



LET'S MAKE
SASKATCHEWAN
CANADA'S MOST
PLAYFUL
PROVINCE

Celebrate Canada's 150th Birthday with the PlayinSK Challenge!

Help us celebrate Canada's 150th Birthday by promoting and encouraging physical activity and outdoor play. This year we are challenging Saskatchewanians to complete the ParticipACTION 150 Play List.

Our goal is for Saskatchewan residents to get moving by taking part in as many Play List activities as they can. We're sure that together we can accomplish them all!

You're It...

Starting **February 16th 2017** we challenge YOU to celebrate Canada 150 by getting active!

The **PlayinSK Challenge** encourages nominated participants to record themselves completing an activity off of the ParticipACTION 150 Play List and nominating others to do the same. For ideas on how to complete activities in Saskatchewan visit www.PlayinSK.ca.

It's easy...

Within 24 hours of being challenged, record a video of yourself that includes (see script on Page 2):

- 1: Wishing Canada a Happy 150th Birthday!
- 2: Stating which activity on the 150 Play List you'll check off
- 3: Nominating two other people or organizations to participate in the challenge
- 4: Completing the activity or portion of the activity

Lastly...

Upload your video to Facebook or Twitter using #PlayinSK

Video Script

1. “Thank you Saskatchewan *in motion* for nominating (Challenge participant name) for the ‘Play in S.K.’ Challenge!
2. We know that we all need to move more so to celebrate Canada’s birthday I’m going to cross off (Play List activity) from the 150 Play List!
3. I’d now like to nominate (Challenge participant name) & (Challenge participant name) to show the rest of Canada that Saskatchewan is the most playful province!
4. Happy 150th Birthday Canada!”
5. DOES ACTIVITY

Social Media Post Description:

Twitter

Thanks @inmotionSK for nominating (me (us)) to celebrate Canada 150 by crossing (Play List activity) off the 150 PlayList #PlayinSK (@partner2 @partner3)

Facebook/Instagram

Thanks @inmotionSK (or whoever nominated you) for the nomination. Canada is turning 150 years old this year and I’m celebrating by crossing (Playlist activity) off of the ParticipACTION 150 Playlist. I challenge (@partner2 and @partner3) to complete an activity as well. Together let’s show the rest of Canada that Saskatchewan is the most playful province! #PlayinSK #Canada150