

CAVES
for kids

**JOIN FORCES
WITH US!**

MARCH 1 - 7



WHAT IS “CAPES FOR KIDS”?

Capes for Kids is a fun, friendly event where we encourage everyone to embrace their inner hero, wear a cape and raise funds and awareness for kids with disabilities.

FUNDRAISE & PARTICIPATE!

Set a fundraising goal and decide what your action will be and then start fundraising. Then, wear your cape March 1-7, 2021 and participate in our first ever scavenger hunt, virtual events or create your own!

**YOUR MISSION: CREATE A WORLD OF
POSSIBILITIES FOR KIDS WITH DISABILITIES**



About Holland Bloorview

We are creating a world of possibility for children and youth living with disabilities, medical complexity, illness and injury. We have over 8,000 families come through our doors each year with over 2000 different medical diagnoses.

As a top 40 Canadian research hospital that is fully affiliated with the University of Toronto, our innovations, research, teaching and care impacts the lives of children and youth within our walls and around the globe.

Our goal: The most meaningful and healthy futures for all children, youth and families.





[HB Super Kids here to tell you about Capes for Kids!](#)

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Holland Bloorview | Kids Rehabilitation Hospital



1-WEEK OF FUN

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CAVES WEEK MARCH 1-7th

Wear your cape where you go! At the grocery store, on virtual meetings, at home exercise class, Caves for Kids virtual events or out for a walk.

Virtual Scavenger Hunt- The CAVED Crusade (Feb 28-Mar 1) Compete on a live leaderboard as you complete challenges and mission delivered by the kids of Holland Bloorview. You will unlock incredible prizes throughout the game!

Corporate Challenge Your office will be competing against teams across Ontario to be crowned the top corporate team. The leaderboard will be updated every week on social.





Your Impact

Thank you for creating a world of possibilities for kids with disabilities!

Kids with disabilities and their families have been disproportionately impacted by CO-VID19. This year is more important than ever. Here's some of the way you will help:



You will be supporting research and innovations that will change the future for children with disabilities across the world.



You will be helping families under financial distress purchase food, special equipment and medications that are desperately needed.



You will be providing musical therapy instruments so kids can develop new skills and find outlets to express themselves.

Activity: What is your superhero name?

First letter of your name

A Daring
D Fantastic
G Dynamic
J Stellar
M Super
P Exceptional
S Captain
V Marvelous
Y Ultra

B Atomic
E Clever
H Amazing
K Mega
N Invincible
Q Incredible
T Adventurous
W Powerful
Z Fearless

C Turbo
F Mighty
I Brave
L Wonder
O Galactic
R Mysterious
U Amazing
X Outstanding

Your Birthday Month

January
March
May
July
September
November

Agent
Wizard
Fighter
Giant
Avenger
Justice

February
April
June
August
October
December

Master
Warrior
Brain
Ninja
Marvel
Ranger

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Activity:

**WHO IS YOUR
HERO
AND WHY?**



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**JOIN FORCES
WITH US!**

Activity:

**WHAT WOULD BE YOUR
SUPER POWER
BE AND WHY?**



CHALLENGE ACCEPTED? LET'S BEGIN!

1. **SIGN UP (FOR FREE) WITH YOUR TEAM** *Link will be sent out*
1. **USE OUR VIRTUAL FUNDRAISING TOOLKIT & RESOURCES TO PLOT OUT YOUR HERO JOURNEY.** *You can access Zoom background, social posts, email signatures and more resources!*
3. **BE THE TRUE HERO YOU ARE BY PARTICIPATING IN CAPES FOR KIDS WEEK & PROUDLY WEARING YOUR CAPE MARCH 1-7th**



HEROES ARE BUSY... HERE'S EASY TIPS FOR FUNDRAISING!

- **What will you do when you reach your goal? Let your network know what wild (but responsible) thing you will do if they help you reach your goal.**
Will you commit to riding your bike X hours in cape, quit a bad habit, give up your prized parking spot for a week or attend a public presentation in your capes?
- **Add a line under your corporate signature for easy access to your network**
“We can all use some super hero magic right now and this year our Capes for Kids fundraiser is more critical than ever to meet the hospital’s urgent needs. #CapesForKids LINK”
- **Download your zoom background for meeting for an easy conversation starter**
- **Participate in the LinkedIn Challenge**
Let your network know about your mission to create a better world for kids with disabilities. Download the graphics, tag your heroes in your industry and encourage them to do the same!
- **Post on your social channels**
Post a photo of you in a cape or the toolkit includes easy to download captions and images, ready to post!

+ much more in Virtual Toolkit!

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Thank you for joining forces with us!



MEET ONE OF OUR HEROES, **GABRIEL**

Superpower: Spreading Joy & Love



Gabriel is an avid skateboarder, singer, and an up-and-coming foodie. While the COVID-19 pandemic has halted his visits to restaurants with his family, he enthusiastically enjoys choosing their take-out: either sushi, ramen, or dumplings.

At 18 months, Gabriel was diagnosed with cerebral palsy, affecting all four of his limbs. When he turned two, Gabriel started at Holland Bloorview and also found his confidence.

“All the learning was hands on, and through play, he built his self-confidence,” says his mother, Fabiana.

Gabriel still visits the hospital for his dentist appointments, developmental pediatrician, and the communication and writing aids service team to practice his eye gaze, a method he uses to assist in his communication.

Although the family still faces challenges related to accessibility—sometimes they have to carry the wheelchair up due to a lack of an elevator—Fabiana doesn’t let that stop her son from reaching his full potential. “Gabriel is not his diagnosis,” she says. “He likes to have fun like any other kid, he’s a happy child, and he brings that same happiness into our lives.”



*THE JOURNEY TO A
BRIGHTER FUTURE
WILL NOT BE POSSIBLE
WITHOUT YOUR SUPPORT*