



Splash Challenges!

The Challenges:

Compete against other teams to win the team Splash Challenges! There are three challenges total which your team can choose from. Teams can compete in just one or two challenges or make a huge splash by competing in all three!

Your team must record a video completing the challenge and submit* it to events@sunshine.ca by **August 29th at 7pm**.

All videos will be scored by a panel of judges for how well the challenge was completed. **Bonus points will be awarded based on creativity.** Some examples of bonus points available include:

- Wearing your Splash for Kids t-shirt.
- Wearing any other Sunshine Swag.
- Filming in a creative location.
- Wearing costumes.
- Added difficulty of challenge.
- Number participants in the video.
- ANYTHING ELSE CREATIVE!

Winning teams will be announced Friday, September 2nd. They will receive a **\$300 team gift card** and a **Splash Challenge Champion** plaque.

To be eligible to compete in the Splash Challenge, your team must fundraise a minimum of **\$100**.

*Some video files may be too large to email. Visit our [Resources Page](#) to learn how to share large videos.

Video Disclaimer:

By sending your videos to events@sunshine.ca, The Sunshine Foundation of Canada reserves the right to use your photos for future promotional materials or to share on social media.



Challenge Choices

Make sure you capture these challenges and enter your videos at events@sunshine.ca

Wet Sponge Juggle

1. Gather at least three sponges per person and a bucket of water.
2. Soak the sponges in the water.
3. Record your team members juggling the sponges for as long as possible!



Step 1: Gather at least 3 sponges per person



Step 2: Soak the sponges in water



Step 3: Juggle for as long as you can



Challenge Choices

Frozen T-shirt Challenge

1. Soak a t-shirt in water and wring it out. *Pro tip: wring out as much water as possible so the t-shirt isn't too frozen.*
2. Fold the t-shirt, place it in a freezer bag, then freeze overnight.
3. Remove from the freezer and record team members attempting to thaw and then put the t-shirt on as fast as possible!



Step 1: Soak a t-shirt and wring it out



Step 2: Fold the t-shirt, place it in a freezer bag, then freeze overnight



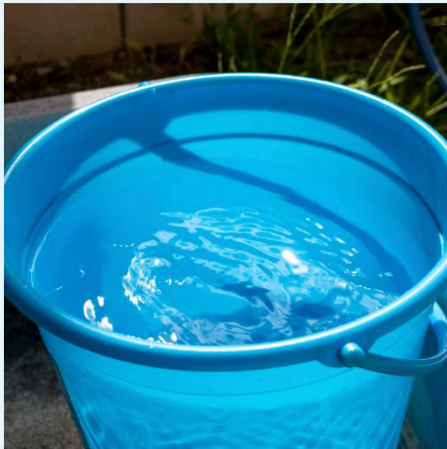
Step 3: Put on the t-shirt as fast as you can



Challenge Choices

Bucket Balance

1. Fill a large bucket with water (about $\frac{3}{4}$ full).
2. Your whole team lays on their backs in a circle with their feet in the air. Feet should touch to make a table, and everyone must begin by wearing shoes.
3. Have someone else place the bucket balancing in the middle of the team's feet.
4. Everyone must remove their shoes without spilling the bucket. The team that can remove everyone's shoes the fastest without spilling wins!



Step 1: Fill a large bucket with water (3/4 full)



Step 2: Lay on your backs, make a table with your feet, and everyone must begin by wearing shoes.



Step 3: Place the bucket balancing in the middle of the team's feet.



Step 4: Everyone must remove their shoes without spilling the bucket.



Challenge Choices

BONUS

For bonus points towards your challenge videos, record your team playing 10 rounds of flip cup:

1. Place 10 red solo cups half full of liquid around a table.
2. One at a time, team members must drink the liquid in the cup, place the cup right side up at the edge of the table, and attempt to flip the cup upside down.
3. Once a team member has successfully flipped the cup, the next team member begins!



Step 1: Place 10 red solo cups half full of liquid around a table



Step 2: Drink the liquid in the cup, place the cup right side up at the edge of the table, and flip the cup upside down



Step 3: Once a team member has successfully flipped the cup, the next team member begins