

CAMPUS CHALLENGE

BE BRAVE FOR SICKKIDS!

The Campus Challenge is a new fundraising initiative geared towards University and College students, where individuals and groups compete in a common challenge as they represent their school. The specific challenge may change each year, but the competition always remains the same!

This year we are asking participants to **Be Brave** for SickKids. Every day our patients demonstrate a tremendous amount of bravery. We are constantly inspired and motivated by their courage. So, we are asking students to showcase their 'Acts of Bravery' and to do something that pushes them outside their comfort zone. We want to stand in solidarity with SickKids patients and show them how brave we can all be.

IN SUPPORT OF



HOW IT WORKS

There are a couple different ways to get involved!

Individual Challenges

Face a fear, push your comfort zone or take a courageous action. Tell your story or explain your motivation. Donate. Nominate.

Team Challenges:

Tell your story and choose a team fear, obstacle or specific action you want to complete. Set and declare your goal. Once you reach the 'threshold' or goal, you and your team must perform the courageous act.

We encourage all participants to complete their 'Acts of Bravery' during '**Challenge Week**', which runs **March 15-21**. Participants will use these 7 days to compete, fundraise, share their stories and celebrate all their amazing accomplishments. 7 days also happens to be the average length of stay for a patient at SickKids.

WHAT DOES 'BEING BRAVE' LOOK LIKE?

In order to best show our support and stand in solidarity, we encourage participants to push their own comfort zones, to have fun and to make the challenge unique to them. Being brave will look different for everybody, so its important to get creative and personalize the activity. Being brave could look like:

- A Polar bear dip
- Public Speaking
- Social media break for 3 days
- No phone for 24 hours
- Musical performance / karaoke
- Stand up comedy or a dance routine
- Hot chip challenge
- Telling your SickKids story!

* Please be sure to follow all povincial and federal covid-19 health regulations

WHY PARTICIPATE?

- Fun, creative activity to support SickKids virtually
- Team building activity in a virtual space for clubs.
- Team captains would receive a recommendation letter and custom title from us to use on your resume.
- Healthy competition with other schools and opportunity to connect with other students at various schools in a virtual space

Need inspiration? Check out our [Bravery Bead Video](#)

To register, visit:

<https://fundraise.sickkidsfoundation.com/campuschallenge>

For questions or more information, please contact:

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