



## Silly Selfie Challenge

During the week leading up to your Walk day, encourage everyone to take the Silly Selfie Challenge. Each day send out the challenge to participants. Have each person take a selfie of themselves doing funny, crazy or wild things. Post the selfies to social media and share with friends. Use hashtags to get more interest in the challenge and the Walk.

Wear a costume

- Choose something fun

- Wear a different costume each day – choose a theme (Super heroes; animals; seasonal)

Have everyone wear different kinds of hats

Walk with your pet dressed in a costume

Walk in a silly way:

- Flap your arms like a bird

- Jump

- Twirl

- Skip

Set up a silly zone where participant do something crazy within a designated area

Go to a silly place:

- The beach in winter

- A baseball field carrying a soccer ball

Walk with a group of people

- Each person in a different costume

- Everyone dressed in a particular theme