

Daily Challenges for the next two weeks. Be creative!

Think outside the box! And most importantly

HAVE FUN!

Date	Theme	Activity
Monday 03/23/2020	Mindful Monday	Take 15 min-30 mins to do something intentionally and quietly. Quiet time, yoga, walk etc
Tuesday 03/24/2020	Teacher Tuesday	Dress up as your teacher and read a book or teach a lesson to your family
Wednesday 03/25/2020	Workout Wednesday	Take 30-45 minutes and do something physical, run, climb, yoga, etc
Thursday 03/26/2020	Thirsty Thursday	Make a fun drink with your family and create a unique name for it
Friday 03/27/2020	Friday Fort Day	Build a Fort and use your imagination. Maybe you're a pirate or a princess. Maybe it's a great place to read and do school work!
Monday 03/30/2020	Mindful Monday	Take 15 min-30 mins to do something intentionally and quietly. Quiet time, yoga, walk etc
Tuesday 03/31/2020	Try something new Tuesday	Maybe it's a new food item or new activity that you've been hoping to try.
Wednesday 04/01/2020	Why Not Wednesday	Finding time to do nothing and enjoy it Lay around for a bit-Why Not?! PLay a boardgame-Why Not?!
Thursday 04/02/2020	Thoughtful Thursday	Do something thoughtful for someone in your family. Maybe you make breakfast. Maybe you create them a work of art. Maybe you just sit down and talk to them.
Friday 04/03/2020	Friendship Friday	Think of your friends and write them a card or reach out to them by phone if you are allowed. Make connections with your friends and remember why they are important to you.