

BIG BROTHERS BIG SISTERS OF PRINCE EDWARD ISLAND

THE BIG LITTLE CHALLENGE – FRIENDS & FAMILY 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 or Beach Day, turn a summer sport into a winter sport, have an bonfire, make S'mores, create an indoor mini-putt, take an outdoor hammock nap, tie-dye t-shirts, have a BBQ.....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 skating, sledding, go for a hike, build a snowman, etc.
3. **Unplug:** Put away your devices & spend time together...play a board game, do a puzzle, read a book, etc.
4. **Have a healthy meal:** Make a new or fave healthy recipe & eat dinner together
5. **Get some sleep:** Set up a sleep-focused night time routine & get 8 hours of sleep
6. **Have fun together:** Have a movie marathon, video game tournament, family dance party, House Karaoke, Paint Party, Craft Day, Pajama Day, etc.
7. **Be Grateful:** Make a gratitude collage, go on a Gratitude Scavenger Hunt, take photos of things you're grateful for, 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....beef, chicken, pork, vegetarian....sky's the limit....be as creative as you can, **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:** Make a Vision Board, Lego Kit, Scrapbook, Art Project, Origami, etc.
3. **Celebrate Irish Culture:** On St Patrick's Day, watch an Irish movie, learn a simple step dance on Youtube, listen to Irish music, write a limerick, make a craft, bake soda bread, etc.
4. **Turn Your Thumb Green:** Plant seeds indoors or plan your dream garden
5. **Visit the Library:** Get a library card (if don't have one) & check out something that is new to you.....book, video, snowshoes, CD, musical instrument, etc.
6. **Take Up a New Hobby:** Make bread, bake or build something, start a DIY project, learn to knit, paint, take photos, try geocaching, etc.
7. **Be a Tourist in your Hometown (or province):** Plan a day trip to somewhere on PEI you have never been or to 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 version of safe, creative bowling - could be in-person, Wii, in the snow, Fowling (with 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. **Really listen:** Give someone in your life 10 minutes of your undivided attention
3. **Perform a Random Act of Kindness:** buy a coffee for the person behind you in line, write a letter to a senior, paint a rock for someone to find, thank someone for great service, write a note to Dr Morrison & her staff, an essential worker or someone who helped you through the last year, etc.
4. **Do something nice for your neighbor:** Introduce yourself, shovel their driveway, leave a note, drop off baked goods, etc.
5. **Pay it Forward:** Teach someone a skill you have, share a secret family recipe, donate gently used items you are no longer using, research volunteering opportunities, etc.
6. **Go Green:** Find at least one new way to make your home more sustainable this year
7. **Support Local:** Visit a local business you have never been to, get a meal (or a treat) from a business close to home, support one of our sponsors, buy something IRL that you normally buy online, etc.



Number Completed: