WELLNESS ACTIVITY CHALLENGE

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2021

Instructions:

- You must complete 10 or more of the activities listed below during this year.
- Click on the links below each picture to access resources and ideas related to each activity.
- Pick a feeling from the feelings chart that represents how you feel before and after each activity.
- Share with a friend or family member why you feel that way. If you are by yourself, you can write your response on a piece of paper.
- Have FUN and follow physical distancing guidelines to protect yourself and others.

FEELINGS CHART

SCARED	HAPPY	SAD
ANGRY	EXCITED	WORRIED
SURPRISED	SILLY	FRUSTRATED

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Activities

Complete 10 or more of the activities listed and finish your wellness activity challenge!

Have dinner (virtually or in-person) with a friend and talk about some of your best memories together.

- 5 Meals 1 Bag Shopping Made Simple

Clean out a room in your house and find items to donate. Contact a community shelter and ask about items that they might need.

- Schedule a Charity Donation Pick Up

Try a new vegetable dish recipe or a new vegetable and make enough to share with a friend.

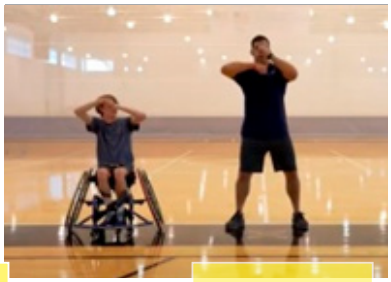
- Orzo with Roasted Vegetables
- More Fruits and Veggies, Please!
- Introducing Veggies to Kids: Infographic
- Make Food, Eat: Bell Pepper Salad

Get outdoors today! Do something that you love to do outdoors with your family, even if they join you virtually.

- Safely Engaging with Nature During COVID-19
- Outdoor Fall Fitness and Wellness for the Entire Family
- How to Create a Backyard Sanctuary for Kids with Disabilities
- Blue Star Families Outdoor Activities

Grab your phone and call a friend and/or family member. Move your way while on the call.

- Inclusive PE Stations



Get some physical activity outside by moving around the neighborhood.

- Inclusive Brain Booster for Youth

Do a deep breathing session.

- Mini Meditation Monday, Week 1- Pause

Have a picnic with family and/or a friend. Remember a virtual picnic is okay.

- Packing for a Picnic
- Kids Korner Nutrition: Heart-Healthy Snacks

Send a note/card to a family member or friend. Ask the recipient to write one note/card as well and to send it to someone.

Try a new fruit! Eat it whole or google search a new recipe. You can also prepare the dish through a virtual platform to cook together with a friend.

- Make Food, Eat: Watermelon Pizza
- Make Food, Eat: Vegan Coconut Whipped Cream

Cook a healthy meal and share it with a neighbor (follow physical distancing guidelines when doing this task).

- How to Protect Yourself & Others
- 5 Meals 1 Bag Shopping Made Simple
- Make Food, Eat: Spicy Veggie Tacos
- Kids Korner Nutrition: Quick and Healthy Lunches

Spend some time reflecting on the things you learned this year. Write them down and use that list to share an encouraging message with a friend.

Spend some time working on your muscle endurance today.

- Exercise Bands Home Workout

Take some time to color today. Check out youth and adult coloring books or just draw and put it in a card to send to a family member or friend.

- Where is My Amigo Pedro? Coloring sheet- page 35
- Wellness Challenge Coloring Book

Host a virtual Party.

- Games and Activities for a Virtual Kids Party

Virtual movie night with friends. Pick a movie or show that everyone has access to and watch it virtually together.

- A new way to watch TV together

Do some yoga for at least 10 minutes.

- Adaptive Yoga for Kids
- Inclusive Yoga

Schedule a virtual get-together with friends to hang out.

- Hosting Inclusive Virtual Wellness

Host a virtual baking party.

- How To: Healthy Baked Apple Dessert
- Mom Tiger's Banana Bread
- Luna's Traditional Holiday Fruitcake

Get outdoors and try a new activity to get you moving.

- Making a Time Capsule

Pick a friend and write the top 5 reasons you are grateful for that friend. Share it with them either through a virtual phone call or in the mail with a card.

Do a fun winter activity with a friend virtually.

- Create a vision board for the next year.
- Play an online board game.
- Show and tell about the favorite thing that you own.

Virtual craft night with friends.

- Homemade Snow Globes
- Winter Wonderland Terrarium

Move for 5 minutes.

- Zero to Sixty: Youth Activity
- 8 Minute Workout

Host a virtual breakfast party; everyone cooks the same healthy breakfast.

- How To: Breakfast Burrito
- The Awesome Mary Cooking Show: Bagel Egg Sandwich

Dance like nobody is watching.

- Inclusive dance-along
- DREAM Project@Home Playlist
- Stopgap Dance Company Spine Awakening with Hannah

Check-in with a friend by phone or through a virtual video party.

- 9 Easy and Fun Virtual Classroom Party Ideas Your Students Will Love

Host a virtual book and lunch party.

- 10 Favorite Holiday Picture Books
- Where is mi amigo Pedro?
- 8 Children's Books to Celebrate Winter

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