











The WWDSS 21 Challenges Contest

DAILY FROM SEPTEMBER 5 - 25

Participate in **The WWDSS 21 Challenges Contest** over 21 Days leading up the Any Which Way You Can A-Thon. On each day, post a photo or video of you participating in the daily challenge on your Twitter or Facebook account, include the link to an Any Which Way You Can A-Thon fundraising page, and tag #WWDSS21Challenges. If you are using Facebook, make sure your privacy setting on your post is set to "Public". For every day you participate, you will be entered into a draw to win one grand prize, **a \$200 gift card to either an online or retail store of your choosing!** For contest rules visit www.wwdss.ca.

SEPTEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 Can you walk 21 steps with a book on your head?	6 Family push-up challenge - show us 21 push-ups!	7 Skip rope 	8 3-2-1 Dance! To our new song	9 21 Squats	10 Go on an adventure and show us the sights! 	11 3-2-1 Moonwalk!
12 Stack 21 plastic cups as fast as you can!	13 21 Jumping jacks	14 Show off your WWDSS 3-2-1 Dance! Socks or other colourful socks	15 How far can you ride your bike? 	16 3-2-1 Score! How many goals can you score? 	17 3-2-1 Smile! Take a selfie with someone that makes you smile	18 Rock out with kitchen "instruments" 
19 3-2-1 Jump! show us your mid-air pose!	20 How many times can you bounce a ping pong ball into a cup? 	21 Creative break! What can you make? 	22 Make the number 21 out of colourful socks!	23 Plank-it! 	24 How long can you balance a ball on your finger?	25 Say "Down Syndrome Rocks" your way - example underwater style (finger between lips), opera style or rock style!
26	27	28	29	30		

