Random Act of Kindness:** Buy a coffee for someone, donate unused office items, surprise your co-workers with a treat (or someone you do business with), write a note to Dr Morrison & her staff, an essential worker or someone who helped you through the last year, etc.
4. **Improve something at work:** Hold a Back of Napkin problem-solving session, start a learning club, create a Distracted Jar, "Spring Clean" your workspace, etc.
5. **Share your interest & talents with your co-workers:** Hold a Work Show & Tell, post a Shelfie, make a playlist for your team, share your fave podcasts, organize an office version of Ted Talks, etc.
6. **Go Green:** Find at least one new way to make your business more sustainable this year
7. **Support Local:** Visit a local business you have never been to before, get your lunch (or coffee) from a business close by, support one of our sponsors, buy something IRL that you normally buy online, etc.



Number Completed: